



MEDIA RELEASE

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For immediate release

Alberta Blue Cross 2021 Faces of Wellness recipients revealed

Earlier this year, Alberta Blue Cross launched the new [Faces of Wellness](#) program to recognize Albertans who are everyday champions for wellness in their own lives, workplaces and communities.

Whether that’s making positive lifestyle changes toward becoming healthier, promoting a health-related cause, making the most of life while living with a chronic condition, standing up for mental health or being a role model for others, the Faces of Wellness program sought out individuals across the province who are taking steps toward living healthier lives.

“Recognizing individuals who are champions for wellness provides a great reminder of the positive difference a commitment to wellness can make in both our own lives and to our communities,” says Brian Geislinger, vice-president of Corporate Relations with Alberta Blue Cross.

By the time nominations closed on September 30, more than 140 Albertans across the province had applied or been nominated for Faces of Wellness.

Following a review of applications, Alberta Blue Cross has announced the grand prize winner of the 2021 Faces of Wellness program—Steven Prudhomme of Edmonton—who was awarded an expense-paid weekend wellness experience in Banff for his inspiring testament to perseverance through a time of extreme hardship.

Steven’s struggle with addiction and substance abuse led him down a dark path many simply cannot find their way out of, but he did. Through Steven’s journey to recovery, he became involved in the sober community and began volunteering—eventually becoming a board member of a sober organization and helping to guide others through their early recovery days. He was encouraged by a director at the post-treatment home to become a social worker, and so, at age of 35, enrolled at MacEwan University and recently completed a social work program. Today, Steven is committed to helping others discover life beyond addiction, working with both the Boyle McCauley Health Centre and e4c to support vulnerable Albertans.

Faces of Wellness finalists include

- Payden Vair, a young woman from Cardston who lost her foot in a life-threatening lawnmower accident three years ago but through her rehab journey went on to compete at the Paralympic games in Tokyo this past summer;
- Lorna Harrison, a senior from Cochrane who leads a hiking group for other seniors;
- Dwayne Charles Yellowknife, a member of the Bigstone Cree Nation in northern Alberta who not only survived addiction and turned his diabetes diagnosis into an opportunity to improve his own health and inspire others, but after battling COVID-19 also started an online COVID support group for others; and
- Samantha Stainer, an Edmonton mom who has lost over 150 pounds in two years and has gone from completely sedentary to running six kilometres four days a week, and is now mentoring others online from around the globe.

The remaining award recipients received wellness themed prizes for their heartfelt nominations and stories. To learn more about each of them, visit www.facesofwellness.ca/honourees.php

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For more information, please contact Sharmin Hislop, Director of Corporate Communications, Alberta Blue Cross at shislop@ab.bluecross.ca.

ab.bluecross.ca

Edmonton Blue Cross Place 10009 108 Street NW T5J 3C5 780-498-8000	Calgary Main Floor 715 5 Avenue SW T2P 2X6 403-234-9666	Grande Prairie Suite 108 10126 120 Avenue T8V 8H9 780-532-3505	Lethbridge 470 Chancery Court 220 4 Street S T1J 4J7 403-328-1785	Medicine Hat 95 Carry Drive Plaza 105 Carry Drive SE T1B 3M6 403-529-5553	Red Deer 103 Elements at Rivers Edge 5002 55 Street T4N 7A4 403-343-7009
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