

# EquiFITT Family FUNdraiser Golf Tournament for ALS @ Rideau Glen Golf

August 29, 2009, 9am



## About ALS

Amyotrophic Lateral Sclerosis (ALS) is commonly known as Lou Gehrig's disease. The famous baseball player was one of the first diagnosed cases. It is normally a very rapidly progressive disease which affects the neuromuscular system robbing a person of the ability to speak, walk, eat or eventually, breathe. 80% of people diagnosed die within 2-5 years. Because the disease works so rapidly, people with ALS need to frequently change or add to the assistive devices they need. Since it most often affects men, families often lose their main source of income at a time when health expenses are increasing. ALS is not a lifestyle disease. It just happens.



## About ALS Ontario

The ALS Society of Ontario assists individuals by providing equipment through the Equipment Loan & Funding Program and other support. It is a charitable organization that contributes to research into a cure, and relies on a network of volunteers and on sponsorship and donations to provide the various services to almost 1,000 people in Ontario with ALS.

## About Equifitt Fitness & the Family FUNdraiser Golf

Equifitt is a personal fitness and sport conditioning company based in Kemptville, and owned by Heather Sansom. My dad Garry, once a black belt in martial arts, has ALS. We decided to turn my dad's experience into a community event to bring community together, and to help raise money not only for dad's mobility requirements, but also to help other families supported by the ALS Ontario team that provide so much help for dad. 50% of the proceeds of the tournament will go toward the power chair dad needs to sit upright without compressing his organs, and 50% toward the ALS Ontario Equipment Fund.

We hope to make the Golf day on August 29 a fun time for families and volunteers, an opportunity for non-golfers to give the sport a try, a great opportunity for all to enjoy the outdoors and some exercise, an opportunity to promote local businesses, and of course, to help families with the enormous cost of mobility equipment needed.

**Support families with ALS. Support your community.**

More info at: [www.equifitt.com/golf.html](http://www.equifitt.com/golf.html)

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