

THE WINDSOR STAR

Path to healthy peepers

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Saturday-Sunday, Book signing: Optometrists Dr. Laurie Capogna and Dr. Barbara Pelletier will sign books and help customers choose vegetables and herbs as part of their food plan for healthy eyes. Their new book *Eyefoods* shows how to prevent eye disease through nutrition and lifestyle. They'll be available at Capogna Flowers, 2078 Talbot Rd., Ruthven both days from 9 a.m. to 4 p.m. Dr. Pelletier will sign books at the Indigo bookstore in Lakeshore on Saturday from noon to 3 p.m.

Saturday-Sunday, Holistic Expo and Earth Fair: In Kingsville from 1 p.m. to 8 p.m. at the Lakeside Pavilion, 315 Queen St., this event offers a wide array of organic and holistic products, along with artisans and holistic practitioners. Crafters and artists will showcase earth-friendly creations. Email eibhlinnsway@yahoo.com or call 519733-4194.

May 23, Walk for BANA: An annual fundraising event along the scenic Windsor riverfront and part of the Mayor's Windsor City Walk. The event supports programs and services of the Bulimia Anorexia Nervosa Association. Join in at 10 a.m. for the warmup and at 10:30 a.m. for the start of the walk from Ambassador Park at Sunset and Riverside Drive West to Dieppe Park at Ouellette and Riverside Drive. Contact BANA at 519-969-2112 or info@bana.ca to confirm participation, before Friday. Pledge forms are available at walkforbana.webs.com

May 28, Pushups for Charity Challenge: Created by Mike Bates of Walkerville's Refine Fitness Studio, the event is a fun way to get fit, make a difference and support Windsor Regional Hospital's Cornerstone for Caring Project. Three teams will compete, including a team open to area residents, along with teams from the Windsor police and fire departments. Complete information is available at PushupsForCharityWindsor.com for those who want to participate, donate or just come out and watch the three teams compete to see who can do the most pushups in 90 seconds.

May 28, Canadian Breast Cancer Foundation Yard Sale for a Cure: As part of a series of yard sales across Canada in support of the breast cancer foundation, from 7:30 a.m. to about 4 p.m. at the Dragon Boat Headquarters, 975 Lesperance Rd. in Tecumseh, includes a hotdog and bake sale and a car wash next door. Proceeds benefit local hospitals.

May 28-29, Bike Trek: The 10th annual cycling event for the Lung Association. Explore the scenic countryside of Essex County by choosing one of three distances:

. Double Century, 200-km, two-day ride. Start at Leamington Marina and finish the first day at St. Clair College. Overnight accommodations provided; return to Leamington Marina by the same route the next day; 9 a.m. start.

. Century, a 100-km, one-day ride. Travel through Essex County and finish at St. Clair College; May 28; 9 a.m. start.

. Pioneer Ride, a family-friendly afternoon cycle of 25 km. Begin at St. Clair College, ride through Ojibway Park and return to St. Clair College; May 28; 1 p.m. start. Registration fee and minimum pledges required. Visit biketrek.ca for more information. Search for Bike Trek 2011 on Facebook; call 519-256-3433 or email gfiacco@on.lung.ca May 29, Run and walk: Organized by Walkers & Runners Around the County of Essex, benefits the Ronald McDonald House of Southwestern Ontario and the 11th annual Jennifer Ashleigh Children's Charity. The fivekm run and walk event begins at 9 a.m. from the National Sports store, 13580 Tecumseh Rd. E., at Manning Road in Lakeshore. Participants are requested to assemble by 7:45 a.m. Online registration available until Friday, May 27 at 6 p.m. Online: wrace.org.

Submit health and fitness related events for this weekly calendar by email to twhipp@windsorstar.com and use the words Fit City in the subject line; no attachments please.