

Karate champion fights stigma of poor mental health

By JOHN BKILA
Special

World karate champion Clint Cora's next battle is to defeat the stigma attached to men-

tal health problems.

"Although mental health issues are seen in all cultures, they are still quite taboo and hidden among ethnic groups," Cora told The News.

Cora, a Mississauga resident for 15 years,

spoke Wednesday at the official launch of the upcoming Lions 5-Kilometre Walk.

The event will be held Oct. 4 at the Markham Town Civic Centre in support of Mental Illness Awareness Week.

An author, motivational speaker, business executive and martial arts fighter, Cora told nearly 200 people at the Hotel Radisson Plaza that no one is immune to poor mental health.

One night 25 years ago, when Cora was living near his family in downtown Toronto, he received a phone call from his 11-year-old brother to come over to their house.

Cora found his mother lying motionless on the floor. A prominent physician in the Chinese community, she had been suffering from a severe case of chronic depression when she overdosed on sleeping pills.

Cora said he overcome challenges in his life — and learned from them — so that they would later contribute to his success.

"We can't complete our goals alone, in isolation," Cora said. "And beating mental illness is no different. It can be cured with the help of a strong personal and professional support group."



Clint Cora is a motivational speaker, business executive and karate champion.

Cora is the author of the recently published book, *The Life Champion In You*. He also won five gold medals for the Canadian National Karate team at the world championships in Ireland last summer.