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Adults:

Mon. 7:00-7:55; 8:00-9:00 p.m.
Wed. 7:30-8:25; 8:30-9:30 p.m.
Thur. 7:00-7:55; 8:00-9:00 p.m.
Sat. 10:00-10:55; 11:00-11:55 a.m.

Children:

Mon. 6:00-6:55 p.m.
Wed. 6:30-7:25 p.m.
Sat. 12:00-1:00 p.m.



Training Fees (no contracts)

Adult:	\$35/mth or \$350.00/year*	\$20 Annual Membership Fee
High School:	\$25/mth or \$250.00 year*	
6-13 yr. olds:	\$20/mth or \$200.00/year*	

42 Mill Street, Georgetown: 905 873 1295
Just off Hwy. 7, 10 minutes from 401 and Winston Churchill Blvd.

*Call for details or see the Parks and Rec. brochure - pg. 55

Club and Instructors registered at the Yoshinkan Aikido
World Headquarters in Japan.
Halton Hills Aikido is a Provincially registered organization.

Support Your Community
SHOP LOCALLY

Hepatitis B immunization this fall

In October, many of Halton's Grade 7 students will be receiving the first of three shots of Hepatitis B vaccine to prevent Hepatitis B, a viral infection of the liver.

The second and third shots will be given in November and April. This free vaccine will be administered to students by Halton Regional Health Department nurses who will be holding clinics in each of Halton's 74 schools that offer classes to Grade 7 students.

This voluntary immunization program is part of the Ontario Ministry of Health's longterm strategy to prevent and control the spread of Hepatitis B. Other parts of the control strategy include vaccinating individuals at high risk of exposure to the virus as well as newborns of women who are infected with Hepatitis B virus.

The Ministry of Health of Ontario chose Grade 7 students because they are easy to reach in school, are old enough to understand about the vaccine and young enough not to be infected.

Hepatitis B spreads from person to person when blood or body fluids of an infected person enters the bloodstream of someone who is not infected. Most new cases of Hepatitis B in Canada are the result

of sexual contact with an infected person. Hepatitis B can also be spread by intravenous drug use or by contact with infected blood, resulting from something as simple as a child being involved in a schoolyard fight or helping a friend bandage an open wound. An infected woman can pass Hepatitis B to a newborn baby during birth.

More than 300 new cases of Hepatitis B are reported in Ontario each year. Experts believe the actual number of new infections is much higher. About half the people who catch Hepatitis B never feel sick and do not see a doctor so can spread the disease without knowing it. While most people recover from the infection, approximately 10 per cent carry the virus in their bodies for life and are continuously infectious. One in 10 people die. Infection with the Hepatitis B virus can result in permanent liver damage. It is the number one cause of liver cancer world wide.

There is no cure for Hepatitis B. However, like other serious viral infections such as polio and rubella (German measles), it can be prevented by immunization. The vaccine is safe, causing only minor reactions such as redness, or swelling at the injection site. The

vaccine does not contain any human or blood products, so can not cause hepatitis infection. It is more than 90 per cent effective in protecting individuals against the Hepatitis B virus.

In September, Grade 7 students and their parents or guardians will be invited to request the series of three shots required to complete the immunization. Evening information sessions about the immunization program will be held for parent and guardians the week of Sept. 12 in area high schools in each of Halton's municipalities. The locations and dates will be announced through bulletins and newsletters.

Grade 7 students will receive information through classroom and assembly presentations by a Public Health Nurse from Halton Regional Health Department starting the week of September 19.

Individuals who are interested in obtaining Hepatitis B vaccine who are not in Grade 7, should speak with their family doctors. For more information call the information line at 1-800-363-3422, extension 2121. For information about the Grade 7 Immunization Program in Halton, call Halton Regional Health Department and ask for the Hepatitis B Info Line.

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