

# Health, Beauty & Fitness

## Garage sale to raise cash for CF disease

Georgetown's annual garage sale for Cystic Fibrosis (CF) will be held 8 a.m. to 2 p.m., tomorrow (Saturday) at 7 Noble Court.

"We've been overwhelmed by people's generosity. People have brought all kinds of items for us to sell," said Steve Bain of Georgetown, president of the Peel chapter of the Canadian Cystic Fibrosis Foundation.

The committee is hoping to at least match last year's donation of \$4,200 to Cystic Fibrosis research. Cystic Fibrosis is an incurable, inherited disorder which mainly affects the lungs and the digestive system. Most people with CF eventually die of lung disease and before the young age of 30 years old. One in 2,500 Canadians has CF.

To prevent traffic jams, Bain suggests attendees park on Rexway Dr. and walk down to Noble Crt. "Ideally, we'd only like to have vehicles come to our place to pick up their large items after they're done," he said.

To volunteer to assist with the sale, call Bain at 905-702-1189.



## Jumping through hoops

Students like Kyra Thistley, 9 (in foreground) and Leiney Chiang, 8, (left) were among the many Harrison Public School students who took part in the annual Jump Rope for Heart event recently. All pledges from the event will be donated to the Ontario Heart and Stroke Foundation.

Photo by Ted Brown

## Denim Day to raise cash and awareness for the fight against breast cancer

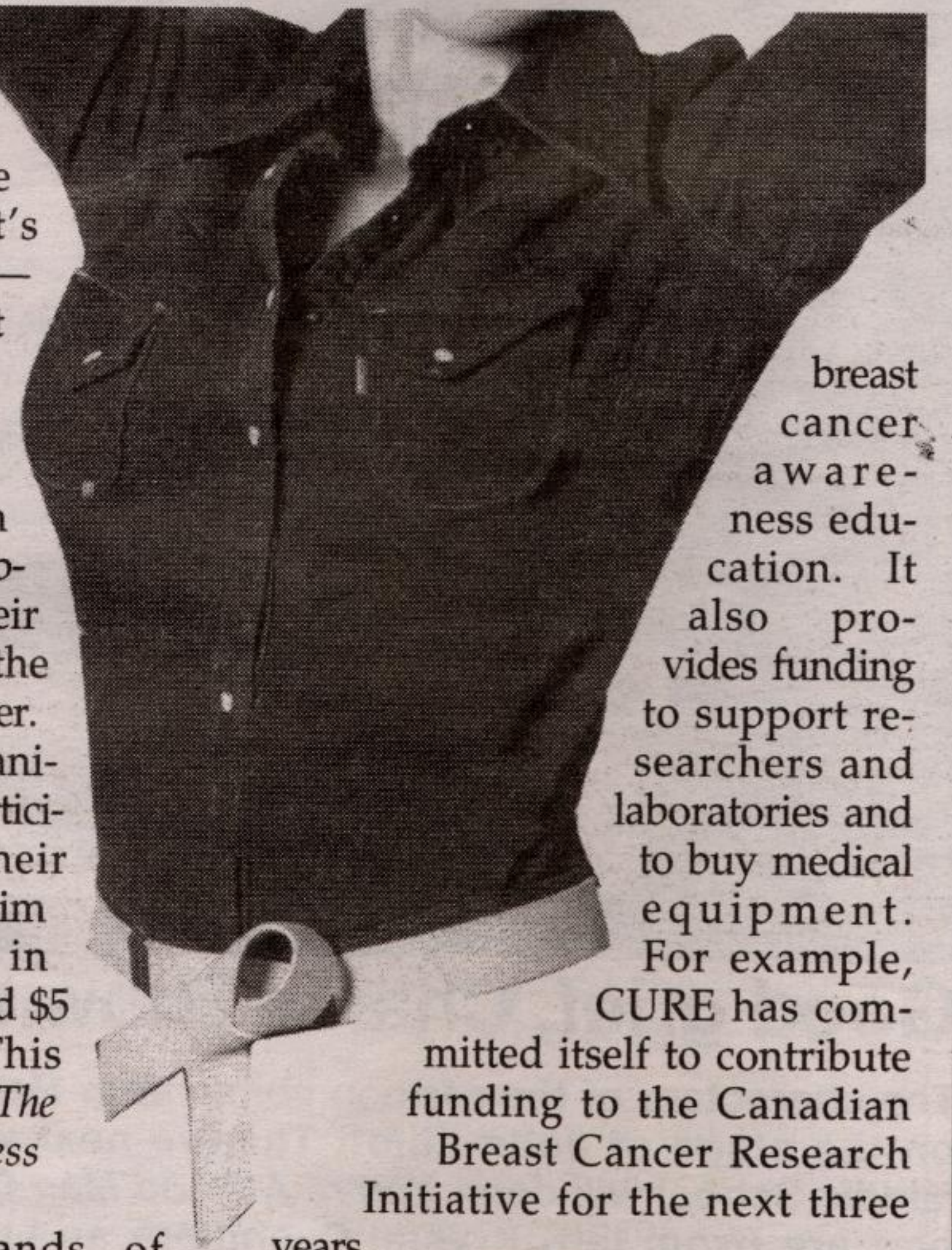
This Tuesday, search through your closets and wear some denim because it's National Denim Day—one of Canada's largest single day fund-raiser for breast cancer.

On that day, participants will wear a denim outfit and/or a pink ribbon to demonstrate their commitment towards the fight against breast cancer.

Businesses and organizations are urged to participate by allowing their employees to wear denim and a pink ribbon in exchange for a suggested \$5 donation to CURE. This year, staff members of *The Independent & Free Press* will be participating.

Last year, thousands of Canadians, raised over \$1.1 million. Since its inception in 1996, the CURE Foundation has raised more than \$3.5 million.

CURE is a national, non-profit foundation that provides funding for



breast cancer awareness education. It also provides funding to support researchers and laboratories and to buy medical equipment.

For example, CURE has committed itself to contribute funding to the Canadian Breast Cancer Research Initiative for the next three

years. To participate or to make a donation, call 1-888-592-CURE. A pledge sheet is also available at *The Independent & Free Press* front desk, located in the Georgetown Market Place.

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