

Is Your Thyroid A Factor?

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY:

Is It Right For You?

Peri-Menopause, Menopause, Thyroid Imbalance, Andropause & Saliva Testing



KELLY NOLAN, BSc Pharm.

Men's & Women's Health Workshops with Dr. Gillson
Saturday April 14, 2012

Pre-register online @ www.avitaintegrativehealth.ca

Avita Integrative Health & Restoration Clinic
 5A Conestoga Drive, Ste 300, Brampton
905-455-0488
www.avitaintegrativehealth.ca

AVITA
 Restoring Inner Balance

Store Hours
 Mon - Wed 10-6
 Thurs - Fri 10-8
 Sat 10-5

5 km Run/Walk & 1 km Kids Fun Run
Sunday, April 15th at 9 am

Gellert Community Centre

Register at: Feet In Motion

or On-Line at:

www.onlineregistrations.ca

Funds raised will be directed to the Halton Hills JUMPSTART chapter.

905-877-3201

72 Main St. S., Georgetown
www.feetinmotion.ca

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Scouts will be collecting donations Saturday

Residents urged to support annual Acton Food Drive

Acton area residents are asked to pick up a few extra items at the grocery store for the Scouts, Guides, Calvinist Cadets annual Food Drive for Acton Foodshare Saturday, April 14.

Everyone is asked to have their non-perishable food donations in bags outside their front door for pick up by 8:30 a.m.

Items most needed are canned meat, fish, fruit, stew, tomatoes, pasta sauce, cereal, peanut butter, jam,

soup, rice, macaroni and cheese and side dishes such as *Sidekicks*, instant potatoes and stuffing.

The food bank currently has a good supply of baby food and dry pasta so does not need those items donated.

For a complete list of needed items visit www.actonfoodshare.com.

For those whose donations aren't picked up during the drive, the food bank asks they call Acton Foodshare at 519-853-0457 on April 14 between 1 and 4 p.m.

Needle requests skyrocket in Halton

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The Our Kids Network plans to update the HYS later this year, which will show if Halton is following suit with the rest of the province and drug and alcohol levels are dropping. However, opioid use is already on the radar of Halton's health practitioners.

The number of occasions where youth between 16 and 19 have requested needles for IV injections in Halton more than doubled in 2011 to 60 and the number of needles distributed to

this age group went from 1,155 in 2010 to 3,927 in 2011, an increase of 340 per cent.

According to a Regional update on the needle exchange program, most of these youth are injecting prescription opiates, such as Oxycontin, Dilaudid and Percocet.

"Staff are particularly concerned about the use of opiate drugs by young people because there is a high-risk of fatal overdose, especially in naive users," states the report.

Sundays: April 15 – June 3
 10:30 am @ Koinonia: Gellert Community Centre
 Speaker: Dustin Boreland
www.k-wc.org

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