

FOR IMMEDIATE RELEASE

ST. JOSEPH'S CARE GROUP LAUNCHES '10,000 STEPS PROGRAM' DURING HEALTH & SAFETY WEEK

(Thunder Bay, ON, May 1, 2006) As part of Health and Safety Week, St. Joseph's Care Group (SJCG) is partnering with the Thunder Bay District Health Unit and beginning the 10,000 Steps Program. The program encourages Care Group employees to walk 10,000 steps per day or approximately 8 kilometers.

At the same time, St. Joseph's Care Group is launching a 'Walking for Wellness' booklet detailing 1 km, 3 km and 5 km walking routes around Care Group sites. Developed by the Care Group Wellness Committee, this initiative provides staff with the necessary resources required when beginning a walking program.

Tracy Buckler, President and Chief Executive Officer stated "St. Joseph's Care Group is committed to promoting the health, safety and well being of our employees. As a leading employer and healthcare facility in Thunder Bay, we have an important role in modeling healthy approaches for our employees and clients, beyond the traditional care we provide."

The 10,000 Steps Program and the 'Walking for Wellness' Booklet are being launched as part of North American Occupational Safety and Health Week (NAOSH). The goal of NAOSH week is to focus the attention of employers, employees, the general public and all partners in occupational safety and health on the importance of preventing injury and illness in the workplace, at home and in the community. This year's theme, 'Review, Refresh, Revitalize', promotes the need for ongoing development and encouragement of safety and health practices, processes, and procedures.

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