

Tuesday workshop to aid smokers to quit

Smokers in Halton have the opportunity to enroll in the Smoking Treatment for Ontario Patients (STOP) Program and receive nicotine replacement therapy (NRT), free of charge to help them quit smoking. For many smokers the cost of nicotine replacement products is a barrier to quitting. The evidence-based STOP Program provides five weeks of free NRT. To date, results for STOP participants have shown an improvement of at least two times the

typical quit rates. Those interested in participating in the STOP program may do so by attending a STOP workshop. STOP workshops will be held at locations in Milton and Burlington on Tuesday, December 13. To see if you are eligible to participate, and to register for the workshop(s), call the Health Department by dialing 311 or 1-905-825-6000, toll-free 1-866-442-5866 or TTY 905-827-9833.

Community Safety Notice

On December 19, GO is starting train service to Kitchener and Guelph. In anticipation of the new service, GO will be running test trains between our new Kitchener and Guelph Central GO Stations and the Georgetown GO Station. GO is committed to your safety and wants to remind you how to keep safe when near railway tracks.



Train time is anytime so look, listen and live.

RAILWAY SAFETY TIPS FOR RECREATIONAL VEHICLE USERS:

- Only cross tracks at properly marked and designated crossings, and only when it is safe to do so.
- Ride on approved trails only. Be cautious when riding at night or in poor weather.
- Always wear your helmet and remember that the engine, and weather, may muffle the sound of an approaching train. LOOK both ways and LISTEN for approaching trains before crossing tracks.
- If you see a train or if the warning signals at the railway crossing are activated, STOP and wait at a safe distance from the tracks. When the train has passed and the warning lights have stopped flashing, ensure you have a clear view down the tracks and look both ways again for other approaching trains before crossing.

Lead by example for safe riding: Inexperienced riders, especially children, learn by example. What you do may be more significant than what you SAY. **Remember, train time is anytime, so look, listen and live.**



416 869 3200 1 888 GET ON GO (438 6646) TTY 1 800 387 3652
 Pour plus de renseignements, veuillez visiter le site gotransit.com ou composer un des numéros ci-dessus.

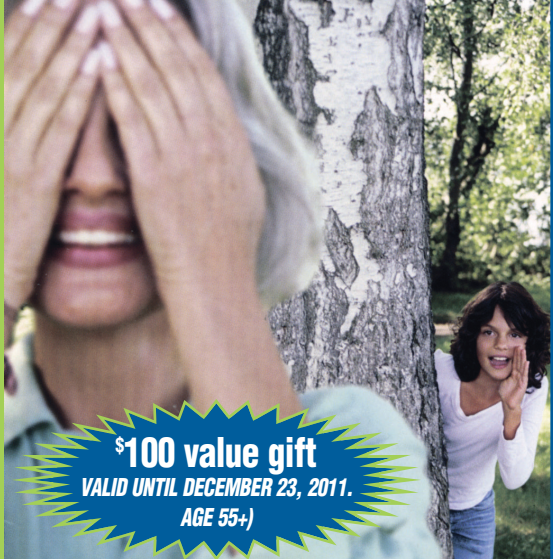
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Happy Holidays!



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GEORGETOWN 905-877-0099 211 Guelph St., Suite 1 (in the M&M plaza, across from Winners)



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