

EXPRESS SALT DELIVERY

SELECT
Water Softener Salt

\$975 DELIVERED & Poured into Your Softener!
BAG

Save your back. Save your money.
Call 877-9075 now!

HALTON HILLS TAXI
110 MILL ST. GEORGETOWN ONTARIO L7G 2C9
DIVISION OF HALTON HILLS HOLDING LTD.
877-1234

877-7400 877-9311

AIRPORT SERVICE ★ PARCEL DELIVERY

Pizza Hut.

308 Guelph St.
Georgetown
873-1651

WETHERBY'S
For the British market

149 Church St. E.
ACTON

Mon.-Sat. 10 a.m.-5:30 p.m.
Sunday 12 Noon-3:30 p.m.
(519) 853-1633
Across the street from the Olde Hide House

SAME DAY SERVICE
IN BY 10 - OUT BY 4
FREE PICKUP & DELIVERY
REPAIRS & ALTERATIONS

North Star Dry Cleaners
Operated By Bob & Anne O'Neill

55 Main St. S.
Georgetown
877-0469

CIBC Canadian Imperial Bank of Commerce

Guelph and Mountainview
Box 38 (Georgetown)
Halton Hills, Ontario L7G 4T1
(416) 877-6963

82 Main St. S., P.O. Box 99
Halton Hills, Ont.
L7G 4T1
(416) 877-2231

THE CARPET BARN
Division of Halton Floor Fashions Ltd.

26 Guelph St.
Georgetown, Ont.
877-9896

The McGibbon Hotel
FOR YOUR LISTENING AND DANCING PLEASURE!

★

79 Main St. S.
Georgetown
877-3388

Stedmans

★★★★★

17 Mill St.
ACTON
853-2741

GEORGETOWN'S GENERAL STORE
"The Little Store With Big Value!"

★

110 Main St. S.
Georgetown
877-8284

GENERAL REPAIRS & SERVICE
SAFETY INSPECTION & ROAD SERVICE

JAKE'S AUTO SERVICE LTD.

5 ARMSTRONG AVENUE
GEORGETOWN, ONT. L7G 4S1
TELEPHONE 877-6353

HOURS: 7:30 A.M. - 6:00 P.M.
SATURDAY: 8:00 A.M. - 12:00 A.M.
CLOSED SATURDAY DURING JUNE, JULY & AUGUST

RAVES
hair fashions

THE HAIR CARE
WAXING
MANICURE
SPECIALISTS

118 Guelph Street
Georgetown
873-0865

Zellers

GEORGETOWN MARKET PLACE
Guelph Street
877-5131

ROYAL CITY REALTY LIMITED

328 Guelph St.
Georgetown
877-5296

★★★★

SUPPORTING THE HEART & STROKE FOUNDATION

Beaver Lumber
Your Lumber One Stop

316 Guelph St.
Georgetown
877-2234



HEART AND STROKE FOUNDATION OF ONTARIO

Can you nan death in Can it's not canc of death is h

Why should I worry about cardiovascular disease?

Statistics tell the tale: throughout Canada, cardiovascular disease and stroke account for

- 40% of deaths
- 31% of medical drug use
- 22% of days spent in hospital
- 20% of all long-term disabilities

Together, cardiovascular (heart) and cerebrovascular (the brain and the blood vessels feeding it) disorders are the single most common cause of death, hospitalization and medical drug use in Canada.

Over the past several decades, great

strides have been made in the battle against heart disease and stroke. Despite improvements in treatment and prevention - and a considerable drop in the death rates - there's still a long way to go. Heart disease and stroke remain Canada's number one killers.

Halton Hills Target:
\$20,000



TH
"

The Ticker Test is designed to help you go ahead. The test is easy to complete. This may be the best 10 minutes you

Before you begin, it's important to understand:

- a) There are many risk factors such as lack of physical activity that increase your chances of heart disease. If you finish the test, look back at 1
- b) This is not a scientific test. It is a screening test. It is not a guarantee of having a heart attack

DIRECTIONS

In the plus (+) or minus (-) column, put a mark next to the following questions. At the end of the test, you will add up your check marks in the positive column and then add up your marks in the negative column. If you have more marks in the negative column than in the positive column, you may be at risk of a heart attack or stroke.

QUESTIONS

1. What is your age?
Below the age of 60
60 years of age or older
2. Your sex?
Male
Female
3. Has anyone in your immediate family (parent, grandparent, sister, brother) ever had a heart attack or stroke before the age of 65?
Yes
No
4. Have you ever had a heart attack or stroke before the age of 65?
Yes
No

A Spec