United Way of Halton Hills has postponed the Eudaimonia Music Contest for Youth.

While there were some wonderful submissions of original music, reflecting causes that United Way address, the local organization did not receive enough. Therefore, the music event has been moved to Friday, Feb. 5 at the John Elliott Theatre.

Local youth are asked to continue to submit their original songs on video (professional videos are no expected— amateur videos are gratefully accepted!). The deadline to submit your video is now January 17, 2016. Videos

will then be posted online for one week of voting to determine the top three. Finalists will be invited to perform at the John Elliott Theatre in front of a panel of Judges (from the music industry). Winners will be determined and prize packages will be handed out.

In November, watch for the United Way's Online Auctions that will be featured on the United Way Halton Hills Facebook page. Wine tours, local art, gift baskets, and much more will be auctioned throughout the month-get some unique items for Christmas gifts, birthdays, anniversaries, and more, while also supporting the United Way campaign. 'Like' our page at https://www.facebook.com/United-Way-of-Halton-Hills-141563319199462/timeline/

Finally, Nov. 21 marks the date for the very popular Holiday House Tour. Tickets for this event will go on sale at the end of October. Six beautiful homes will be featured on this year's tour and your \$30 ticket entitles you to a lunch

at St. Andrew's United Church in Georgetown where vendors will be selling Christmas items.

Check out our Facebook page or website for more information about all these events! www.unitedwayofhaltonhills.ca

The United Way of Halton Hills currently supports 21 local agencies and 27 programs with funding. These programs touch the lives of people of all ages in our community. Agencies such as: Big Brothers/Big Sisters, Community Living North Halton, Canadian Mental Health Association-Halton, Distress Centre North Halton, Links2Care, ROCK, Halton Family Services, Food4Kids, Food for Life, and more— all receive funds from United Way of Halton Hills. For more information about the work of United Way Halton Hills or to make a donation, please call 905-877-3066.



Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but NOT normal.

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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