

# COMMUNITY



On hand for the cheque donation by The Real Housewives of Halton Hills to Food4Kids were, from left, Lauri Parker of Belle Park Properties, Monica Van Helden of Smooth Solutions, Lucy Westbrook of Tanners Pub & Grill, Angela Cree and Crystal Begin of TRENDZ along with Leslie Salisbury and Eva Poloski of Food4Kids. Submitted Photo

## Local Real Housewives donate \$2,900 to Food4Kids

The Real Housewives of Halton Hills donated \$2,900 to Food4Kids Acton with proceeds coming from its Fundraising Gala last month.

Food4Kids provides children ages 5-14 with healthy food packages for the weekend. Every week, volunteers shop for, pack and

deliver the food packages to local schools where it is discretely distributed to the kids.

The Food4Kids program is funded through community grants, individual and corporate donations, and fundraising initiatives, with the goal that no child in the community should go hungry.

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LOOK TOMORROW.**

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Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but **N**o **m**l

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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## GRAND OPENING EVENT

**Sat. April 16, 1pm-3pm**

- Meet our team
- Tour our facility
- Snacks
- Prizes

18 Holes of Golf  
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