

May is National Mental Health Awareness Month

The 14th Annual Eastern Shore Hospital Center Auxiliary's
Great Chesapeake Bay Wellness Race & Family Walk
Saturday, May 13, 2017 – 8:00 AM
Hyatt Regency Chesapeake Bay - Cambridge, MD 21613

FOR IMMEDIATE RELEASE

Date: January 26, 2017
Contact: Judy Slaughter, Eastern Shore Hospital Center Volunteer Services Coordinator
(410) 221-2358

14th Annual 10K Race/5K Walk/Run and 1 Mile 'Family Fun Walk for Mental Health' Saturday, May 13, 2017

The Eastern Shore Hospital Center Auxiliary in Cambridge, Maryland is kicking off May's Mental Health Awareness Month with this local fund-raising event to be held on the beautiful Choptank River and the River Marsh Golf Course. All proceeds will directly benefit the patients of the Eastern Shore Hospital Center. It is being held on Saturday, May 13, 2017 with registration at 7:00 AM and the race and family walk at 8:00 AM. In conjunction with this year's event, the Eastern Shore Hospital Center Social Work Department will staff a Mental Health Awareness Information exhibit and the Horticulture Therapy Group will have patient-grown Mother's Day flowers and hanging baskets for sale. Just as individuals with varying levels of heart disease or diabetes need to take particular care of their health so do individuals with varying levels of mental health concerns.

The National Mental Health Association has designated May as National Mental Health Month to create awareness about the stigma associated with this illness and the possibly disabling consequences of this disease. A way to participate locally and promote good physical and mental health is with the Eastern Shore Hospital Center Auxiliary event.

You can get involved by registering for the race or family fun walk, becoming a volunteer or being a sponsor. Supporters in the \$150 and above category will have their name or logo imprinted on the commemorative event tee-shirt. The early (before 5/13) entrance fee is \$30 and includes tee shirt, refreshments, post-race buffet breakfast and prizes. There is no fee for youth 12 and under. We are delighted to again welcome our co-sponsor - the Hyatt Regency Chesapeake Bay Golf Resort, Spa & Marina and our Start-Finish Line Sponsor, Different Drummer Farm - Sharon Borg Wall. To register, volunteer, become a sponsor, please contact the ESHC Auxiliary at 410-221-2358 or toll free at 888-216-8110, ext. 2358 or fax 410-221-2356 or email: Judith.slaughter@maryland.gov. **To register online, please visit active.com (search 21613).**

The ESHC Auxiliary is a totally volunteer, 501 (c) 3 organization whose sole purpose is to provide patient services at the hospital. The Auxiliary sponsors many special activities throughout the year, supports ESHC Art Therapy and Horticulture Therapy programs, enhances patient living areas to provide a home-like environment for our residents and supports those patients who have no money or family to provide them with spending funds for snacks, sundries, etc. Twenty-nine percent of ESHC patients are deemed 'unremembered'- 100% of the proceeds from the Run/Walk directly benefit our patients and patient programs.

The hospital is geographically located in Dorchester County, however, our primary service area for residential hospital patients is the nine lower shore counties of Maryland's Eastern Shore. In addition to raising funds for our indigent, chronically ill patients, the race gives us the opportunity to increase awareness about mental illness and its devastating effects on those who are diagnosed with this disease.

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