

# Acton's HALC members are getting healthy advice

By Julie Conroy

Hillsview Active Living Centre-Acton

dietary strategy for sustainable weight loss with a focus on the importance of high fibre diets.

There is a foot care clinic at the Centre on the first Wednesday of the month and the third Wednesday is the Diabetes Clinic. Both are by appointment only.

The Town of Halton Hills Spring and Summer edition of community activities and programs etc., will be delivered to you this week. Registration starts on March 9. If registration is low the classes will be cancelled. When a Town program is offered at the Centre as a member you will receive a discount.

If you are celebrating a birthday in February, March, or April you will be invited to a Birthday Tea on Tuesday, March 15. Expect a call the week before inviting you and a guest.

Frances is always hoping to see more people playing darts on Monday mornings. This morning her wish was granted as four members from the Georgetown plus two from England (relatives of Joyce and Tony Marrows) joined them.

Lunch on Friday, March 4 will be soup and sandwiches plus desert, tea and coffee.

There was no 50/50 winner this Friday, so next week the amount to win should be around \$230.

Now that we have recovered from the Masquerade dinner and dance, tickets are on sale for the St Patrick's dance and dinner on Monday, March 14. Of course, we will be enjoying Irish stew and Michael Kelly Cavan will entertain.

I am getting good feedback about the book club's choice of Book for the month. They are reading *The Purchase* by Linda Spalding. I understand it was amazing. The book club meets on the fourth Wednesday of the month at 7 p.m. If you are interested, ask the office about the next book.

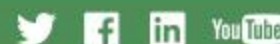
On Wednesday, March 2 you can enjoy Evening Euchre, starting at 7 p.m. You don't have to be a member to join us for this event.

The first cooking class is this Monday (Feb. 29). This class filled up quickly as it was a very popular topic. Space was limited to eight people. Dale McCarthy, culinary chef at the Everton Culinary School will be here for the six different classes.

The fourth nutrition class is on Tuesday, March 8 at 1:30 p.m. This week's topic is How to be a winner at losing, a scientifically proven



halton.ca 311



## Join us for Connect, Teach, Inspire

A networking event for women entrepreneurs and small business owners



Celebrate International Women's Day at our annual business event! This event is an excellent opportunity to learn, network, exchange best practices and make valuable business connections.

Wednesday, March 9, 2016

7:45 a.m. to 12:00 p.m.

OE Banquet Hall & Conference Centre

2245 Speers Road, Oakville

\$35/person

**Featured speakers:**

- Carolyne Rashford, Speaker, Trainer & Coach
- Suzanne Longstreet, Business Clarity Coach

**Local spotlight speakers:**

- Lorri Fleming and Angie Stenback, The WOMB
- Alia Allaway, Life Yoga Studio

**To register, dial 311.**

Outside Halton, dial 1-866-442-5866

**Registration deadline:**

Thursday, March 3, 2016

For more information, visit [halton.ca/businesswomen](http://halton.ca/businesswomen)

Hosted by the Halton Region Small Business Centre in partnership with the Ontario Ministry of Economic Development, Employment and Infrastructure.

### A Growing Future in Agriculture

Halton Region is committed to preserving the economic sustainability of the agriculture sector. As part of this commitment, the Region is hosting the 4th Annual Halton Region Agricultural Forum, taking place on March 10, 2016. Members of the local farming and food industries, students and entrepreneurs are invited to attend *A Growing Future in Agriculture and Food* to learn more about the skills needed to obtain a career in the agriculture and food sectors, as well as how to keep the sector sustainable. To register for this free event, visit [halton.ca/farm](http://halton.ca/farm) or dial 311.



Gary Carr  
Halton Regional Chair

Meetings at Halton Region, 1151 Bronte Rd., Oakville, L6M 3L1  
Visit [halton.ca/meetings](http://halton.ca/meetings) for full schedule.

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|---------------|---|----------------|---|
| <b>Mar. 1</b> | 9:30 a.m. Health & Social Services Cttee. | <b>Mar. 2</b>  | 1:30 p.m. Administration & Finance Cttee. |
| <b>Mar. 2</b> | 9:30 a.m. Planning & Public Works Cttee.  | <b>Mar. 23</b> | 9:30 a.m. Regional Council                |

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



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