

GET FIT & GET HEALTHY

Curves to hold food drive in March

Curves is encouraging women in Halton Hills to show their philanthropic strength by participating in the annual Curves Food Drive. And, even though donating food to families in need is its own reward, the club is offering compelling incentives for both existing and potential members who participate.

From March 1 to 31, Curves in Acton and Georgetown will collect non-perishable items and monetary donations for food banks in the local area.

The goal, according to Curves Founder Diane Heavin, is for the community to come together to help families in need.

"At the core of our business is the message that women are stronger when they rally together, and that is the point we hope to bring home with our food drive," said Heavin. "We want to show our communities just how powerful the generosity of our members can be."

According to Heavin, all members who donate a bag of groceries

or make a minimum donation of \$30 during the month of March will receive a reusable Curves grocery freezer bag for free.

Non-members who do likewise between March 1 and 13 can join Curves for free. Curves will waive the cost to join.

Heavin says that as part of this effort, Curves will be participating in a company-wide contest for the most food drive donations collected by Curves locations across the nation. Winners will receive one of several cash prizes to be donated to their local food

bank.

Each year, Curves locations collectively donate millions of pounds of food to feed the hungry.

"We hope women in the Halton Hills area will come together and participate in this initiative," added Heavin.

"Even if you're not thinking about joining a gym, you can still drop off your donations. There are so many families—right here in our own community—who need our help."

Curves of Georgetown is located at 37 & 39 Main Street S., 905-702-0418.

Curves of Acton is located at 370-374 Queen St. E., Unit #10, at 519-853-0502 or actoncurves@bellnet.ca

With nearly 10,000 locations worldwide, Curves is the world's largest fitness franchise.



Couple to raise funds for Ride to Conquer Cancer

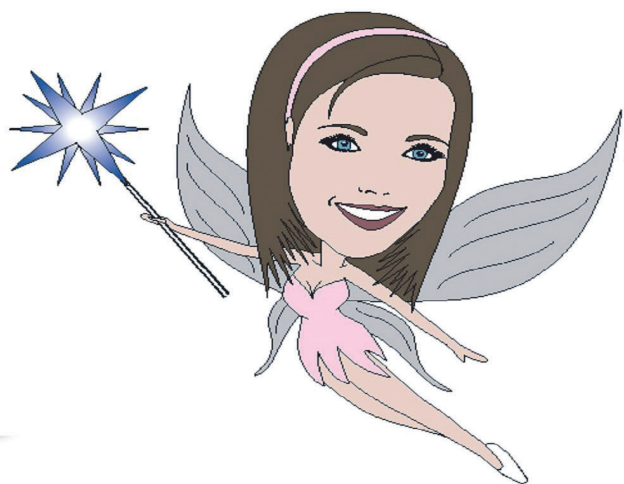
Georgetown residents Glenn and Heather Price-Jones have again committed to furthering cancer research by participating in 2010 Ride to Conquer Cancer, benefiting The Princess Margaret Hospital. The Price-Joneses will ride over 200 kilometres, from Toronto to Niagara Falls, on June 12-13. "We are challenging ourselves physically and mentally, challenging family, friends and the community financially, in the hope that we can all make a difference in finding a cure for this disease. Last year's donors inspired every pedal stroke we took," said the couple. Both have a personal fundraising goal of \$5,000, for a team total of \$10,000. To help them reach their goals visit www.conquercancer.ca, or call 416-815-RIDE (7433) to make your pledge.

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