

Halton Highlights

February
2016

Helping keep Halton healthy in 2016

As part of Halton Region's commitment to enhancing the health and well-being of residents, we can help you make smart choices so 2016 can be your healthiest year yet!

Reducing alcohol consumption and quitting smoking are two excellent ways to get a healthy start to the New Year. Making big changes can be challenging, but the health benefits in these areas will last a lifetime. We can help, visit halton.ca/alcohol and halton.ca/stopsmoking to begin taking important steps towards better health.

Choosing an active lifestyle can also improve your health and well-being. Whether you are at work or school, at home or travelling, there are always opportunities to remain active. Halton offers residents

of all ages and stages a variety of physical activity resources at halton.ca/getactive to help you get active in 2016!

We know there's more to your health than just staying active. Everyone in our community should have access to safe and nutritious food, as well as a roof over their head. The "Where to Get Help in Halton" guide helps connect residents to community services such as food banks, emergency food programs and access to housing. Find this valuable resource at halton.ca/wheretogethelp.

By working together to create a healthier Halton, we can keep Halton a great place to live, work, raise a family and retire.



Keeping you informed by highlighting what makes Halton a great place to live.

Gary Carr, Regional Chair

Embracing 'farmpreneurship' at the Halton Region Food Tourism Summit

Halton Region is committed to making our region a destination of choice and we are committed to supporting and preserving our vibrant agricultural community. As part of this commitment, we are hosting the *Halton Region Food Tourism Summit: From Farmer to Farmpreneur* on Thursday, February 25, 2016. Halton Region is inviting Halton chefs, restaurateurs, farmers, tourism professionals and interested residents to learn about some of the newest entrepreneurial farming initiatives and how our local agricultural community can help grow and sustain the culinary tourism industry in Halton.

To learn more about this free event, visit halton.ca/foodtourism or dial 311.



Family Day fun in Halton

Choose Halton to celebrate Family Day on February 15, 2016! There is something to see, do and experience for your whole family right here in Halton.

Get outdoors and enjoy our stunning landscapes. Explore Conservation Halton for an active, fun day from sleigh rides at Mountsberg to skiing and snowboarding at Glen Eden. Try a family hike or snow-shoeing at Kelso or Rattlesnake Point. These are only a few of the locations and activities Conservation Halton has to offer.

Bronte Creek Provincial Park also has family fun planned at the Nature Centre, as well as outdoor skating.

Of course, every year, each of Halton's municipalities has plenty of fun planned, including activities for the kids, drop-in swimming and skating, and much more. Check your Local Municipality's website for schedules and events.

Halton is the perfect destination for your Family Day. For more details on what you can do this year, visit halton.ca/tourism or dial 311.



Meetings at Halton Region

1151 Bronte Rd., Oakville, L6M 3L1

Visit halton.ca/meetings for full schedule.

- Feb. 9** 9:30 a.m. Health & Social Services Committee
- Feb. 10** 9:30 a.m. Planning & Public Works Committee
- Feb. 10** 1:30 p.m. Administration & Finance Committee
- Feb. 17** 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.

This page has been donated by this newspaper to communicate important information to Halton residents at no cost to taxpayers.