

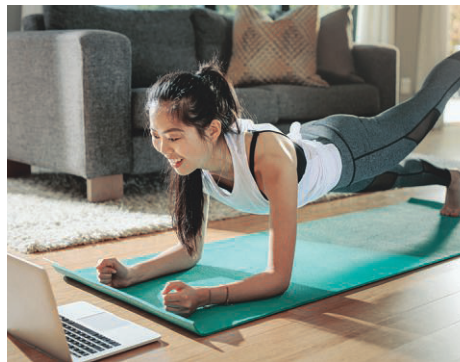
Halton Highlights January 2021

Stay healthy by building physical activity into your daily routine

We have all experienced change in our lives due to COVID-19, including how we typically stay active. It is more important now than ever to incorporate physical activity into your daily life to support your health and well-being.

Here are some options for you and your family:

- Get outside for a walk, bike ride or climb stairs at your home when the weather is a challenge.
- Participate in an online class such as aerobics, yoga, interval training or kickboxing.
- Do activities in your home or yard such as housework, cleaning or shoveling your driveway.
- Build an obstacle course with your kids or do a treasure hunt in your yard.
- Connect with HaltonParents for more ideas on how to stay active during COVID-19.



For more information and tips on how to be active and stay healthy, visit halton.ca.

2021 Budget approved by Regional Council

On December 16, 2020, Halton Regional Council approved our 2021 Budget and Business Plan, which provides the Region's financial roadmap for making strategic investments while allowing flexibility as we continue to respond to COVID-19.

While 2020 was an unprecedented year for our community, the 2021 Budget looks towards our future by investing in the core services and priorities identified in our 2019–2022 Strategic Business Plan. Key investment areas include Public Health, Paramedic Services, Long-Term Care, Children's Services, Housing and more.



It also achieves Council's objective to keep property tax increases at or below the rate of inflation, with a 1.5 per cent property tax increase for Regional services and 2.5 per cent tax increase for the Halton Regional Police Service, for an overall Regional property tax increase of 1.8 per cent. There is also a utility rate increase of 2.6 per cent for water and wastewater services.

To learn more about these investments that keep Halton a great place to live, work, raise a family and retire, visit halton.ca.



We all have a role in stopping the spread of COVID-19.

Gary Carr, Regional Chair

Prevent frozen plumbing in your home this winter

Winter weather in Halton can lead to extreme cold temperatures, causing frozen pipes and other issues. It is important to make sure that your indoor plumbing is adequately heated to avoid freezing.

Here are some tips to prevent frozen plumbing and potential disruption to your water supply:



ensure there is sufficient heat wherever plumbing is located in your home, especially at the water meter;



shut off the water supply to any outdoor taps at the valves located inside your home; then drain the lines by opening the exterior taps;



ensure there is proper air circulation where plumbing runs close to exterior, non-insulated walls; and



when your property is vacant, make sure the household temperature is kept high enough to prevent pipes from freezing.

To find more tips to prevent frozen plumbing, visit halton.ca.

Meetings at Halton Region

Regional Council meetings are taking place through web conferencing until further notice. Videos will be posted to halton.ca.

Visit halton.ca for the full schedule.

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