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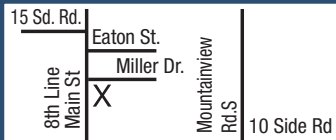


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OPINION

RESOLVE TO STICK TO YOUR GOALS IN 2019

HERE'S SOME TIPS TO HELP WITH THOSE
RESOLUTIONS, WRITES MCGREGOR



MELANIE
MCGREGOR
Column

two ... try for five to ten. The more easily you can do this, the more likely the goal is a meaningful one that you have a good chance of achieving.

- Be specific. State exactly what it is that you want to achieve. For example, "Be healthier" is pretty vague, so how will you know if you've achieved it? Try something more specific like "Go for a 30-minute walk four times a week."

- Be realistic. Challenge yourself, but ensure that you aren't setting yourself up for stress and guilt. "Learn Russian in one month" sounds amazing, but it's not likely to happen. How about something like "learn five new Russian words a day?" It's much more manageable, and achieving that will motivate you to keep doing it.

- Set a timeline. Break your goal down into

It's 10 days into the new year ... how are those resolutions going?

A common companion of each Jan. 1 is the notion that we need to set some big and lofty goal to achieve during the Earth's next trip around the sun. It can be a chance to make some positive steps and perhaps try something new, but it can also be a trap for pressure and frustration if we choose resolutions that aren't the best for us.

So what can you do to help make your resolutions more motivating than disappointing?

- Challenge yourself to come up with reasons why you want to achieve this goal. And not just one or

smaller steps and decide when you would like to achieve them. Want to declutter your home? How about tackling a closet one weekend per month? That can feel less daunting than focusing on the whole job at once.

- Think of your goal as a work in progress. Take some time to check in on how you're doing and rejig as needed. Don't beat yourself up and give up. Accept that at least right now, the original goal isn't working and you need to either change the goal or change your plan to achieve it.

Have goals related to mental health and wellness? Check out the Canadian Mental Health Association (CMHA) Halton website at www.halton.cmha.ca to see how we can help.

Melanie McGregor is the communications and advancement specialist at the Canadian Mental Health Association Halton Region branch, which provides mental health/addictions community support and education. Visit www.halton.cmha.ca for more information and follow @cmha-halton on Twitter.

WE DIG DEEPER ON
THE ISSUES THAT
MATTER TO YOU.

VISIT THEIFP.CA
TO READ CURRENT AND PAST INVESTIGATIONS



Notice of Public Meeting

haltonhills.ca



TOWN OF
HALTON HILLS
Working Together Working for You!

Council to make decision regarding Retail Cannabis Stores

Halton Hills Town Council will decide whether or not to allow cannabis retail stores in Halton Hills at its meeting on Monday, January 21 in Council Chambers, 1 Halton Hills Drive, Halton Hills. Results of public input will be shared including data from the online survey launched in December. Survey available at: letstalkhaltonhills.ca Input on retail cannabis stores can also be provided via ballot boxes located at: Town Hall, Halton Hills public library branches and Gellert Community Centre. Information about cannabis can be found on the Town's website at: haltonhills.ca/cannabis.