



FOR IMMEDIATE RELEASE

August 8th, 2011

Canadian Forces ill and injured military personnel to take part in 'Weekend Warriors', a multi- sport summer activity program in Halifax, Nova Scotia.

Halifax, NS: - On August 17th a group of 15 Canadian ill and injured military personnel will arrive in Halifax to enjoy four days of summer sport and recreation activities.

The 'Weekend Warriors' program is an initiative created, supported and funded by Soldier On. The program was designed and will be facilitated on site by Sian Blyth, 'You Can' Event Management.

Soldier On is managed by the Canadian Forces Personnel and Family Support Services (CFPFSS). It provides resources and opportunities for serving and retired Canadian Forces personnel with a permanent or chronic illness or injury to actively participate in physical,

'Weekend Warriors' is a multi-day, summer sport program that will offer an introduction to trail hiking, canoe/kayaking, archery/shooting and sailing in a fun and informal setting. The program will conclude with the participants taking part in the 25th annual Navy Run in Halifax on August 21st.

"This event evolved from a growing focus on getting ill and/or injured CF members active in physical activities with the goal of increasing their independence, quality of life and chances of returning to active duty." said Kerianne Gordon, Regional Adapted Fitness Specialist for Soldier On. "It is very exciting to be able to offer an opportunity like this to members in recovery and it will also offer a venue for peer networking where injured soldiers meet other injured soldiers."

Participants will be recruited from across Nova Scotia and Newfoundland to take part in the Weekend Warriors program.

"I am delighted that Soldier On has chosen 'You Can' to introduce these wounded service personnel to summer sports," said Sian Blyth, 'You Can' President. "Halifax has many beautiful locations to participate in outdoor recreation, and this provides the ideal environment for us to offer persons with a disability the chance to enjoy summer sports."

"We are thrilled to be partnering with CFB Halifax, Halifax Archery Club, SailAble, and the 'Sack-a wa' Canoe club to deliver these activities'."

Media are invited to join the activities and interview participants at the following times:

August 19th Archery and shooting, location Bedford Riffle Range. Time 2pm

August 20th Sailing - Royal Nova Scotia Yacht Squadron
376 Purcell's Cove Road. Time 1pm

August 21st Navy 10km run.

Media unable to attend in person should contact, Sian Blyth (604 202 7364) to request telephone interviews and photographs.

About 'You Can' Event Management

'You Can' is short for 'you can do it', based on the philosophy of 'Be the best you can be'.

'You Can' was established in January 2011 to create exceptional personal, team and diversity awareness development experiences through the use of customized sporting and recreational activities for people of all abilities. The company was founded by Vancouver local Sian Blyth, who has over sixteen years experience providing persons with a disability the opportunity to participate and excel in sport in Canada and Great Britain.

About Soldier On

Soldier On was created in 2006 with the aim of supporting ill and injured military personnel with a permanent or chronic disability, both still serving and retired, and their families to attain an active and healthy lifestyle. It supports these personnel in increasing their independence, in developing new skills, in achieving goals and opening the door to other life opportunities. It furnishes an opportunity for them to socialize and explore common interests, and share learning experiences.

Media Contacts

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