



**HOT WINTER SAFETY TIPS**

Canada Post offering  
'Clear the Way & Win' contest

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**BREAK THE HABIT**

Put a quit smoking plan in  
place for the new year

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# HEALTH CARE

Special pullout section

*Curves  
helps to  
keep the  
curves*

Curves member Janet Caie (seated) gets a few pointers from Curves circuit coach Angela Berlingieri as she goes through Curves' 30-minute total body workout. Curves, a women-only facility, incorporates a fun workout, getting fit and relieving stress in the process. Located at 39 Main St. S., Curves also offers a free weight-loss program to members and non-members, as well as the opportunity to meet once a month to discuss topics like eating well, diabetes, nutrition and healthy choices. Curves Georgetown is open Monday through Thursday from 6:30 a.m. to 8 p.m. Friday from 6:30 a.m. to 7 p.m., Saturday 8 a.m. to 1 p.m. and Sunday 10 a.m. to 1 p.m. For more info call 905-702-0418.

Photo by Ted Brown



## A GOOD REASON TO SHOP LOCAL

This message brought to you by your local newspaper

#2. Shopping local saves you money. Out of town shops have done a good job of convincing us all that sole traders = expensive, but the evidence just isn't there to back this up. If you add in travel, parking costs, fees to transport larger items home and your time, the overall cost is often much higher.

**THE INDEPENDENT**  
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