

For Immediate Release

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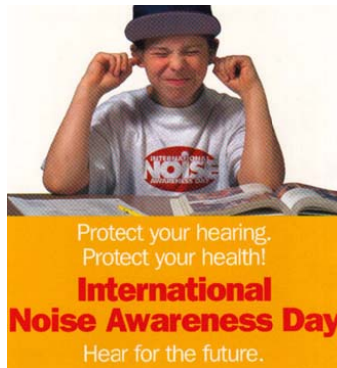
The 13th annual

International Noise Awareness Day, Wednesday, April 16, 2008

Continuous exposure to noise levels above 85 decibels can be harmful to our hearing. It also affects our ability to concentrate, blood pressure, sleep, digestion and other stress-related disorders. "We live in a very noisy world", says Myrtle Barrett, President of the Canadian Hard of Hearing Association – Newfoundland & Labrador (CHHA-NL), "everything from the vacuum cleaner to an ATV contributes to the amount of noise we are exposed to everyday and in some cases this noise is deafening us!"

The Canadian Hard of Hearing Association of Newfoundland and Labrador (CHHA-NL) would like you to recognize International Noise Awareness Day with others around the world by observing the Quiet Diet - 1 minute of quiet, regardless of location, from 2:15 - 2:16 pm on Wednesday April 16th. Use this minute of quiet reflect on its calming effects and think about how you can make your life a little quieter.

Hear for the Future!



Additional information on International Noise Awareness Day and how you can participate is available at the Noise Center website at www.lhh.org/noise

