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Summer Garden Series raises funds for Headwaters Health Care

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It was a day to get some exercise and enjoy beautiful gardens while raising funds for a good cause at the same time

The Pilates Summer Garden 2024 series hosted by Hannah Sine of Towne Fitness in Shelburne, was held at five locations amid some of the most beautiful gardens in Dufferin County over the summer.

Each location was kept a secret until a week before each event. People who were registered were sent the surprise location in an e-mail.

Every event featured different Pilates workouts led by Hannah.

Hannah came up with the idea for a Pilates-inspired event as a way to raise funds and make a difference. She decided that the Headwaters Health Care Centre is something that everyone will need and she knew the funds raised would go directly to making a difference.

The Pilates Summer Garden series proved to be a very popular event. In fact, some attendees, who have their own gardens, asked if they could be on the list as a location for the next event.

?Each event was very unique,? Hannah explained. ?Once we go through the first event, the rest just followed and it was easy. People that were part of the series approached me and said, ?please put me on the list. I'd love to have you use my property next year.' We did five locations. You paid $150, and you could attend one or five of them. It didn't matter because 100 per cent of the proceeds go to the Headwaters Health Care Foundation. You didn't know the location until three or four days before the event. You received an e-mail with directions and what to expect as well, who the hosts are and some history on the property.?

The event raised $3,520 in support of the Headwaters Health Care Foundation.

?This money will be used for highest priority needs,? explained Shauna Santarossa, officer communications and donor relations at Headwaters Health Care Foundation. ?We use this for capital requests from the hospital for equipment ? they make a list every year for equipment they need, such as replacement equipment or equipment that may be at end of life. It's stuff we need to continue operating the hospital.?

The Pilates Summer Garden 2024 series was so successful and so much fun that Hannah plans to have another event next summer.