

TOWN LAUNCHES ONLINE PROGRAM REGISTRATION

The traditional Halton Hills seasonal activity guide won't be coming out this fall as the municipality moves its communications online.

The town has announced that the fall and winter guide, which details upcoming programs residents can register for, will not be printed and delivered this season.

"The decision to stop this bi-annual publication is supported by the need to be flexible and reduce programming should we experience a second wave of COVID-19," said Commissioner of Recreation and Parks Warren Harris. "I'd also note that this approach supports council's direction on environmental stewardship and of course, provides cost savings too."

Registration dates for

different program areas, such as fitness and aquatics will be staggered throughout the fall season, with the first phase of online registration beginning Wednesday, Sept. 2 at 7 a.m. for adult and family fitness programs.

The town says its experience over the summer demonstrated the need to adjust programming and offer modified aquatic, fitness and pickleball programs on a preregistered basis. The process allowed the municipality to adhere to provincial guidelines, manage physical distancing and ensure participant contact tracing.

"These are different times, and in this changing environment, we must all adapt and recognize the importance of communicating through digital

platforms to reach the most people as quickly as possible," said Mayor Rick Bonnette. "I encourage residents to sign up for our e-newsletters, media releases and check our website frequently for new information."

Visit haltonhills.ca/register or email register@haltonhills.ca for a list of current recreational opportunities.

Town staff can assist people with limited computer access by phone at 905-873-2600, ext. 2275, Monday to Friday from 8:30 a.m. to 4:30 p.m.

MORE ONLINE

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NEWSLETTER AT
THEIFP.CA**



Torstar file photo

Aquatics are among the programs local residents can register for this fall and winter in Halton Hills.

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Q: I cannot sleep at night due to pain; I can manage all my daily activities without a problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.

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