

# SEND A Miles of Smiles HOLIDAY CARD & GIVE A PATIENT A SMILE!

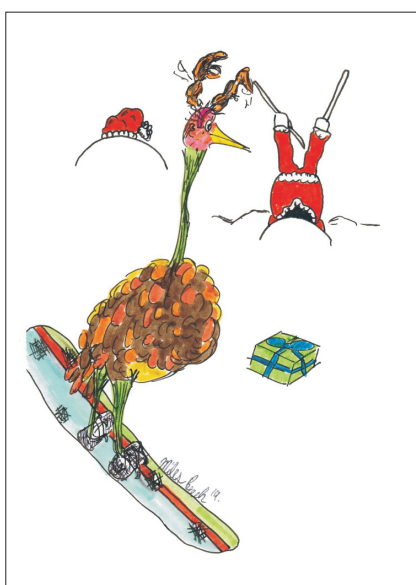
**100% of proceeds** support art, music, and movement therapy programs for patients receiving mental health care at **St. Joseph's Health Centre, Toronto.**

The artist, Miles Beech, is a former patient who illustrates regularly as a meditative exercise to help him relax, and manage his anxiety and depression. Exposure to artistic activities that can easily be incorporated into a daily routine offer effective life-long rehabilitation support. Card sale proceeds provide art supplies and programs throughout the year, as well as Christmas gifts for patients confined to the hospital over the holidays. Your contribution will help others like Miles discover the many life-changing benefits of art therapy.

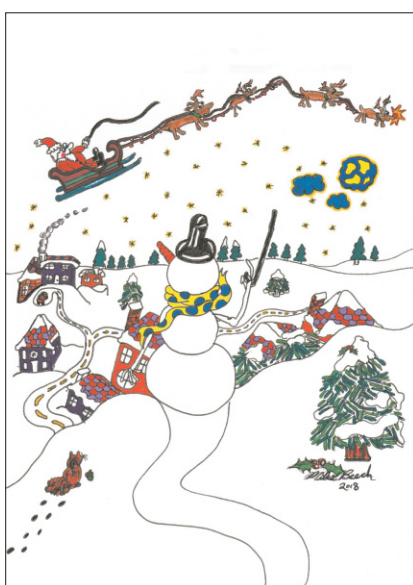
To order please indicate your card design, quantity for each and forward along with your mailing address to: [miles ofsmilestoronto@gmail.com](mailto:miles ofsmilestoronto@gmail.com) or call **Helen** at: **416-906-0611**. Payment by e-transfer.



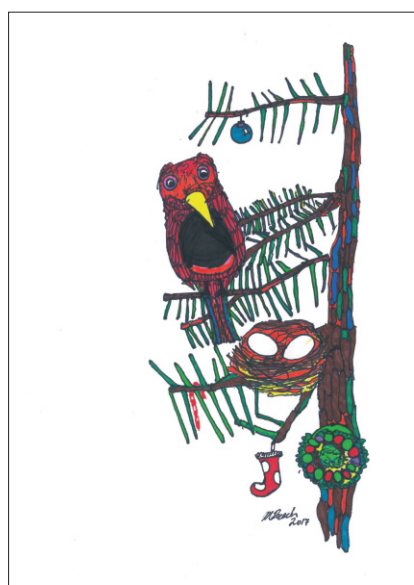
Skating Christmas Tree



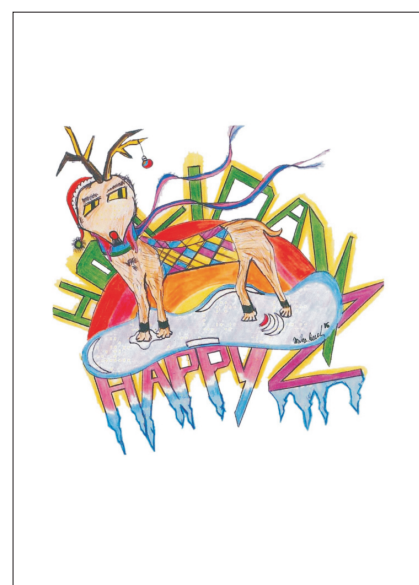
Snowboarding Ostrich



Polka Dot Snowman



Red Cardinal



Argyle Reindeer

**10 cards - \$20.00** (includes shipping)  
**20 cards - \$35.00** (includes shipping)

Miles of Smiles is a fundraising initiative of the St. Joe's Plate.

For custom cards, or additional quantities,  
please contact:  
[MILESOFSMILESTORONTO@GMAIL.COM](mailto:MILESOFSMILESTORONTO@GMAIL.COM)



  
ST. JOE'S PLATE