

Healthy Living

Running club considers starting walking group

Anyone interested in forming an organized walking group— all ages— for outings Sundays and Wednesdays, should attend an information session, hosted by the Georgetown Runners Club on Nov. 21,

9 a.m. at Georgetown High School, (side entrance). Runners are also invited to join the club Sundays, 9 a.m. at the Georgetown High School and Wednesdays, 5:15 p.m. at Holy Cross School. Info: 877-5578.

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ORGANIZED WALKING GROUP

Anyone interested in forming an organized WALKING GROUP, Male/Female/all age groups, for outings on Sundays and Wednesdays, are asked to attend an information session on Sunday, Nov. 21 - 9:00 a.m. at the Georgetown High School, (entrance on track side).

This program will improve your health, reduce any stress in your life, allow you to meet new friends and have FUN. Sponsored by the "GEORGETOWN RUNNERS" club.

RUNNERS are also invited to join our group on Sunday morning sat 9:00 a.m. at High School and Wednesday's at 5:15 p.m. Holy Cross School. All levels of runners are welcome, as we run in groups.

For info 877-5578

Parenting support group to begin in Acton next week

Are you a young parent between the ages of 15 and 24? Would you like an opportunity to meet other young parents and share a meal?

Beginning Nov. 16, a new program will be available for young parents in Acton. The Young Parents Program is a family resource program that supports young families as well as expectant parents.

Each week the group will prepare and share a meal. There will be an emphasis on nutritional planning, parent-child interaction, group socialization and support. Childcare is provided.

The Young Parents Program will be held on Tuesdays, 4-7 p.m. at the Salvation Army Church basement. For more information call Kimberly at 853-9825 or 853-3310.

Christmas need

The holiday season is quickly approaching and applications and donations are being accepted at Halton Hills Community Support and Information for the Christmas Needs program.

Each year many generous and caring community members donate practical items and money



to Halton Hills Community Support and Information (HHCSI) during the holiday season. Financial donations enable the group to purchase such items as track suits and pajamas for children of financially limited families.

HHCSI will also accept donations of clothing, toys and knitted items.

If Christmas might be a little tougher this year for you and your family, and you have children under the age of 15, feel free to drop into the HHCSI office at 45 Mill St., E., Acton to fill out an application form for the Christmas program. All applications are kept strictly confidential.

For more information call Cathy, 853-3310.

New location

The Acton office of the Halton Hills Community Support and Information has moved to 45 Mill St. E. Office hours are 8:30 a.m. to 4:30 p.m. The phone number remains the same at 853-3310.

GEORGETOWN HOSPITAL DIABETES EDUCATION CLINIC

invites you to attend a presentation...

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Tuesday, November 23, 1999

at 7:00 p.m.

Georgetown Hospital - Activity Room

Question & Answer Session

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Susan M. Baker

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