

Want help to butt out?

Halton smokers can again enroll in the Smoking Treatment for Ontario Patients (STOP) Program, and receive free nicotine replacement therapy (NRT).
Halton Regional Chair

Gary Carr said they want to help people keep their New Year's quit smoking resolutions. "By working with the Centre for Addiction and Mental Health to implement the

STOP Program in Halton, we can help prevent chronic disease in our community," he said.

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. NRT is a practical support to alleviate nicotine withdrawal symptoms, and has been demonstrated to be effective

in helping individuals stop smoking. Twice as many people quit smoking using the STOP program as those who try to quit on their own.

In addition to providing NRT, STOP offers educational material to encourage participants to make broader changes to improve their health. Often, smoking does not

occur in isolation, but rather accompanies other risk factors for disease, such as poor nutrition and lack of physical activity.

To see if you are eligible to participate in the STOP programs, and to register for a workshop, call the Halton Region Health Department by dialling 311 or toll free 1-866-442-5866.



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Volume 15 No. 04

Thursday, January 26, 2012



FLEET FEET: Acton's Ian Watson, Purple 5, showed off the skills acquired in years of coaching Acton soccer, potting yet another goal in Friday's "Lads and Lasses" indoor soccer game at the Dufferin Rural heritage Centre. – Chuck Tysoe photo. See story page 15

WHAT'S INSIDE	New Fair Board elected at Acton Agricultural Society	Acton's Ecumenical Unity Service	Final budget approval - no Monday openings at Georgetown library
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Winter Carnival

Join us at Prospect Park **Sunday, January 29 from 9 - 5 pm**

- Build your own Ice Sculpture
- Face Painting
- Public Skating

- Horse & Wagon
- Outdoor Curling
- Putting & Pitching Contest

- Obstacle Course
- Chili Cook-off
- Bingo

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