

Ways to Support the Heart and Stroke Foundation in Your Community

Not sure how to get involved and help support life-saving heart and stroke research? Find out which fun-filled and informative events are taking place near you, by contacting your local Heart and Stroke Foundation office.

Becel® Ride for Heart: Join thousands of cyclists and in-line skaters on major traffic-free expressways in Toronto on June 2.

Big Bike™ for Stroke: The Big Bike™ is a 30-seat bicycle that tours Ontario between April and October. Get out and pedal for some research funds and receive great incentive prizes.

Cheerios® Mother Daughter Walk™: Support the women in your life by participating in this fun event for the whole family. Raise awareness amongst women about heart disease and stroke while generating research funds. This year's event will take place in more than 52 communities in Canada on Sunday, September 22.

Direct Mail: Send in a one-time gift, or join our monthly giving

program and you'll be funding world-class research projects right here in Ontario!

Fit for Heart™: Register to participate in your local Fit for Heart™ event! There are approximately 400 events in Ontario throughout the year. Swimming, aerobics, bowling, golfing, curling, volleyball, hockey and much, much more. There's something for the whole family!

Heart & Stroke Lottery™: Purchase your \$100 ticket today for a chance to win millions in Cash & Cars, and support life-saving heart and stroke research across Ontario.

Hoops for Heart™: Our school fundraising basketball program lets students, grades six to nine, have fun and develop heart healthy habits for a lifetime.

In Honour: In Honour tributes recognize a special occasion in the life of a friend, relative or colleague.

In Memorium: An In Memorium donation is a truly meaningful way to remember a

departed loved one or express your sympathy and respect to surviving family members and friends.

Jump Rope for Heart™: Don't skip this one! Jump Rope for Heart™ is an excellent program that teaches students the importance of caring for their hearts through fitness and heart health education.

Person to Person: Each year in February, 34,000 volunteers visit their neighbours on behalf of the Foundation. Make a donation and help support Foundation-funded research and disease prevention programs.

Planned Giving: Realize financial benefits now or for your future while making a significant contribution to our fight against heart disease and stroke.

For more information on these or any Heart and Stroke Foundation events and programs, please visit our web site at www.heartandstroke.ca or call our Health Information Service at 1-888-HSF-INFO (1-888-473-4635).

Home is "Where the Heart Is"

Your home can be your fortress against heart disease and stroke. Follow the Heart and Stroke Foundation on a trip through a heart-healthy home, and see how you can make your own home that much safer.

Let's start with the bathroom. Are there medications in the medicine cabinet? Not a good idea. The air here can be humid and damaging to medications. Move medication to a drier, cooler spot.

Be sure to always finish any prescription. Never stop taking the medication because you are feeling better. If you are on a medication for a chronic condition, such as high blood pressure or elevated cholesterol, check with your physician before you run out of your current prescription. Rid yourself of any out-of-date prescription medicines.

Where can you safely discard outdated medications? Don't flush them down the drain or toilet, as this is bad for the environment. Don't toss them in the garbage

either, as children and pets can often turn them up (and because they ultimately end up in a landfill). Instead, return the medication to your pharmacy, which can dispose of it properly.

Let's check out the kitchen. The presence of a heart healthy cookbook is a good sign - especially when close beside a basket of fruit. Open the fridge. Lots of vegetables and fruit, skim milk, low fat yogurt and light mayonnaise, along with soft tub vegetable oil margarine, shows this household is eating sensibly to cut the risk of heart disease and stroke. There's a bottle of olive/canola oil in the cupboard for salad dressing, a loaf of whole grain bread and a can of water-packed salmon for cardio-protective fish oils. Yum!

A big, welcoming table in the dining room shows the family likes to dine and relax together. Family meals are great antidotes to stress, a risk factor for heart disease and stroke.

The family recreation room

has a sofa and a television with nobody watching because they are out for a walk. No overweight couch potatoes here!

Let's hope there are no ashtrays anywhere in the house - and no smokers. Smoking is the number one preventable cause of heart disease, stroke and cancer. If anyone insists on smoking, ask them to do it in the yard or street to remove the danger of second hand smoke.

A hall closet packed with exercise gear may require regular tidying, but it's a sign of healthy activity. Being physically active for 30-60 minutes on most days will help build strong and healthy hearts.

The main bedroom has a telephone with emergency numbers and names and addresses of family doctors and local hospitals. The information is clearly displayed and also lists the symptoms of heart attack and stroke.

The same information is found on the refrigerator door in the kitchen.

Yvan Desjardins

Sales Representative



Your Family Realtor...For Life!

Direct Line

905.877.2630

RE/MAX Blue Springs Realty (Halton) Corp.
360 Guelph St., Georgetown, ON L7E 4B5
905.877.5211 or 1.800.834.5516

GeorgetownHomes.ca

Canada's #1 Negotiators!



www.remax.ca

The McGibbon Hotel

Proud to Support
The Heart & Stroke Foundation

~ LIVE ENTERTAINMENT ~
Thursday, Friday & Saturday

**79 MAIN STREET SOUTH,
GEORGETOWN
905-877-3388**

Bill Mathers

MEN'S WEAR

Save up to 40%
on end of season stock

Spring Arrivals

**202 Main St. E., Milton
905-878-5397**

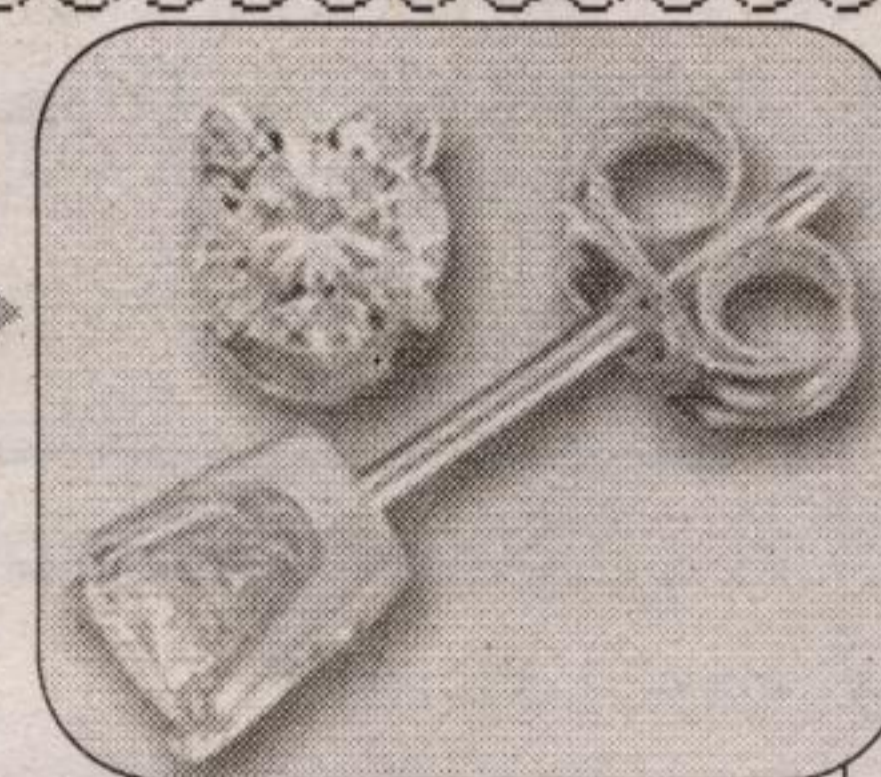
Make this Valentine's Day extra special...

Come in and see Anita, Sue, Vikki & Mike for gift suggestions

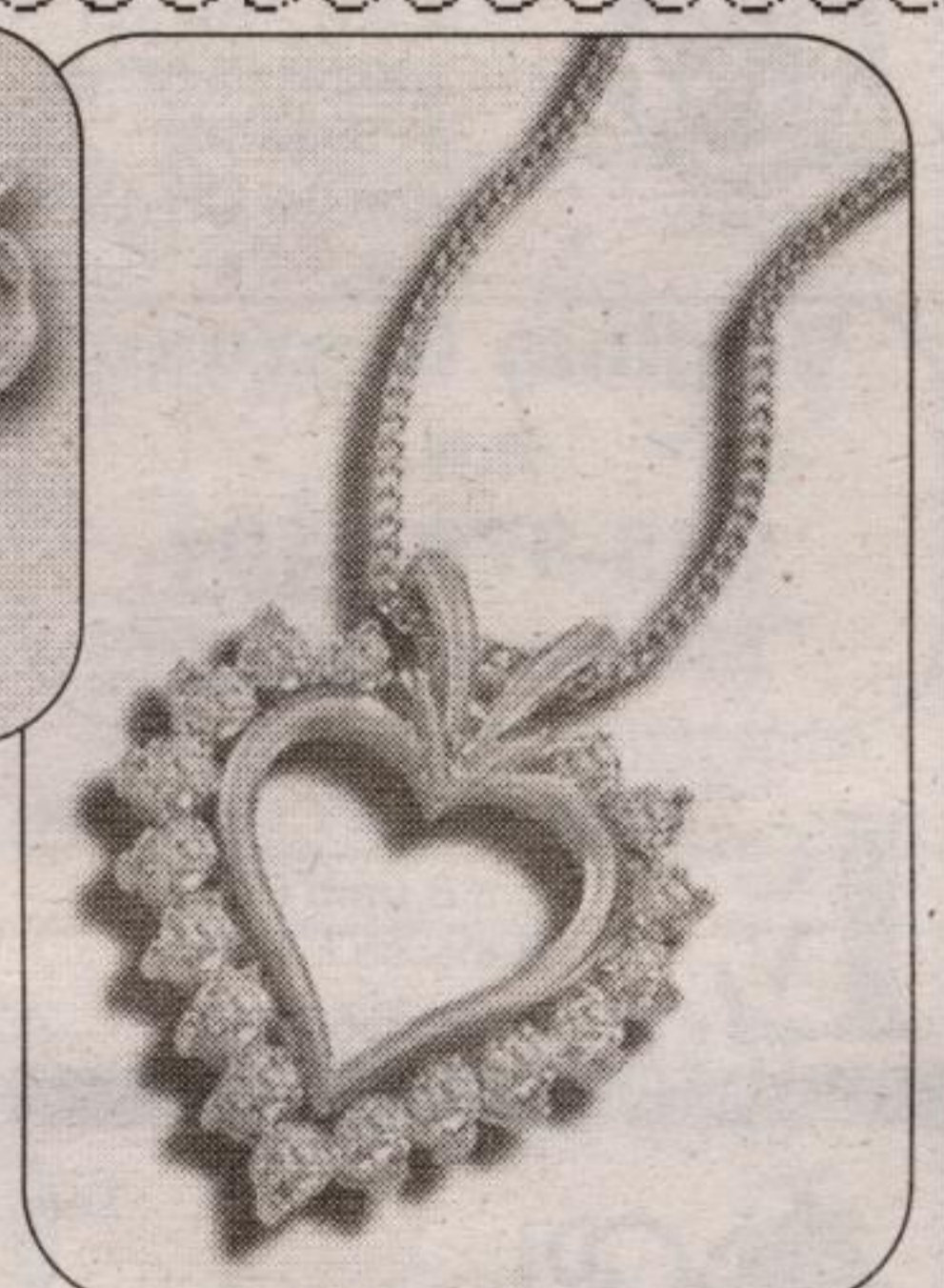


Promise Rings
starting at
\$79.00

Diamond Stud
Earrings
14K
white or yellow gold
20TW
Reg. \$599.00
Sweetheart Special
\$279.99



Heart
Pendants
30% Off



HALTON HILLS Fine Jewellery

Formerly the "Genuine Gold Connection"

218 Main St., Milton 905-875-2999