



Shriners support Live 5-2-1-0 program in Hope

The Fraser Valley Shrine Club donated \$5,000 towards the Live 5-2-1-0 program in Hope, and they participated in the community event held on May 2.

Live 5-2-1-0 promotes a simple guideline for raising healthy children: **Enjoy 5** or more vegetables & fruits every day; **Power down** - no more than **2** hours of screen time every

day; **Play actively** at least 1 hour each day; and **Choose Healthy** - 0 sugar-sweetened drinks.

The Shrine Club also donated \$5,000 to Chilliwack General Hospital for a blood pressure machine for Maternity.

The Fraser Valley Shrine

Club has been donating to health care programs in Hope, Agassiz/Harrison and Chilliwack through the FVHC Foundation since the foundation's inception in 2001.



ABOVE: Live 5-2-1-0 facilitators lead some "active play" at the May 2 event in Hope.

BELOW: BC Lion rookie offensive lineman (chosen 12th overall in this year's CFL draft) and First Nations role model T-Dre Player was on hand to help promote healthy lifestyles for children.



PHOTO (L-R): Shrine club members Rick Hunter, Bob Yeo, Lorne Street, Hope Mayor Wilfried Vicktor, George McNally, Chris Vine, Swede Larsen, and T-Dre Player of the BC Lions

MARKETPLACE

Clip-on badge holders

HOSPITAL STAFF: Secure your Fraser Health ID badge with this clip-on badge holder. Retractable, snap closure. \$7.50 at FVHCF offices.



Fundscrip

Pre-order retail gift cards from us! A percentage of each card bought is donated back. Use them as gifts or for everyday shopping. Gift cards ordered by 4 pm Tuesday can be picked up the following week. See us for a list of 170 national retailers.

Art auction

Signature Authentics is partnering with us for its **Framed Art Sealed Bid Auction** at our Abbotsford and Mission offices. New pictures every 2 weeks. Part proceeds from each sale to FVHC Foundation.

FH staff: sign up now!



Healthy Harvest

50/50 Staff Lottery

Forms at Foundation office
See P. 4 for winners to date