

Halton Highlights January 2022

Get active and build new healthy habits

Many aspects of our daily routines have changed during the COVID-19 pandemic—whether it's staying closer to home or spending more time online for school, work and play. As many of us set New Year's resolutions to prioritize our health, it's important to stay flexible and find creative ways to stay active and eat well.

Here are a few simple things you can choose to do every day:



Take short active breaks throughout the day. If you work at a desk, get up and stretch on a regular basis.



Schedule time for physical activity, such as online or physically distanced fitness classes or skating at an outdoor rink.



Make water your drink of choice.



Eat vegetables, fruit and whole grains daily and limit highly processed foods.

We have a variety of resources and tips to help you stay active and healthy. For the latest information, please visit our Nutrition and Physical Activity page on halton.ca.

Helping job seekers find meaningful work in Halton



Our Employment Halton team has always been there to help job seekers and employers navigate the job market—its challenges and many opportunities. If you have new employment goals in 2022, now is a great time to connect with our team for support!

To make the job search and recruitment process as easy as possible, many of our resources are available online along with one-on-one consultations via Zoom, phone and email. Our services include:

- job search and placement support;
- interview and resumé preparation;
- career advice and guidance for youth and self-employment; and
- training and development opportunities.

Employers can also reach out to our team to get advice, strategies and tools to help connect with qualified candidates, prepare for recruitment and achieve hiring goals. We also offer free job postings and job placement programs to help employers attract and retain the best employees for their workforce.

To connect with our team or learn more, please visit our Employment Halton page on halton.ca.



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

Gary Carr, Regional Chair

Keeping taxes low and making critical investments in 2022

On December 15, 2021, Halton Regional Council approved the 2022 Budget and Business Plan. The 2022 Budget is an important roadmap for the year ahead—it outlines our upcoming investments in critical programs and services that our community relies on.

The 2022 Budget also keeps the property tax increase for Regional services at or below the rate of inflation while preserving our top credit rating and the high quality of life in Halton. Its combined property tax increase for Regional and Police services is 2.2 per cent, and its rate increase for water and wastewater services is 2.8 per cent. Some key areas of investment include ongoing COVID-19 response, public health and long-term care, Halton's digital strategy, housing services, and the state-of-good-repair for Regional infrastructure.

The 2022 Budget will support our work to keep Halton a great place to live, work, raise a family and retire. To learn more, please visit the Budget and Business Plan page on 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.