

Halton Hills 401 Corridor financing signed

Halton Regional Council has approved a financing plan to bring services to the employment lands known as the Halton Hills 401 Corridor. A financial partnership consisting of The Town of Halton Hills, Mold Master Limited, Hopewell Development (Ontario) Inc., Lawrence Avenue Group 200 Inc., and PAZ Properties Corp. will front-end an estimated \$7.2 million to build the infrastructure.



PHOTOS BY BRANDON PORTER

Pictured above at the signing are John and Anne Zdunic of PAZ Properties Corporation, Isaac Meisels of Lawrence Avenue Group 200 Inc., and Halton Regional Chair, Joyce Savoline.



Pictured at right is Halton Hills Mayor, Rick Bonnette who said that "This plan will help to ensure the future economic viability of Halton Hills, and will jump-start investment in our community".

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THE WEIGHT LOSS GAME - How to be the ONE that wins at losing.

If you're among the masses, then you're probably wanting to finally lose some unwanted weight! Congratulations on your decision, but now it's time to choose the ONE that will help get you there!

When a person consumes more food than is needed to provide for normal daily activities including work and exercise, excess body fat will form and accumulate. It is known that obesity brings many health hazards including heart attacks, strokes and diabetes. Over time as fat cells continue to accumulate, obesity and all of its effects, will be the inevitable result.

So, how do we avert becoming overweight, or, what can be done to lose our excess weight and get back to a proper weight to height ratio?

An effective weight loss method lies in the combination of a comprehensive and up-to-date weight management program that uses sensible food choices; and powerful, yet safe herbal supplements.

So, what criteria do you need to look for when searching for the ONE right company with the perfect program to suit your needs? Ask yourself these questions:

Does the program teach healthy eating habits? To eat right, you need to know where you've gone wrong.

Does the program emphasize weight maintenance? Without it, it's easy to slip back into old habits and before you know it, the weight is back.

Does the program offer support systems that will back your weight loss journey? The more help and support you have the more likely you will succeed.

Are the counselors well qualified? Ensure your program has been created by qualified nutritionists and can be intelligently modified along the way.

Does the program exclude any one food group? Your body needs the benefits of all food groups as outlined in Canada's food guide. Cutting any food group could result in long term harmful effects.

Think long-term lifestyle change instead of short-term quick fix. Determine your motivation. Are you trying to fit into a dress for your son's wedding next month? Or, do you want to be healthier and have more energy through proper weight loss and management? Whatever your motivation, remember, we're here to help you through it.

No weight loss plan should have you losing weight too quickly - especially if it is based on severe calorie reduction. Your body needs to have a healthy balance of nutrients in order to maintain the energy needed to burn calories and fat. Weight loss is a journey - not an event! Good luck!

LOSE WEIGHT NOW!

Get back into a smaller pair of jeans a lot sooner than you think!

Elizabeth sure doesn't fit into those jeans anymore! With the help of Herbal One, she lost 30 pounds and over 48 inches!



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