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The Sikorsky, Teamsters Local 1150, SWIM Across the Sound Walk/Run for Cancer, Diabetes & Heart Disease Steps Off Sunday, September 13

Bridgeport, Stratford, CT, August 22, 2008 – Sikorsky Aircraft, Teamsters Local 1150 and St. Vincent's SWIM Across the Sound will hold their annual Walk/Run on Sunday, September 23rd at Captain's Cove in Bridgeport. Registration begins at 9 a.m. and the Walk/Run steps off at 10 a.m.

Participants are invited to form teams with friends, family, neighbors and co-workers and raise pledges to help cancer survivors, diabetics and heart disease sufferers. Funds will also support screening programs for these diseases. The event offers two or four-mile courses for walkers and runners along scenic St. Mary's By the Sea. The event is held in partnership with Teamsters Local 1150 at Sikorsky's. Refreshments, music and entertainment will be provided before and after the event.



One-thousand walkers and runners participated last year, raising more than \$100,000. The money is being used to help people right here in our community battling cancer, diabetes and heart disease and to provide free screening programs.

Participants are invited to form teams and get out and walk to raise pledges to help their favorite cause – cancer, diabetes or heart disease.

Each participant is required to raise a minimum of \$50 to register. Every walker and runner will receive a specially designed T-shirt. Higher donation amounts entitle participants to other prizes such as a sweatshirts or Swiss Army watches.

Laurie Havanec, Vice President of Human Resources for Sikorsky Aircraft, and Joseph Racan of Teamsters 1150 will serve as co-chairs of the event. Susan L. Davis, RN, EdD, president and CEO of St. Vincent's Health Services and Jeffrey P. Pinto, president of Sikorsky Aircraft will serve as honorary co-chairs.

For more information or to register, contact St. Vincent's Medical Center Foundation, 203-576-5451 or register or donate online at www.swimacrossthesound.org and follow the prompts.

About St. Vincent's SWIM Across the Sound

St. Vincent's SWIM Across the Sound is a charitable, grass roots organization run by the St. Vincent's Medical Center Foundation of Bridgeport, CT. For 22 years, the SWIM has had a unique niche, providing cancer education, screening and prevention programs at low- or no-cost for the elderly and underserved. In addition, the SWIM helps individual cancer patients on a case-by-case basis with specific needs, such as the funding of wigs and prostheses, medication assistance, free transportation to treatments and appointments, day-care scholarships, support groups and more. The charity raises funds through events such as the SWIM Marathon, Breast Cancer Luncheon, Walk/Run for Cancer and Prostate Cancer Celebrity Dinner. Wherever possible, the SWIM covers costs and expenses of events through corporate sponsorships, and staffing overhead is covered by the St. Vincent's Medical Center Foundation. The SWIM's main area of reach is eastern Fairfield County, but outreach programs extend to other areas of Connecticut with the SWIM's Hartford Chapter and annual fund raisers for New Haven County, as well as support for Connecticut's first responders and correction officers with cancer. The SWIM's Teen SmokeStoppers program has reached 100,000 children throughout the entire state to date. The SWIM raised \$2.65 million in the 2009 fiscal year and helps more than 20,000 people annually. For more information, contact the St. Vincent's Medical Center Foundation at (203) 576-5451 or visit www.swimacrossthesound.org.