

MS BikeTour to start and end in Acton's Prospect Park this weekend

An expected 175 cyclists will ride through Wellington, Waterloo and Halton Regions on Saturday, August 17 as part of the 2013 MS Bike, North America's largest cycling series. MS Bike-Acton is Ontario's longest running MS Bike tour, and this year, participants can choose to cycle 75 km or complete a century loop—160 km.

It's not too late to register to ride, or volunteer at MS Bike-Acton, for more information call 416-967-3038 or visit msbike.ca

"I love to cycle, and combining that with fundraising for a great cause makes the experience much more satisfying," says Jack Dawson, who has raised \$40,000 for people living with multiple sclerosis since first participating in MS Bike 24 years ago. "

Being 'number one' is nice," says Jack, who was the top fundraiser at the 2012 MS Bike-Acton to Waterloo, "but, if I raised the same amount of money and ended up at number 25, that would mean that 24 people would have raised even more than me and that would make the event an even greater success

in raising money for people with this disease."

Mary, who lives with MS, shares the impact that funding has had on her life: "Financial assistance for me to purchase a wheelchair has made an immediate difference in my life, and will continue to assist me in the months and years to come. The support provided to those in need is much appreciated and will not be forgotten."

Multiple sclerosis is a chronic, often disabling disease of the brain and spinal cord that affects 100,000 Canadians. It is the most common neurological disease of young adults in Canada and three Canadians are diagnosed with the illness every day. Most people with MS are diagnosed between the ages of 15 and 40, and the unpredictable effects of MS last for the rest of their lives.

MS Bike is a pledge-based fundraising event that provides Canadians with the opportunity to ride through scenic and often spectacular parts of the country. For more information about MS Bike visit msbike.ca.



JOE FELT IT WAS TIME TO CONSIDER RETIREMENT LIVING:



Now he enjoys three nutritious meals daily. He doesn't concern himself about doing chores and maintenance. He no longer worries about being lonely – he has friends and lots of things to do. He has peace about his health, his security and his supports.

Tour Birkdale Place and learn about the many benefits of retirement living!

Come Celebrate Life With Us!



Birkdale Place

SENIORS COMMUNITY

Celebrate life with us

611 Farmstead Drive, Milton
Ontario L9T 7Y8

905.636.6300

www.birkdaleplace.com

SUMMER SIZZLE FULL OF LOVE

NO DEPOSIT WEDDINGS

Book by September 26, 2013
Departures May 2014 - Oct 2014

plus...

- ▶ SAVE \$200 Per couple
- ▶ \$500 Bride & Groom future travel voucher

Applicable hotels:

Sandals Grande Riviera • Sandals Whitehouse * Sandals Montego Bay • Sandals Grande Antigua Beaches Ocho Rios

call now to plan your dream wedding and save!

Sandals

transat
Holidays your vacation people

VISION 2000
GROUPE VOYAGES • TRAVEL GROUP

CRUISES & VACATIONS

905-873-2000

or visit us in store at
328 Guelph St., Georgetown, ON

tico.ca

Offer is valid on all new wedding group bookings made by Sept 26, 2013 for applicable travel periods May 1, 2014 to Oct 31, 2014. Savings applicable to departure period May 1, 2014 - Oct 31, 2014. *Savings per couple are based on published adult fares. **One (1) \$500 future travel voucher for bride and groom. 7th / 9th room free for 2014 departures, valid on new group bookings made by Sept 26, 2013 at applicable resorts as indicated. No Deposit weddings, Bride and Groom must deposit \$250 pp in order to secure 30 seats / 15 rooms. For full descriptions and terms and conditions, refer to the Transat Holidays 2013-2014 Wedding brochure. ON REG#50018498