



## **Media Advisory**

May 2, 2022

### **The Mustard Seed Expands Its Health and Wellness Programs**

**Calgary, AB** – It's Mental Health Week and The Mustard Seed is Expanding to Provide Health and Wellness Programs in Its other locations. The Mustard Seed has been offering Health and Wellness Services from its Downtown Calgary location for over five years. In response to the needs of those in our other cities, we are adding services or opening clinics at Mustard Seed locations in Edmonton, Kamloops, Medicine Hat, and Red Deer.

The Mustard Seed's Health and Wellness Program supports and aids people who are experiencing poverty and homelessness to improve their health and wellbeing through programs that are tailored to the individual. Using a multifaceted approach to tackle all areas of wellness - physical, cognitive, social, environmental, and spiritual. The Social Determinants of Health guide the programs to ensure that individuals are sustainably lifted out of poverty.

When people struggle with their health and wellness without the right support, they stand to lose their jobs, families, homes, health, and hope. Once on the street and even more, cut off from care, they are trapped in a vicious cycle of homelessness, poverty, and poor health. Our programs break that cycle and reduce the cost to our healthcare systems. Over 77% of those experiencing homelessness have an average of 2.1 hospital visits per person, per year. While the average cost per day of hospitalization is \$944 in a medical ward, \$1,164 in a surgical ward, and \$4,114 in a critical care ward, the average cost of The Mustard Seed's preventative Health and Wellness Services is \$13.74.

For more information about the Mustard Seed's Health & Wellness Program contact:  
Samantha Lowe, MSc, OT Reg., Director of Health and Wellness

#### **About The Mustard Seed:**

The Mustard Seed is a Christian non-profit organization that has been caring for individuals experiencing homelessness and poverty since 1984. Operating in five cities across Alberta and BC, The Mustard Seed is a supportive haven where people can have their physical, mental, and spiritual needs met and grow toward greater health and independence. [TheSeed.ca](http://TheSeed.ca)

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#### **To set up an interview with The Mustard Seed Calgary contact:**

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