

CLUB MEMBERS GIVE GENEROUSLY



Members at Curves For Women in Stouffville had collected a whopping 1,601 lbs of non-perishable items for the Whitchurch-Stouffville Food Bank as of March 29.

Sarah takes the plunge for arthritis cure

By Kate Gilderdale
Stouffville Free Press

Sarah Prowten was diagnosed with juvenile arthritis when she was two years old.

The Stouffville resident, who is now eight, visits her specialist regularly and takes medications to control her condition. She is also determined to do all she can to help raise funds to find a cure and will be participating in this year's Foresters' BIG Swim for Arthritis, which takes place at the Lebovic Leisure Centre April 20 and 21.

Sarah, along with national event spokeswoman Joanne Malar, a three time Olympian, are joining other Canadians with arthritis in encouraging people to register for the swim. "During the last two years of my involvement with Foresters' BIG Swim, I have met so many amazing and courageous people that are living successful and rewarding lives with arthritis because of the generosity of Canadians across the country," said Ms Malar, who has devoted her post-Olympic career to

promoting healthier living through exercise, holistic nutrition and positive attitudes.

"The thrill for me comes from combining two of my greatest passions, health and swimming, into a cause that I really believe in. Swimming has great benefits for those suffering from arthritis: the warm water allows your muscles to relax and eases joint pain, making it easier for you to continue to exercise. The water can also help to support your weight which can increase the range of motion, while still providing resistance for muscle strength and toning."

Arthritis is not just a disease of the elderly. Juvenile Arthritis is one of the most common chronic conditions in children and it is estimated that one in 1,000 Canadian babies and young people under 16 are affected. Juvenile Arthritis causes physical pain and disability and prevents many children from participating in a wide variety of childhood activities.

The Foresters BIG Swim for Arthritis is a national swimming



Sarah Prowten, 8, with Joanne Malar

event designed to help raise awareness and funds for The Arthritis Society. People from all walks of life can participate in distance challenges, which range from 1,000 to 5,000 metres, and the 30 minute swim, as well as the AquaFit challenge and the 'log your laps' option.

For more information, to register, or to make a donation call 1-877-BIG SWIM, e-mail info@bigswim.ca or visit www.bigswim.ca.

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A TOUCH OF SPRING



Members of the Stouffville Lions Club delivered a beautiful touch of spring to local seniors March 13. They are seen here with residents of Parkview Home, from left to right, Velva Newton, Annie Byer, Lion Paul Houston, Annie Diller, Lion John Moffatt, Lion Sharon McClenny and Clara Reardon.

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