



### Offers

Company	Business Details	Details of offer	To Access
Fortino's Grocery Stores	<a href="http://www.fortinos.ca">www.fortinos.ca</a>	priority entry with ID	Show your HHS Badge
Longo's	<a href="http://www.longos.com">www.longos.com</a>	Longo's is offering health care workers and first responders priority access to all Longo's locations. This applies to our current hours of 8am-8pm, not just the Community Wellbeing Hour	Show your HHS Badge ID

Grocery Hero	Grocery Hero - is a free delivery matching service to help our frontline medical professional focus on fighting COVID-19.	Volunteers are matched with a medical professional in their neighbourhood by postal code to help with delivery of groceries.	<a href="https://www.facebook.com/GroceryHeroCanada/">https://www.facebook.com/GroceryHeroCanada/</a> <a href="http://www.getgroceryhero.com">www.getgroceryhero.com</a>
Freshii Corporate	<a href="http://www.freshii.com">www.freshii.com</a>	Click on the link to donate a meal to a child in need through WeCharity	<a href="https://try.freshii.com/donate/">https://try.freshii.com/donate/</a>
Andrea Frolic		Free Meditation practice Weekdays: 645-7:00am, May 4-June 20, 2020	Please click the link below to join the webinar: <a href="https://hsc.zoom.us/j/99075534922?pwd=TmRJRmpHTnFNNWMyN1ZZcHpITi9PZz09">https://hsc.zoom.us/j/99075534922?pwd=TmRJRmpHTnFNNWMyN1ZZcHpITi9PZz09</a> Password: 795684

<p>Hamilton Police Historical Society and Museum</p>	 <p><b>Constable David M. Kerkhof #372</b>  <b>President</b>  Hamilton Police Historical Society &amp; Museum  hpshistorian@gmail.com  historian@hamiltonpolice.on.ca</p>		<p>All <b>proceeds</b> from the sale of this coin will be donated to the <b>Hamilton Health Sciences for COVID research</b>. The coins will be sequentially numbered. They are \$20 per coin and \$5 for shipping with a limit of two coins per person (\$25 for 1, \$45 for 2). Etransfers can be made to <a href="mailto:hpshistorian@gmail.com">hpshistorian@gmail.com</a>. You must include your name and address. We encourage groups to submit bulk orders as distribution rests solely on myself. We expect delivery to be at least 10 weeks from the submission of the total order. For large bulk orders please contact me so we can possibly make alternate shipping arrangements (example: I can attend a Fire Hall/Paramedic Station or Hospital to drop off).</p>
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**Discounts**

Company	Business Details	Details of Discount	To access
F45 Hamilton Downtown	<a href="http://f45training.ca/hamiltontown">f45training.ca/hamiltontown</a>	50 % off	<a href="https://airtable.com/shrYUQOA5QroHN8Qe">https://airtable.com/shrYUQOA5QroHN8Qe</a>
Earls	Earls.ca	30 % off pickup or grocery	When ordering identify yourself as a healthcare worker
Advanced Innovations	<a href="http://www.advancedinnovationsinc.ca/">www.advancedinnovationsinc.ca/</a>	30% off our Bio-Oil Specialist Skincare Bundle 200ml	<a href="http://freshglow.ca">freshglow.ca</a> Code: THANKUHEROES
Freshii	Freshii Upper James, University Plaza, and Fiesta Mall	10% discount to hospital employees/first responders	Show your hospital ID badge
ADD Music Wellness	<a href="http://addmusicwellness.com">addmusicwellness.com</a> <a href="http://relateinrhythm.com">relateinrhythm.com</a>	Music and mental health virtual support seminar, created and provided by a Registered Psychotherapist Cost is \$15 per person, and can be covered under some insurance plans	Go to the website; <a href="http://relateinrhythm.com">relateinrhythm.com</a> or email; <a href="mailto:relateinrhythm@gmail.com">relateinrhythm@gmail.com</a>

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East Side Marios	1389 Upper James St. Hamilton, ON L9K 1B2 (905) 574-3890  119 Osler Dr. #1 Dundas, ON L9H 6X4 (905) 627-4729	BUY ONE ENTRÉE AND RECEIVE ANOTHER MEAL* <b>FOR FREE</b> BUY FIVE COLD-PACKED PASTAS FOR \$40 AND RECEIVE TWO MEALS* <b>FOR FREE</b> * CHOOSE FROM FOUR GREAT OPTIONS: Mario's Spaghetini & Meatballs Fettuccine Alfredo Cheese Cappelletti Sausage & Peppers Penne	Call to order or go on-line (this offer not applicable to delivery). Must show HHS badge. Please note free meal(s) will be added to your order upon presentation of HHS badge
Anthony Berlinger at Nature of Mindfulness	<a href="https://www.natureofmindfulness.com/">https://www.natureofmindfulness.com/</a>	FREE online access to all members of HHS for anyone interested in accessing daily guided meditations	Go to <a href="https://www.natureofmindfulness.com/">https://www.natureofmindfulness.com/</a> Click "Try for free". Will be extended automatically. Must register with your HHS email. If any problems please contact <a href="mailto:anthony@natureofmindfulness.com">anthony@natureofmindfulness.com</a>
The National Ballet of Canada	<a href="http://national.ballet.ca">http://national.ballet.ca</a>	FREE restorative/stretching class	<a href="#">PLEASE ACCESS THE CLASS HERE.</a>

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Freshii Corporate		10% off	<b>Uber Eats: FRESHIIWFHALL</b> <b>Skip the Dishes: FRESHIIWFH0520</b> Rather get some fresh air and pick up at your local Freshii? <b>Order on the Freshii app or website with code: FRESHIIWFHAPP3</b>
Accounting for Bravery	<a href="https://www.cpaontario.ca/accounting-for-bravery">https://www.cpaontario.ca/accounting-for-bravery</a> CPAs across the province want to contribute their professional expertise to help prepare frontline healthcare workers' 2019 taxes	The program will cover basic individual, spousal and dependent children's tax returns. This program does not include more complex tax returns, such as those involving self-employment income or employment expenses, business or rental income and expenses or foreign property (T1135).	For nurses, paramedics, lab technicians, doctors, cleaners, and other healthcare staff on the frontline during COVID-19.  <a href="https://www.cpaontario.ca/accounting-for-bravery">https://www.cpaontario.ca/accounting-for-bravery</a> click on "I am a healthcare worker"
Staybridge Suites	<b>Staybridge Suites Hamilton</b> 20 Caroline Street South Hamilton, ON L8P 0B1 phone: 905-527-1001	A discounted rate of \$99.00 plus taxes plus 3% Destination Marketing Program Fee for our Queen Studio Suite featuring 1 Queen Size Bed and Pull Out Sofa.	No covid positive guests permitted. Show HHS ID.

Company	Business Details	Details of Discount	To access
Concession Pizza	Concession pizza 576 Concession St., Hamilton 905-385-9888	Monday, Wednesday and Thursday from 5-8 in May \$25 for 2 large pizzas (3 items) – Juravinski delivery  2 Large 3 Topping Pizzas for \$20 (including tax) for pick-up only at Concession Pizza  OR  2 Large 3 Topping Pizzas for \$25 (including delivery and tax) to Juravinski Hospital	Call and order “Front Line Hero” special.  Be prepared to meet the delivery person outside the site doors. Will need to show screening results to re-enter the hospital site. <b>Screeners will not accept deliveries.</b>
Casablanca Hotel	<a href="http://www.Casablancahotel.ca">www.Casablancahotel.ca</a>	79/\$459/wk/\$1599 month plus hst for health care workers. No COVID-19 positive. Continental breakfast included.	Show HHS ID
Parsec Youth Network	<a href="http://www.parsecyouthnet.weebly.com">www.parsecyouthnet.weebly.com</a>	Thank you for your hard work, HHS staff! To help ease your workload, the Parsec Youth Network is offering free one-on-one tutoring for students in grades 1 to 12!	Sign up for tutoring here: <a href="https://forms.gle/nE9395feNwAd34aE7">https://forms.gle/nE9395feNwAd34aE7</a>

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Cameron Wilson BA, IFSE Dominion Lending Centres Canuck Mortgage Group	<a href="http://www.getthemortgagethatgives.ca">www.getthemortgagethatgives.ca</a>	<p>We are offering all HHSF and HHS staff and physicians the following <b>mortgage rate reduction offer</b>:</p> <ul style="list-style-type: none"> <li>- 0.05% off the negotiated interest rate, which can mean more than \$500 in savings.</li> <li>- offer is good for purchases, refinances, renewals, B lending, 2nd mortgages, private mortgages, rental property portfolios and commercial property.</li> <li>- in addition 5% of my commission for each mortgage is donated to Hamilton Health Sciences Foundation through its Care4 program to support the purchase of vital medical equipment.</li> </ul> <p>This offer is available to all HHS staff and physicians and anyone they choose to share this offer with. Any HHS staff who refer a friend, resulting in a completed mortgage, will receive a Community Hero Incentive of \$250.</p>	<p>Contact Cameron Wilson at (800) 969-0014   <a href="mailto:crwilson@dominionlending.ca">crwilson@dominionlending.ca</a></p> <p>Offer valid on all mortgages secured by July 31, 2020</p>

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Radius Restaurant	<a href="https://radius.ca/">https://radius.ca/</a> 151 James St. South, Hamilton, Ontario, L8P 2Z5	20% off take out for health care workers	Show HHS ID badge.
First Ontario Credit Union	FirstOntario.com 1-800-616-8878 x3501 Taylor.Murray@FirstOntario.com	<p>Free access to our Member Value Program (MVP). MVP offers special access to exclusive personal banking offers, rates, and discounts.</p> <p>Receive \$100 when you open a Be FREE chequing account and set up two consecutive direct deposits plus, First Ontario will donate \$50 to Hamilton Health Sciences Foundation. Preferred rates.</p> <p>A complimentary portfolio review from a dedicated investments expert.</p> <p>Access to financial literacy sessions.</p> <p>Discounts on tickets to FirstOntario events and partnered organizations (subject to availability)</p> <p>Ask about our 5.24% load rate.</p>	Show HHS ID badge.



<b>Company</b>	<b>Business Details</b>	<b>Details of Discount</b>	<b>To access</b>
Grimsby Hyundai	569 Main St W, Grimsby <a href="http://www.grimsbyhyundai.com">www.grimsbyhyundai.com</a>	Preferred Dealer Invoice pricing until July 31 2020	Speak to any member of the sales team and show HHS ID badge.