

Healthy Living

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Flu season approaches

Time to get that shot in the arm

With winter coming on and this year's crop of influenza viruses poised to strike, it's time to think of flu shots. If you're wondering whether you're among those who need annual influenza immunization, ask yourself the following questions:

- Were you born in or before 1933?
- Do you have cancer, diabetes, anemia, or other long-term chronic illnesses?
- Do you take corticosteroids, such as prednisone or long-term ASA (aspirin) therapy?
- Are you asthmatic or do you have other lung problems?
- Do you suffer from high blood pressure, heart, liver or kidney disease?
- Have you had several episodes of pneumonia?
- Do you live in a long-term care facility?

If you answered yes to any of these questions, you are at higher risk of influenza than other people and should be immunized against flu. For you, flu shots are free.

Others who should consider being immunized are people who work or live with those in the high risk groups.

Immunization is the most effective way to lessen the impact of true flu. In contrast to the devastation flu can cause, there are few adverse reactions to flu shots. Most notice nothing other than a little redness at the shot site. Slight fever, muscle aches and malaise can occur and last one or two days, most often in young people with no previous exposure.

The best timing for flu shots is from the beginning of October to mid-November. Protection develops one to two weeks after injection and last six months or longer

but in some elderly, immunity may last only four months.

The vaccine is free to anyone born in or before 1933 as well as individuals at higher risk and are available through family doctors.

For more information call the Halton Region Health Department, 853-0501 or 878-8113.

Heart to Heart program starts again in October

Heart to Heart, a program developed by the Heart and Stroke Foundation, begins Oct. 19 at the Georgetown Hospital.

Once a week for eight weeks, cardiac patients and their partners get together with a facilitator, trained by the Heart and Stroke Foundation, covering a number of topics such as cardiology, nutrition, physical activity, medications, emergency situations, and psychological aspects of heart disease and stress. To find out more or to register, call 873-0111, ext. 243 before Oct. 2. Space is limited. The cost is \$15 per person.

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OPEN HOUSE

Please join us at the
Halton Hills Toy Library
 on Saturday, Sept. 26
 from 9:30 - 11:30.
 Over 700 toys for children
 from birth to age 6.
36 ARMSTRONG AVE.
 Next to Wastewise and Gymnastics Club.
 See you there!!


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PEACE THROUGH MEDITATION
 Welcome to a conference on spirituality and meditation technique offered by authorized representatives of **Sant Thakar Singh**
 Tuesday, Sept. 29 7-10 p.m.
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Halton Catholic District School Board
 **ADULT LEARNING CENTRE**
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HALTON CATHOLIC DISTRICT SCHOOL BOARD CONTINUING EDUCATION SERVICES

Will be offering the following course funded by **HUMAN RESOURCES DEVELOPMENT CANADA DIGITAL MEDIA SPECIALIST PROGRAM**

This 34 week program will prepare you for a junior or intermediate level position in the multimedia field. Topics to be covered will include; page layout, line art production, digital imaging, 3-D modeling and animation, audio digitalizing & wave form manipulation, video capture & editing, multimedia authoring, slide show design and production, Web page creation & CD-ROM production. Software applications for PC and Macintosh computers to be used will include: Adobe Photoshop, Adobe Illustrator, Adobe Premiere, QuarkXpress, SoundEdit Pro, Macromedia Director, "Shockwave", etc.

Start/End Dates: Sept. 28/98 - June 4/99
Time: Monday - Friday, 9 a.m. - 3 p.m.
Location: Adult Learning Centre
 2350 Trafalgar Road
 Oakville

Prerequisites: Previous experience in the graphic or desktop publishing trades as a freelance designer; layout artist, publisher, editor, writer, photo journalist, typographer, film stripper or other graphic or print communications experience.

E.I. Eligibility Canadian Citizen or permanent resident.
 At least 17 years of age and out of the regular school system for at least 12 consecutive months since turning 16 years of age.
 Unemployed, currently receiving Employment Insurance (formerly UI) benefits, or those who received UI benefits within the last 3 years (5 years in the case of maternity or parental leave).

Please Note: All candidates will be interviewed to assess their skills based upon the prerequisites and E.I. eligibility. Please call (905) 632-5858 to set up an interview time or for further information.

FURTHER INFORMATION IS AVAILABLE FROM CANADA EMPLOYMENT CENTRE OFFICES, THE ADULT LEARNING CENTRE IN BURLINGTON OR OAKVILLE, OR BY CALLING THE ADULT LEARNING CENTRE AT (905) 632-5858.