



Halton Highlights January 2018

Halton makes it easy to stay healthy

Halton Region offers many programs and services to help you make healthy choices and live an active lifestyle all year round. The New Year is a great time to set achievable goals that enhance your overall health and well-being, and the Region's resources and services make it easy for you to achieve them.

Set a target

Write down the reasons why you want to make a change, set specific goals and develop an action plan to achieve them. For help getting started, visit halton.ca/healthyliving.

Keep it simple

Set yourself up for success by taking small steps. If you're looking to get active, start by walking to add more physical activity into your day and gradually build up your endurance. You can also take advantage of bike lanes and wider sidewalks being built across the region that make it easier and safer to make physical activity part of your day. For more tips and resources, visit halton.ca/getactive.

Include your family and friends

Talk to your family and friends about your goals. Engaging in physical activity together will make it easier and more enjoyable! From cycling and hiking trails to skiing and outdoor skating—the region offers fun for the whole family. To plan your next adventure, visit halton.ca/tourism.

For more information or to access our healthy living supports, visit halton.ca or call 311.



Keeping you informed by highlighting what makes Halton a great place to live.

Gary Carr, Regional Chair

Investing in resident priorities with the 2018 budget

On December 13, Regional Council approved Halton's 2018 Budget and Business Plan, which outlines how we will support the successful completion of our current Strategic Action Plan. It maintains service levels for Regional programs and invests in new and existing infrastructure to serve our growing community. It will also help preserve our strong financial position and AAA credit rating, ensuring top value for taxpayers while supporting a high quality of life in Halton.

As always, the 2018 budget is based on prudent, forward-looking financial planning principles, and keeps property tax increases for Regional services at or below the rate of inflation. It includes a 1.9 per cent increase in property taxes for Regional services and 3.8 per cent increase in the water and wastewater rate to help us address strategic priority areas.

Investing for today and tomorrow improves the quality of life in our region. To learn more or view the 2018 Budget and Business Plan, visit halton.ca/budget.

Be prepared for winter emergencies

Emergencies can happen anywhere, at any time, and colder weather makes it especially important for everyone to plan today so we are protected tomorrow.

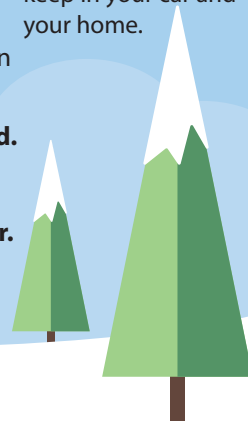
Our emergency management plans and programs ensure essential Regional services remain available when you need them most. However, emergency preparedness is a shared responsibility that involves individuals, all levels of government and the community. You can take three easy steps to help protect yourself, your family and your property.

- 1 Know the risks**
Familiarize yourself with the hazards or risks in your area.
- 2 Make a plan**
Ensure your household knows what to do in an emergency.
- 3 Get a kit**
Assemble or buy emergency kits to keep in your car and your home.

Following these steps allows first responders to focus on those in immediate need during an emergency, and Halton Region offers several resources to help you prepare:

- For emergency preparedness resources and supports, visit halton.ca/beprepared.
- For information about cold-related illnesses or to sign up for cold warnings, visit halton.ca/cold.
- For tips and updates about severe weather events, visit halton.ca/severeweather.

Thank you for being prepared for winter emergencies—your efforts contribute to the resilience of our entire community.



Meetings at Halton Region

1151 Bronte Rd., Oakville, L6M 3L1

Visit halton.ca/meetings for full schedule.

- Jan. 9 9:30 a.m.** Health & Social Services Committee
- Jan. 10 9:30 a.m.** Planning & Public Works Committee
- Jan. 10 1:30 p.m.** Administration & Finance Committee
- Jan. 17 9:30 a.m.** Regional Council

Please contact us as soon as possible if you have any accessibility needs at Halton Region events or meetings.

This page has been donated by this newspaper to communicate important information to Halton residents at no cost to taxpayers.