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A Safe Community is a healthy community

A designated Safe Community is one which believes that a safe life is a basic right, and views its designation as a public affirmation of, and testament to, its aspiration to create a safer life for all its citizens.

This statement is central to Parachute, an organization formed around four existing community citizen programs, safety being their core principle. Safe Communities Canada is one and has designated 62 communities that continue to demonstrate their full commitment to reducing injury for all its citizenry.

Preventable injuries cost the Canadian health care system \$20 billion annually. Compare this cost to those related to prevention programs (billions vs. millions). It is about communities becoming inspired and mobilized to participate in creating a culture that helps prevent injuries and save lives. The economic impact is a bonus.

Halton Hills has long benefited from the efforts of the North Halton Injury Prevention Committee. They have been central to many injury prevention campaigns such as:

• Walkable community for children, seniors and persons with disabilities

• Smartrisk— taking "smart" risks— to 5,000 high school students

- Senior Safe Driving seminars
- Railway Safety
- Bicycle safety (including helmet fit-

Take Off Pounds Sensibly

TOPS, Take Off Pounds Sensibly, encourages wellness through a healthy lifestyle that includes a balanced diet, exercise and on-going encouragement at the weekly meetings.

TOPS-Georgetown meets Tuesdays at St. Andrew's United Church, 89 Mountainview Rd. S. Weigh-in: 6:30 p.m. Meetings follow at 7:30 p.m.

TOPS-Acton meets Mondays at St. Joseph Church, lower level, 64 Church St. E. Weigh-in: 5:30 p.m. with meeting, 6:30-7:30 p.m.





ting/safety) and, School bus safety.

These efforts will continue, but this committee is looking to meet the requirements of being designated Canada's 63rd "Safe Community" and becoming The Safe Communities Halton Hills Committee. It is not bestowed, it must be earned.

By partnering with a strong national organization whose leadership implies local, community-based action, they want to engage our community's stakeholders and together, through Safe Communities Canada, provide incentive for action.

I encourage all organization and individuals committed to preventing injury to attend The Safe Communities Halton Hills Committee's information session, 10 a.m. on April 24 at the Georgetown police station. For details or to RSVP before April 15 call Halton Police Service Constable Maureen Andrew, 905-878-5511 ext 2109 Maureen.Andrew@haltonpolice.ca

Andrew Tutty is a member of the Town's Accessibility Advisory Committee.

Health lecture

On Wednesday, April 17, learn about Ayurveda, an ancient healing practice from India that aims to treat the mind, body and spirit as one with speaker Dr.Matwinder Phull, Bachelor of Avurvedic Medicine & Surgery (BAMS), MD (Herbal Medicine), BHMA (UK), NIMA (India), AIIMA (India), OAPF (Canada).

This event will be held 7-8 p.m. at 40 Preston St., Georgetown.

Free admission but please RSVP: 905-875-7895.

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