

Healthy Living

Donate eye glasses to third world countries

Lions International and Lenscrafters again are joining forces to provide sight to people in third world countries. When you donate your glasses at any Halton Regional Police station, they are reconditioned and taken by a team of professionals to a needy country. Last year more than 1,000 pairs of glasses were dropped off in Halton.



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Lynne Gravelle

Walk for MS this Sunday

Join the 1999 Milton-Halton Hills Super Cities Walk for Multiple Sclerosis (MS) to be held this Sunday, April 18 and help fight the effects of multiple sclerosis.

This event, at the E.C. Dury School for the Deaf in Milton, provides fun and fitness to all ages and abilities along a five kilometre wheelchair accessible route or a more challenging 10 km route. Both routes travel through residential streets and include rest stops. The day concludes with a barbecue lunch, courtesy of Loblaw's.

The goal is to get at least 350 walkers in Milton/Halton Hills Walk to raise \$40,000.

The funds raised will assist people with MS and their families living in this community and support MS research. MS is a disease that randomly attacks the central nervous system, affecting the control people have over their bodies. Canada is a high risk area for MS, which is usually diagnosed in people between the ages of 20-40. Its effects last for the rest of their lives.

Register today by calling 1-888-822-8467 or (416) 967-3039, or register on-line at www.supercitieswalk.com. Last year, the MS Society committed \$5.1 million to research and nearly \$6.4 million to services.

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Dr. Henry Lau, M.D., B.Sc.
General Physician

New Patients Welcome

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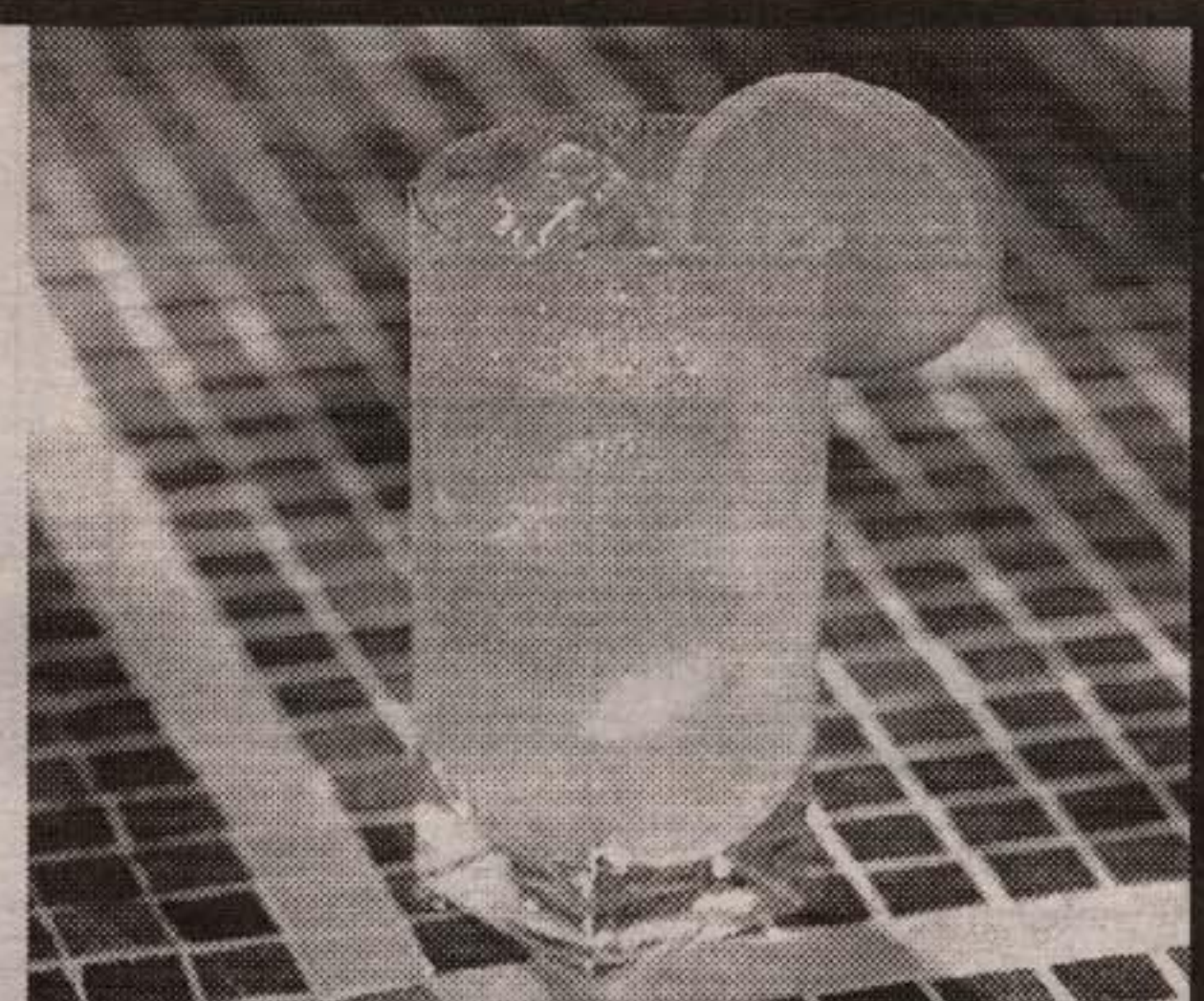
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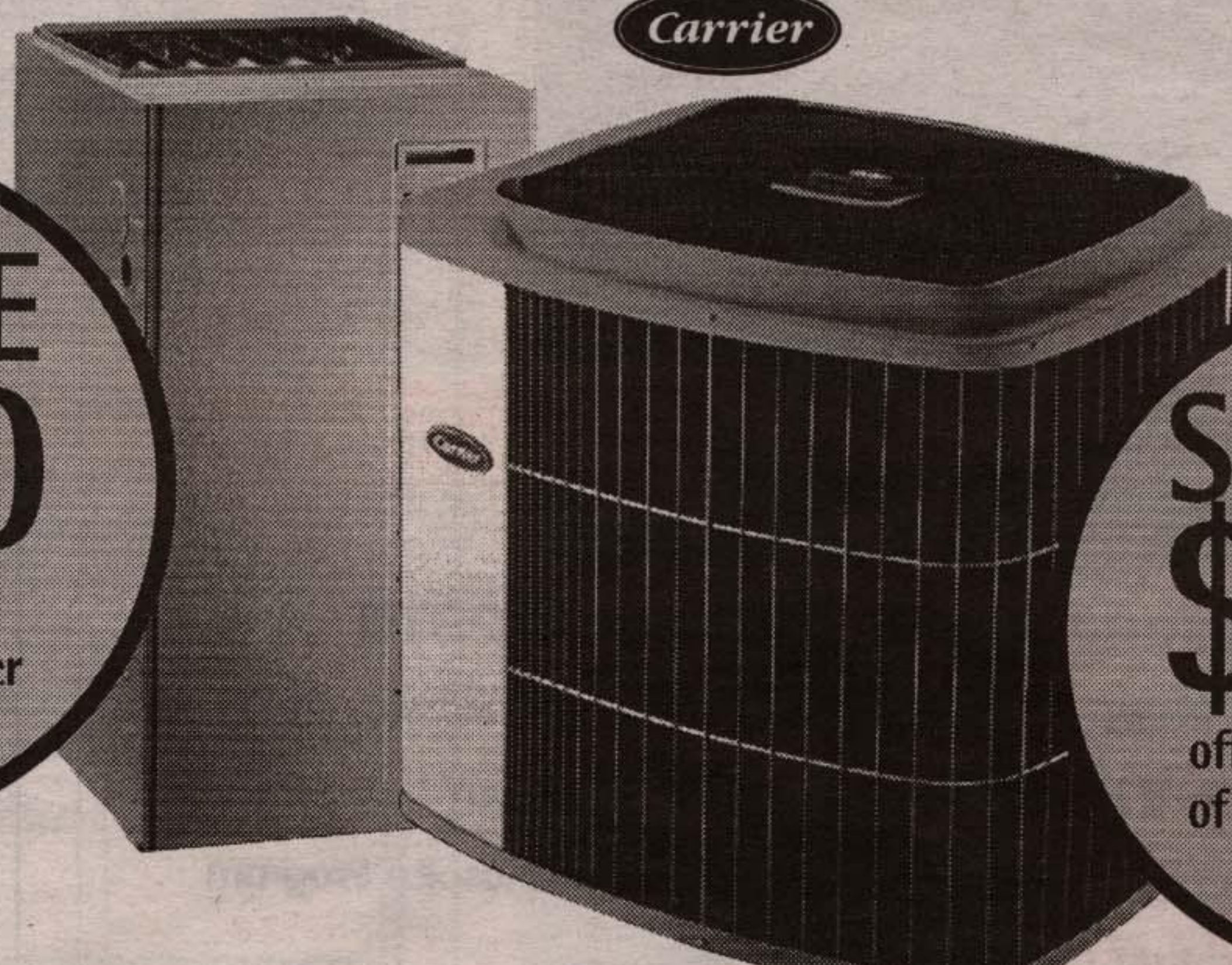
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