

For Immediate Release

Media Contact:
Simon Spencer

Tourette Canada
communications@tourette.ca /
tourette.ca



Time to register for Tourette Canada's Trek for Tourette taking place on Sunday May 29, 2022!

Mississauga, ON - Tourette Canada is pleased to announce that the 14th Annual Trek for Tourette, Tourette Canada's national fundraiser will be taking place on Sunday May 29, 2022. Canadians will once again have the option to participate virtually from wherever they live or to register for one of our in-person Treks taking place in a few select cities across Canada. The cities hosting in-person events this year are listed below:

[Hamilton, ON](#)

[Location - Hamilton Beach Trail, Hamilton Ontario](#)

[Muskoka, ON](#)

[Location - Gull Lake Rotary Park, Muskoka Ontario](#)

[Kelowna \(The Okanagan\)](#)

[Location - Boyce-Gyro Park, Kelowna, British Columbia](#)

[Ottawa, Ontario](#)

[Location, Lowe Martin, Ottawa Ontario](#)

Tourette Canada urges Canadians of all ages to register and start raising funds today! Donations to Trek for Tourette enable Tourette Canada to provide critical information, support, education and impactful programs to the 1 in 100 Canadians living with Tourette Syndrome, their families and those who support them.

Traditionally, Trek for Tourette is a 5km walk that takes place in designated, accessible parks, trails or neighborhoods. With the virtual Trek option, "Trek Where You Live", Canadians can participate from

anywhere in Canada. Virtual Trekkers are encouraged to invite their family members, neighbors and colleagues to register, raise funds and join them for a walk, run, bike ride or any other activity of their choice, on Sunday May 29.

If you would like to participate, raise funds or **donate** to Tourette Canada, please visit tourette.ca/trek/ for details on all available locations to Trek and how to get started. You are also invited to visit our [fundraising platform](#) to begin fundraising.

About Tourette Syndrome – Tourette Syndrome is a neurological disorder characterized by tics. It impacts **1 in every 100 Canadians. There is no known** cure. A tic is an involuntary movement, sound, or words that can be as simple as blinking or grunting to as complex as stomping and spinning or vocalizing entire sentences. Individuals with Tourette Syndrome are misunderstood, told to stop or even mocked. At Tourette Canada’s Trek for Tourette, a growing attitude of confidence and acceptance draws the community to hold signs saying, **“We Tic Together,”** and dispel misconceptions.

About Tourette Canada— Established in 1976, Tourette Canada is the only federally registered, charitable organization of volunteers assisting individuals and families affected by TS and its associated disorders in Canada. We are dedicated to creating awareness, support, and understanding through education, advocacy, and community outreach. Our vision is an empowered Tourette community in an inclusive Canada. Our programs and service offerings have changed and adapted to our community’s ever-changing needs over the years, but our **core mission and values** remain intact. We currently offer a year-round Virtual Support Group program for parents, adults and youth with Tourette Syndrome. We also provide critical information and a professional In-Service training program for educators, law enforcement and other professional organizations. This year, our plan is to launch educational workshops for a variety of audiences, expand our support services and enhance our advocacy initiatives. Learn more about who we are and what we do for the community at www.tourette.ca/.

To schedule an interview with Tourette Canada or for further information on the disorder, the event, or Tourette Canada, please contact Lisa McCoy, Executive Director at executivedirector@tourette.ca . We also have dedicated volunteers in communities from coast to coast who would be happy to share their stories. Event images are available for media use by request. Please contact communications@tourette.ca for any image needs.