



Markham Seniors' Wellness Club Goes Tobacco-Free

The Middlefield Seniors' Wellness Club received a Play Live Be Tobacco-Free Seed Grant on July 4, 2010. The Club executive director Mr. Pillai and program facilitator Juanita Nathan from Social Services Network of York Region, worked together with the local public health unit to provide education to Club members and develop a tobacco-free policy. Executive director, Mr. Pillai stated, "The Seniors' Wellness Club believes in setting a healthy example for youth. I believe people can begin to take steps to improve their health at any age."

The use of all tobacco products by Club members, volunteers, instructors, leaders and spectators is prohibited while participating in any club activities and events. The seniors created yoga t-shirts for all members and a banner which they used for their community health awareness walks in the Fall of 2010.

The Seniors' Wellness Club hopes to set an example for other sport and recreational organizations to be tobacco-free.

Submitted By Samiha Versi, Public Health Nurse, The Regional Municipality of York - Community and Health Services Department