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Healthy Mind Body Planet Tour Set to Launch by Train
Cross-country multimedia presentation commemorates life of renowned environmentalist Tooker Gomberg; sheds light on dangers of anti-depressants

(Toronto, ON) The Toronto the Healthy Mind-Body-Planet Tour will officially launch their **cross-Canada** journey through 23 cities and towns on **Saturday, April 1 at 10:30 a.m.** at **Toronto's Union Station** (Front Street entrance). Media and friends are invited to bid them farewell outside the station.

Although the kick-off is happening on April Fools Day, the issues being dealt with are no laughing matter. Dedicated to the late Tooker Gomberg, former Edmonton City Councilor and renowned environmentalist, who jumped from the Macdonald Bridge in Halifax two years ago, the tour is a multimedia presentation of video, sound, theatre, spoken word, and writing, all exposing the dangers of antidepressant drugs and the influence the pharmaceutical industry has in our lives.

“Tooker was driven to suicide after just 5 weeks on an antidepressant drug that agitated him. Just 3 weeks later, the FDA sent out a public advisory saying that antidepressants can cause suicidal ideation; Health Canada followed suit. I'm turning my anger into action” says tour participant and Tooker's widow, Angela Bischoff.

Committed to low-impact transportation, tour participants will use the train and other forms of mass transit for their cross-country tour. Bischoff, who heads the environmental education organization, Greenspiration, will be accompanied by colleagues Kelly Reinhardt and Bridget Haworth of boilingfrog, an independent media organization based in Toronto.

The Healthy Mind Body Planet Tour celebrates the most current information, analysis and inspiration related to mental, physical and planetary health. We will look at the reasons for the recent rise in depression, and at the myriad of treatments available, including pharmaceutical. Podcasts highlighting the tour and other relevant issues will be made available via the Canadian national news website rabble.ca/.

For more info see www.Greenspiration.org and/or contact:

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Tour Cell: 780.918.1170

Itinerary:

April 3 - Elsipogtog First Nation (Big Cove),
NB

April 4 - Fredricton, NB

April 6 - Halifax, NS

April 10 - Montreal, QC

April 12 – Killaloe, ON

April 13 - Ottawa, ON

April 18 - Kingston, ON

April 19 - Peterborough, ON

April 20 - Toronto, ON

April 22 - Kimbercote Farm, ON

April 24 - Windsor, ON

April 25 – Kitchener-Waterloo, ON

April 26 - Guelph, ON

April 28 - Hamilton, ON

May 10 - Sioux Lookout, ON

May 12 - Winnipeg, MN

May 16 - Saskatoon, SK

May 23 - Jasper, AB

May 30 - Victoria, BC

June 1 - Roberts Creek, BC

June 5 - Vancouver, BC

June 15 - Calgary, AB

June 20 - Edmonton, AB

Podcast Launch:

The tour presentations will be complemented by 10 podcasts (audio and video) chronicling the adventures of the tour, and interviewing the nations top pharmaceutical drug critics. Listen now to the first podcast “Launching the HMBP Tour” at <http://www.rabble.ca/rpn/boi>

Bios:

Greenspiration.org has been educating and advocating for environmental sustainability since 1996 when its co-directors Angela Bischoff and Tooker Gomberg began traveling the globe in search of inspiring environmental solutions. Since the tragic passing of Tooker Mar. 3, 2004, Angela has focused her considerable skills on issues of mental health and the dangers of antidepressant drugs.

Boilingfrog.ca promotes, distributes and develops independent multi-media materials. The dynamic duo of Kelly Reinhardt and Bridget Haworth have previously toured Canada twice, hosted hundreds of screenings, five film festivals and dozens of radio programs, reaching audiences in small towns and large cities with their broad selection of independent media. Their content ranges from climate change to globalization, social justice, human rights, environment, peace and more.