MEDIA RELEASE

Canadian Mental Health Association Alberta Division

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FOR IMMEDIATE RELEASE

Edmonton, August 8, 2006

CMHA APPOINTS NEW EXECUTIVE DIRECTOR

The Alberta Division of the Canadian Mental Health Association (CMHA) has hired Tom

Shand as its Executive Director.

The appointment, effective July 31, was announced by CHMA Alberta Division President Jodi

Cohen.

"We are delighted to have Tom join our team," said Cohen. "His experience in raising funds

and organizational development for healthcare organizations, as well as his background in

journalism, should serve CMHA well in advancing a number of key initiatives."

Tom has more than 20 years' experience in not-for-profit management, including 11 years

as Executive Director of the Spirit of the North Healthcare Foundation in Prince George, BC.

In Alberta, he worked for the Glenrose Rehabilitation Hospital Foundation, the Misericordia

Hospital, Alberta Lung Association, Canadian Diabetes Association and the Edmonton Sun.

Shand is a graduate of Queen's University and also a Certified Fund Raising Executive.

He succeeds Orrin Lyseng, who had been serving that role on an interim basis since

November 23, 2005.

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FOR MORE INFORMATION, CONTACT:

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