

GEORGETOWN Rent-All



- Tools
- Equipment

55 SINCLAIR AVE.
GEORGETOWN
877-0157
Rentals - Sales Service



DOMINION SEED HOUSE
Country Garden Centre
Hwy. 7 & Maple Ave.
877-2460



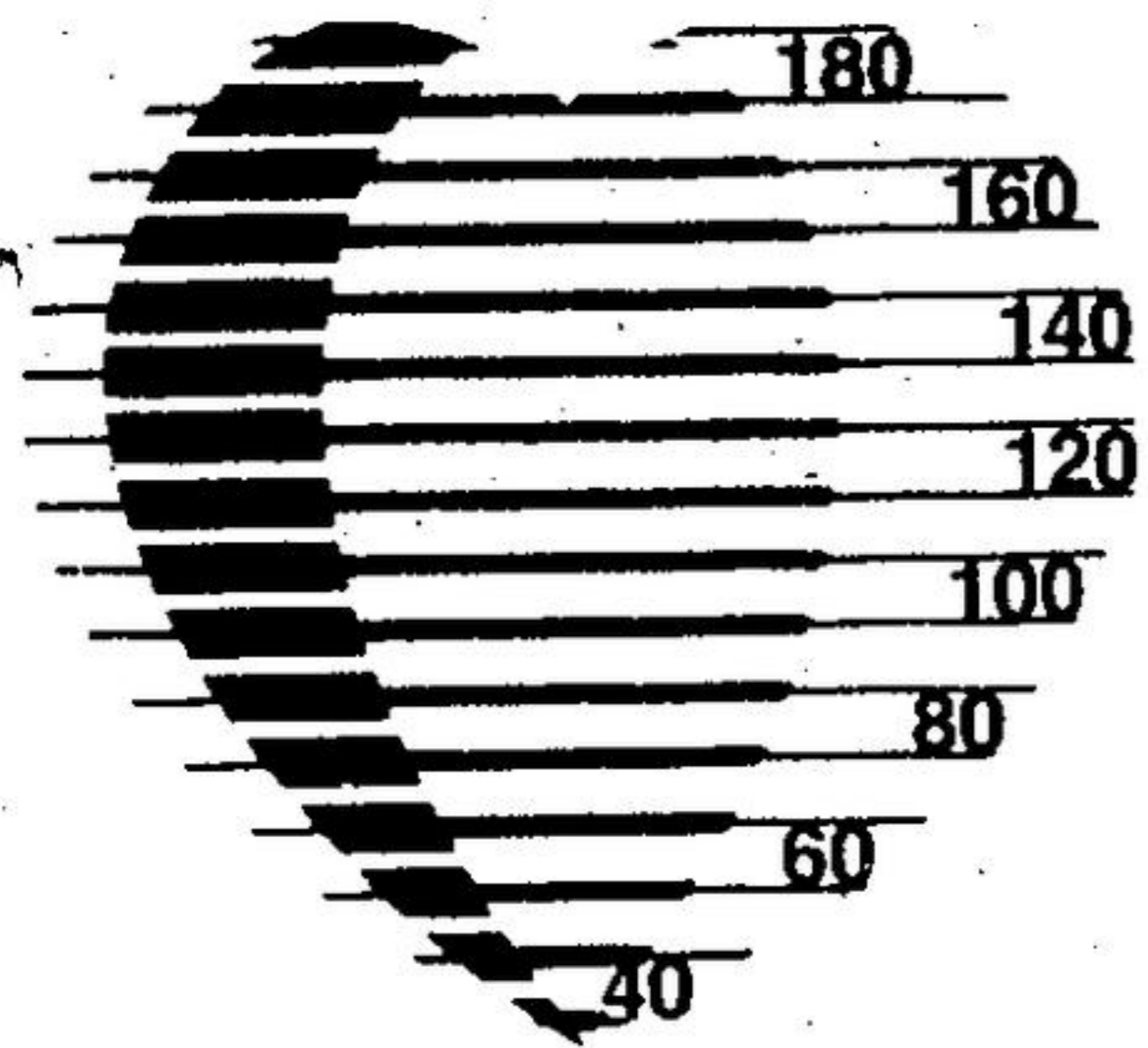
**308 Guelph St.
Georgetown
873-1651**



HTH TAXI
118 MILL ST. GEORGETOWN
ONTARIO L7G 8C9
DIVISION OF MALTON HILLS HOLDING LTD.
877-1234
877-7400 877-9311
AIRPORT SERVICE ★ PARCEL DELIVERY

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

North Star Dry Cleaners
Operated By Bob & Anne O'Hall
55 Main St. S.
Georgetown
877-0469



KNOW YOUR BLOOD PRESSURE
by Heart

BLOOD PRESSURE QUIZ

What do you know about blood pressure? Take this short quiz by circling either "T" for TRUE or "F" for FALSE for each of the following statements about blood pressure. Check your answers on the reverse.

- | | | | | | |
|---|---|---|--|---|---|
| ...a heart beat. | T | F | 7. Blood pressure should be checked every five years. | T | F |
| ...me all day, every day. | T | F | 8. You can only tell what your blood pressure is by having it measured. | T | F |
| ...ood flow to all parts of the body. | T | F | 9. Being overweight can lower blood pressure. | T | F |
| ...as two numbers. | T | F | 10. Eating large amounts of food high in salt (sodium) can cause blood pressure to rise. | T | F |
| ...od pressure is by the way you feel. | T | F | 11. Regular exercise will help keep your blood pressure healthy. | T | F |
| ...e a blood pressure of around 120/80. | T | F | 12. Only a relaxed and easy-going person can have normal blood pressure. | T | F |

ANSWERS TO BLOOD PRESSURE QUIZ


- | | |
|---|--|
| ...it pushes blood through the arteries and veins. Blood pressure is ... of the blood pushing against the walls of the blood vessels, as it flows | 7. FALSE. The Royal College of Family Physicians in Canada recommends that a healthy person should have her or his blood pressure checked every two years. If you are pregnant, your blood pressure should be checked more often. |
| ...ges moment to moment and day to day! It is usually lowest when we ... throughout the day. Changes in activity, posture and emotions cause | 8. TRUE. The only way to tell your blood pressure is to have it checked. Always have your blood pressure checked by someone who can refer you for medical care if needed. |
| ...ressure. It is not an illness or an abnormal condition. Blood pressure ... be blood flow to all parts of the body. | 9. FALSE. Being overweight can lead to an unhealthy blood pressure. |
| ...first or larger number) refers to the highest pressure in the arteries. ... beats. Diastolic pressure (the second or smaller number) refers to the ... It occurs when the heart is relaxing between beats. | 10. TRUE. Using less salt has proven to be a useful part of treatment for some individuals with high blood pressure. Most Canadians eat more salt than necessary, so using less salt makes good sense. |
| ... blood pressure by the way you feel. | 11. TRUE. Regular exercise, three times a week for 20 to 30 minutes at a time, can help to keep your blood pressure healthy. |
| ... blood pressure is between 100 and 140 for the systolic pressure (the first ... en 70 and 90 for the diastolic pressure (the second or smaller number). | 12. FALSE. Blood pressure is not necessarily higher in anxious, overactive people than it is in easy going, relaxed people. |

DELREX SMOKE SHOP
PHONE 877-9284
GEORGETOWN MARKET
HWY. 7, GEORGETOWN
Variety & Smokes - Gifts & Toys - Post Office Lottery Agent



target food stores
OPEN 24 HOURS - 7 DAYS
VHS MOVIE RENTALS
51 GUELPH STREET
GEORGETOWN

Goliger's Travel
serving travellers since 1955
Halton Hills Shopping Centre
233 Guelph Street
Georgetown
877-0103



149 Church St. E.
ACTON
Mon-Sat. 10 a.m. - 5:30 p.m.
Sunday 12 Noon - 5:30 p.m.
(519) 853-1633
Across the street from the Old Mill House

Special Thank You To These Community-Minded Businesses For Their Support

Jeffrey L. Eason
B.A., P.P.S.
BARRISTER & SOLICITOR
BUS: 877-8861, 877-8882
Toronto Line: 848-1667
P.O. BOX 169, 118 Guelph St.
Halton Hills (Georgetown), Ont.
L7G 4Y5
Fax: 877-8725

PLEASE HELP SUPPORT THE HEART & STROKE FOUNDATION!

COMPLIMENTS OF
The Halton Hills HERALD
HOME NEWSPAPER OF HALTON HILLS - SINCE 1966
45 GUELPH STREET
GEORGETOWN, ONTARIO
877-2201

Barry D. Timleck
Chartered Accountant
16 Mountainview Rd. S.
Suite 301
Georgetown, Ont. L7G 8K1
Bus: 877-8948 Res: 877-8198

PLEASE HELP SUPPORT THE HEART & STROKE FOUNDATION!


Cabinetville
Custom Cabinets Made For You
'We'll make it and install it right'
71 Mountainview Rd. N.
Georgetown, Ontario.
Unit No. 4 L7G 4J6 (416) 873-6017

The Kentners
Social Catering Ltd.
62 Mill Street
Georgetown
873-0404




FOR THE BEST IN FRESH FISH!
MOORE PARK PLAZA
74C Main St. N., Georgetown, Ont.
(416) 873-6122

GEORGETOWN CUSTOM CAR SOUND
★
"THE CAR STEREO EXPERTS"
★
55 SINCLAIR AVE.
GEORGETOWN **877-2425**



Todd Simpson
A.I.C.
9 Airedale Court
Georgetown, Ont.
L7G 1G3
(416) 877-8451
Toronto Mutual Life Insurance Co.

STEAK EXPRESS
BOXED MEATS FROZEN FOOD
AT DELREX & GUELPH STREET
877-0721



DAILY FARNWORTH MCGREGOR INSURANCE LTD.
13 Willow St.
Acton
853-1121