

Self-Portraits of the Artist as She Ages

Artwork by Pamela Schweitzer



watercolor and oil stick, 20" x 26", 1991

Myself, when I was young



watercolor and litho crayon, 20" x 24", 1991

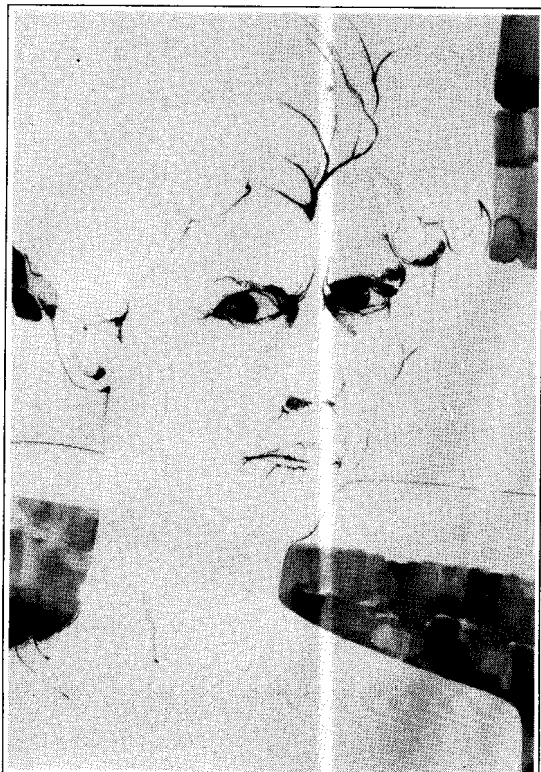
Myself, on my 49th birthday

Myself, pushing 50 and hating it



watercolor and litho crayon, 20" x 24", 1991

Myself, as Hag



watercolor and litho crayon, 20" x 24", 1991

OSTEOPOROSIS – CANADA RELAY WALK

Vancouver–Toronto–Ottawa
Summer 1992

TAKING A STEP AGAINST OSTEOPOROSIS:

*An Open Letter from Eleanor Mills,
Founder and Relay Walker*



Eleanor Mills in training

Dear Readers:

Under present circumstances one in four women and one in ten men over 50 can expect to develop osteoporosis. Osteoporosis causes pain and fracture deformities with associated economic and social distress. I know because I have lived with osteoporosis for thirty years.

My great ambition is to prevent osteoporotic fractures from occurring anywhere. My friends and I plan to walk across Canada to raise awareness and research dollars for prevention and treatment of osteoporosis.

We call this project the OSTEOPOROSIS–CANADA RELAY WALK because osteoporotic patents like myself will be doing the walking in rotation, as a team.

Getting older does not automatically mean becoming infirm; health can be maintained with correct diet and plenty of exercise. In this case good health is no more than eight miles per day away.

Take a step against osteoporosis: join us on our way. Volunteers and dollars are needed as well.

Sincerely yours,

Eleanor Mills

For more information contact: HEALTHWATCH (416) 925–0909

(copy prepared by Murina Moriyama)