

HEALTHY LIVING

Walk off that winter fat!

Nordic Pole Walking is a low-impact, weight-bearing exercise that engages 90% of the bodies muscles. Whatever your fitness level, come lighten the load on your hips and knees, strengthen your upper body and improve your posture!



Nordixx Walking Groups are at various times and locations throughout the week.

- Monday thru Friday, 10-11 a.m. in the Dufferin Rural Heritage Centre in Prospect Park, Acton.

- Wednesdays, 6:30-7:30 p.m. Meet at the Gellert Community Centre parking lot.

- Saturdays, 9-10 a.m. Meet at the Creature Comfort Co. on Main St. S. in Downtown Georgetown.

- Sundays, 9:30-10:30 a.m. Meet at the Gazebo in Glen Williams Park on Main St.

For more details and information about Nordic pole walking, Master Instructor Ginger Quinn 905-691-9122, ginger.quinn@sympatico.ca



Maple Lodge Farms gives \$25K to the Hospital

Maple Lodge Farms Foundation recently donated \$25,000 to Georgetown Hospital Foundation, in aid of the hospital's ongoing construction fundraising campaign. On hand for the presentation were (from left) Georgetown Hospital Foundation campaign assistant Jennifer McNally, executive director K. C. Carruthers, and Maple Lodge Managing Directors of Finance Wendy Robson and Kathy Winehold.

Photo by Ted Brown

Sign up now for CPR/AED certification class

A Canadian Red Cross CPR/AED certification course with a First Aid Refresher will be held at the Ontario Early Years Centre, 8 James St., on Saturday, April 20.

The 9 a.m. to 1 p.m. course will teach participants how to prevent injuries before they happen, rescue an unconscious or conscious choking baby, child, or adult. Participants will be certified in baby, child and adult CPR, 2-man CPR and AED (Automatic External Defibrillation). Participants will also receive a review of basic first aid.

The certification is in CPR only. Course cost includes CPR/AED booklet written by the Canadian Red Cross, 3-year certification card and handouts.

The cost is \$75, cash only. To register call Catherine, 905-877-4490.

Healthy Living

"What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.

- Margaret Thatcher



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with
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