



Mood Disorders Association of Ontario

In order to nominate someone who has touched your Heart, please do the following:

- Select your nominee for the Heart Inspiration Award
- In 500-1000 words, outline the relationship you're describing, the mood disorders journey and the types of support your nominee has given you, the impact of that support, and how the nominee has inspired you and others.
- Complete all the information on the attached nomination form, sign the form, attach the form with your submission and send to:

L. Steen and Associates
24 Ralston Dr.
Port Hope, ON L1A 2C3
Fax : (905) 885-9516
E-mail : steillmarketing@sympatico.ca

No later than Friday Nov. 2nd 2007

- Please make sure that your submissions are typed and double-spaced

In 2008, MDAO will be selecting the Hero and Hope Award Recipients from among many worthy and well-known candidates. These recipients will be selected by an expert panel of judges. Their selection will be based on the accepted criteria for their category.

THE 4TH ANNUAL
Inspiration Awards
 Who touches
 your heart?

In our journey through mood disorders, we know there are many inspirational people who, through their love, caring, and support inspire us.

The MDAO Heart Inspiration Award is awarded to an individual who has given exceptional support as a caregiver, a loved one, a friend, a co-worker. They have put their Heart and soul into a caring relationship to help someone through the worst of times.

MDAO is seeking nominations for such an extraordinary individual. On February 9 2008, one individual will be selected by a panel of judges to receive this award. Please use the attached nomination form and tell us how they have "touched your Heart."



Please print clearly



I would like to nominate:

Full name

Address

City

Province

Postal Code

Telephone (day)

Telephone (evening)

E-mail

I am the person nominating:

Full name

Address

City

Province

Postal Code

Telephone (day)

Telephone (evening)

E-mail