

Your Health



Halton Healthcare

NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

A Sweet Sale!

Georgetown Hospital Volunteer Association Valentine's Day Chocolate Sale will take place on February 11, 2010 from 10:00 am until 1:00 pm. Tables will be set up in the Activity Room and the front lobby. Proceeds from fundraising will be used to purchase hospital equipment.



Thinking about volunteering?

We are in need of volunteers for our Gift Shop and Information Desk. Youth volunteers are encouraged to apply to assist on our complex continuing care floor after school and on weekends. Volunteers receive free parking while volunteering. Contact Janice Cowen at 905-873-0111, ext. 8153 or check out our website at www.haltonhealthcare.com for more information.



Maximize Your Health - Chronic Disease Self Management Program

Do you have one or more chronic conditions such as diabetes, kidney, heart or lung disease, arthritis or any other conditions? Join us for a free, 6-week group based program to learn more about goal setting, overcoming barriers, positive thinking, general nutrition, communicating with healthcare professionals and more!



Caregivers and spouses are also welcome to come. A special THANK YOU to the Georgetown Alliance Church for providing the space to run the Fall 2009 Chronic Disease Self Management Program in our community!

The next program will run at the Halton Region Health Department on Main St. in Georgetown. The program will run every Monday from March 1 – April 5 from 1:30 - 4:00 pm.

Please contact Betty Clara at (905) 845-2571 ext 5900 or e-mail maximizeyourhealth@haltonhealthcare.on.ca for more information or to register.

Scaramouche Encore

The 2010 Gala Dinner Evening - Tickets on sale now.

The 2010 Georgetown Hospital Foundation Gala Dinner Evening will take place at Scaramouche on Sunday March 28th. Scaramouche Restaurant has delayed their relocation for another year, so this is your chance to experience the gala at the current Scaramouche location overlooking the sparkling city lights. The evening will begin in Georgetown with a champagne and hors d'oeuvre reception aboard a Denny's deluxe motor coach as guests are transported to the award-winning Scaramouche Restaurant in Toronto. You will then be treated to an extraordinary gourmet dining experience created by Georgetown's own internationally renowned executive chef and Scaramouche co-owner Keith Froggett. The evening is complemented by a delightful silent auction. Tickets are \$250 per person. This event usually sells out, so please reserve your tickets early to avoid disappointment.

Call 905-873-0111, ext. 8221 for information or to book your tickets today.



Georgetown Toyota presents Georgetown Hospital Foundation with \$500 from its annual winter tire sale where \$1 from every tire sold is donated to help the hospital with its medical equipment needs. Presenting to Foundation Chair Laurent Thibault (l) are Peter Jonkman, Michael Parker and Doug Dockstader of Georgetown Toyota.

Living Healthy Free Seminars

Please join us at one of the very popular FREE Health Education seminars provided by Halton Healthcare Services. Displays and refreshments start at 6:30 p.m. Seminars start at 7:00 p.m. Please call 905-878-2383, ext. 4379 to register your seat today!

Wednesday, February 10, 2010

Advances in Cardiac Care in our Community

Dr. Michael Heffernan, Cardiologist
LeDome Banquet Hall
1173 N. Service Road E., Oakville

Thursday, February 18, 2010

The Positivity Training Plan: Strategies for positivity at home and work

Louisa Nedkov, HHS Workplace Wellness Coordinator
Georgetown Hospital
1 Princess Anne Drive, Georgetown

Wednesday, March 10, 2010

Celebrating Food for Healthy & Active Children

Sandra Saville, Registered Dietician
Milton District Hospital
7030 Derry Road, Milton

For reservations contact elittle@haltonhealthcare.on.ca or call 905-878-2383 ext. 4379.

Georgetown Hospital
1 Princess Anne Drive
Georgetown, Ontario
L7G 2B8

Milton District Hospital
7030 Derry Road
Milton, Ontario
L9T 7H6

Oakville-Trafalgar Memorial Hospital
327 Reynolds Street
Oakville, Ontario
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