



GRAND ROUNDS

Get moving – I Choose RVH Run on September 26

Promoting mobility and encouraging a healthy, active lifestyle in their patients and the greater community is important to chiropractors Dr. Lauren Scott and her husband Dr. Lucas Regier.

That is why the couple, who own the Renfrew Chiropractic & Rehabilitation Centre, offered a nine-week class to help individuals of all skill levels train for the RVH Run.

“We saw the opportunity as a way to get more people participating in the event and encourage those who want to increase their fitness level,” explains Dr. Scott.

As proud members of the RVH Young Professionals Committee (YPC), they are interested in doing their part as advocates for local health care services.

“It is nice to see our generation stepping forward to become part of the community as leaders,” says Dr. Scott of the YPC members.

The idea for the class was sparked during a YPC meeting and the pair knew they had to run with it.

Throughout the summer, the 22 Learn to Run participants received expert instruction from local athlete Rebecca Dunbar, an assistant coach for the RCI cross-country team, along with technique advice from Dr. Scott.

“Rebecca has been leading the groups through warm-up exercises and at the end of our session I lead the group through proper stretching and rehabilitation and we talk about nutrition and technique,” Dr. Scott says.

The running clinic’s \$65 registration fee included entry to the RVH Run which will benefit the *I Choose RVH* campaign for the major expansion and redevelopment of the hospital.

It is not too late to join in and show your support, notes organizer Hannah MacMillan. Runners and walkers of all skill levels are welcome to join the I Choose RVH Run

that begins at 10 a.m. from Low Square in downtown Renfrew.

Participants can choose from a 5 kilometre or 10 kilometre route, with registration fees of \$30 and \$40 respectively.

Please contact MacMillan at the Foundation office to register: 613-432-4851 ext. 312 or email at macmillanh@renfrewhosp.com.



Members of the ‘Learn to Run’ group train with Dr. Lauren Scott and Rebecca Dunbar for the RVH Run/Walk on September 26.

For more information about *I Choose RVH*, contact the Foundation at 613-432-4851 ext. 263