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(8)

THE CORPORATION OF THE
DISTRICT OF WEST VANCOUVER
OFFICE OF THE MAYOR

April 13, 2009

Heather Dunsford
President, North Shore Keep Well Society
600 West Queens Road
North Vancouver, BC V7N 2L3

Dear Heather ~~Dunsford~~;

Re: Keep Well Society of the North Shore Week Proclamation

Thank you for your letter regarding the campaign to mark the week of September 14th as the Keep Well Society of the North Shore Week.

While the issuance of proclamations by the District has been discontinued, your letter will appear under "Correspondence" on our public agenda.

Many thanks for your willingness to raise public awareness of this issue.

Sincerely,

Pamela Goldsmith-Jones
Mayor, District of West Vancouver



**North Shore
Keep Well Society**

600 West Queens Road, North Vancouver B.C. V7N 2L3 Tel: (604) 988-7115 Ext. 27

April 1, 2009

Mayor Goldsmith-Jones
District of West Vancouver
750 17th Street
West Vancouver, BC
V7V 3T3

Dear Pam,

I am writing to you on behalf of the Staff and Board of Directors of the Keep Well Society of the North Shore. Keep Well is a community based wellness program that works with older citizens in the three North Shore municipalities. It has been providing exercise and wellness programs for North Shore seniors for more than 20 years and is mainly funded by Vancouver Coastal Health and through some smaller grants from Foundations, the District and City of North Vancouver and District of West Vancouver.

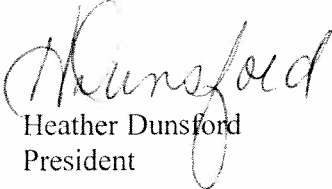
We recently underwent a very productive Strategic Planning Session where we identified a number of goals for the future of the organization.

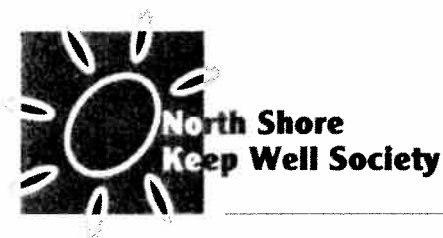
Currently approximately 300 seniors cross our doors each week, but each of our 8 locations have room to accommodate more participants. We know that there are many seniors who are alone and isolated and could benefit greatly by attending our programs if they knew about it.

A Keep Well Week on the North Shore would provide a forum for a number of activities we would undertake to raise our profile and encourage more seniors to come to the exercise classes, meet people and live healthier.

Please consider the attached proposed Proclamation for a Keep Well Week in the District of West Vancouver. If you need more information about our programs, I'd be happy to provide you with that.

Best Regards,


Heather Dunsford
President



600 West Queens Road, North Vancouver B.C. V7N 2L3 Tel: (604) 988-7115 Ext. 27

PROCLAMATION

“KEEP WELL SOCIETY OF THE NORTH SHORE WEEK”

(SEPTEMBER 14 - 18, 2009)

WHEREAS The North Shore Keep Well Society has been a focal point for North and West Vancouver seniors since 1987 providing exercise classes, hand and foot massage, health and nutrition information, blood pressure testing and social interaction;

AND WHEREAS it is widely acknowledged that physical and mental fitness contributes significantly to continuing good health and that people who have friends and support in the community stay healthier and live longer;

AND WHEREAS the Keep Well Society performs a much needed and appreciated service to over 300 seniors at facilities throughout the North Shore each week, there are still many seniors who are at risk of isolation, are unaware of this program and could benefit greatly from it;

NOW THEREFORE I, Pamela Goldsmith-Jones, Mayor of The District of West Vancouver, do hereby proclaim the week of **SEPTEMBER 14 - 18, 2009** as **KEEP WELL SOCIETY OF THE NORTH SHORE WEEK** in The District of West Vancouver.

Pamela Goldsmith-Jones
MAYOR

Dated at West Vancouver, BC
this 14th day of September, 2009

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