

Fitness lifestyle program offered to 55+ with diabetes or pre-diabetes

Area residents, aged 55 and up with pre-diabetes or Type 2 diabetes, can learn about the benefits of exercise and an active lifestyle in a program offered in September.

Starting September 18, Get Fit Active Living—Diabetes will be offered Tuesdays and Thursdays from 1-2:30 p.m. at the Georgetown District Seniors Centre for eight weeks. The cost is \$33.90.

The program, developed by the Canadian Centre for Activity and Aging, will show people that active living can be an easy adjustment, and doesn't mean they have to be gym rats or athletes.

Exercise is a powerful prescription that can lower a person's risk for diabetes, help those with the disease manage their sugar levels better, and help them to stay strong to enjoy everyday

activities.

"Get Fit for Active Living—Diabetes program is a great start to living a healthy, active lifestyle for adults," said Margaret Taylor, Active Living Co-ordinator for the Town of Halton Hills.

"Since the exercise is safe and gentle it improves strength, flexibility, agility and balance without pushing the participants outside of their comfort zone. Exercise should be fun and enjoyable with benefits that allow you to enjoy your life not a punishment. This is an effective way to get more active and maintain the lifestyle changes."

First the program will assess a person's specific health and provide them with an exercise prescription allowing them to be active at a rate best for their body. A fun upbeat exercise session is followed by education piece that will provide diabetes specific tips and strategies while allowing them to talk with experts on how to help them make changes for a healthier life.

After starting on the path to a better life area residents can sign up for a free six-week group-based self-management program called Maximize Your Health. The program is targeted for those who have a chronic health condition and will show them how to manage symptoms and evaluate how to make changes in their life. The goal is for participants to live life to the fullest.

The Maximize Your Health program will be offered Tuesdays 1-3:30 p.m. starting Nov. 13 at the Seniors Centre. This program is offered through a partnership between the Town of Halton Hills Seniors Centres, the Halton Diabetes Program, the Maximize Your Health Self Management Program And HealthWell Management Inc.

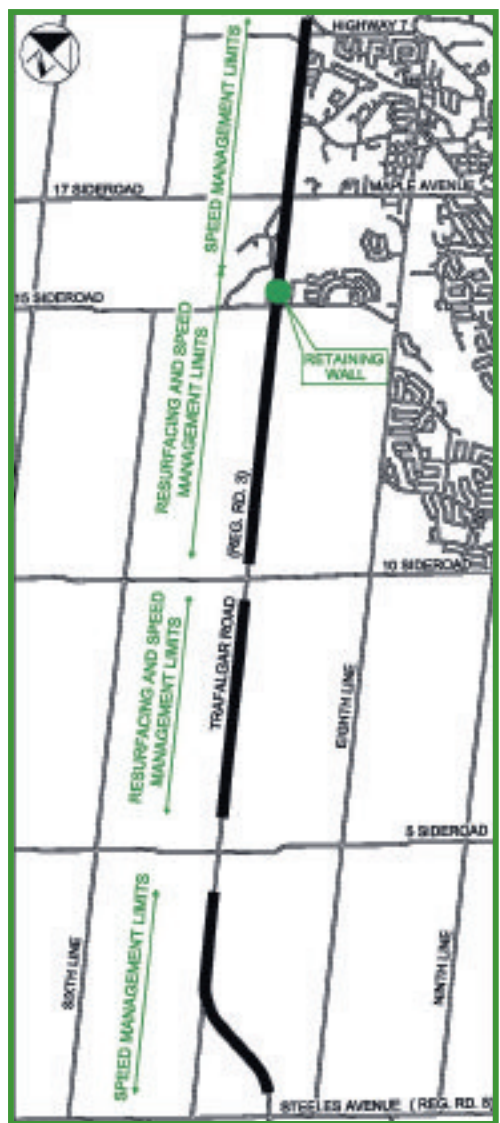
For more information or to register call Taylor, Active Living Coordinator Recreation and Parks, 905-873-2601 ext 2360, or email MargaretT@halton-hills.ca.



Halton REGION The Regional Municipality of Halton
Access Halton at: www.halton.ca Dial 311

NOTICE OF CONSTRUCTION

Asphalt Resurfacing on Trafalgar Road (Reg. Rd. 3) from 5 Sideroad to 15 Sideroad, including Speed Management Improvements and Retaining Wall Replacement Town of Halton Hills



Contract Number: R-2145B-12
Scheduled Start Date: August 2012
Scheduled Completion Date: November 2012
Project Manager: Bob Wicklund
1-866-442-5866 x 7607



Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

Links2Care desperately needs volunteers

Links2Care has various opportunities for volunteers to gain valuable experience and priceless rewards contributing to a fabulous community organization.

- Deliver Meals on Wheels to seniors in Halton Hills
- Drive seniors to Halton Hills restaurants for social outings
- Assist with programming at its Acton Seniors Supporting Housing building
- Provide Friendly Visiting to isolated Halton Hills or Milton seniors
- Perform reception and administrative duties at the Acton office



Typical time commitment is once a week but more or less of your time is happily appreciated.

Please call Patty Colautti, Volunteer Coordinator, for further information at 905-873-6502.

ANNOUNCEMENT

Dear Friends:

Have you recently been mailed a notice that looks like it is from our government?

Is it from an insurance company selling an insurance policy for funeral expenses and not a pre-paid funeral contract?

Our dedicated staff would be pleased to discuss funeral pre-planning and guaranteed pre-paid funeral contracts with you. Please contact us for further information.



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