


Health Care

CRANFIELD CHIROPRACTIC CENTRE
 518 GUELPH STREET
 NORVAL, ONTARIO
 877-4288



ROBERT H. CRANFIELD D.C.

HEALTH CALENDAR

TOPS: The Acton branch of TOPS (Take Off Pounds Sensibly) meets Mondays in the basement of St. Joseph's Catholic Parish, 64 Church St. E. Weigh in 6-7 p.m.; meeting 7-8 p.m. Everyone welcome.

Foot care clinic: VON foot care clinic at St. John's United Church on Guelph St., every Tuesday, 1-4 p.m. By appointment only. Call 1-800-387-7127, ext. 2210.

Emotions Anonymous: Is your life becoming unmanageable? Emotions Anonymous can help! No cost, no commitment and no appointment necessary. The group meets every Thursday, 7:30 p.m. sharp at Norval Presbyterian Church, 499 Guelph St. in Norval, rear entrance to the basement meeting room.

Overeaters Anonymous: Overeaters Anonymous-Acton meets Thursdays, 10 a.m. at the Acton Christian Reformed Church, Queen St. (Hwy 7).

Parkinson's support: Parkinson's Support Group meets on Thursday, May 30 at the Georgetown Seniors Centre, 7:30 p.m. There will be a pharmacist speaking on the drugs used by people with Parkinson to control symptoms like tremors and the helpfulness that these drugs have or the interaction with the use of other medications.

Alzheimer support: VON Alzheimer Services offers a support group for families of individuals with Alzheimer disease and related disorders, first and third Tuesday of every month, 7-9 p.m. at Mountainview Retirement Residence, 222 Mountainview Rd. N. New members welcome. Call VON, 1-800-387-7127 for more information.

Get SummerActive and win prizes

The warm weather is finally here, and that means that more and more people are looking for ways to enjoy the great outdoors. Take advantage of the spring and summer months while taking a step toward a healthier you. Get active!

There are lots of ways to get active. SummerActive 2002 gives you an extra reason try some of them now. To participate in SummerActive, all you need to do is to be physically active between now and June 21. Then, register your physical activity each time you are active on-line at www.summeractive.canoe.ca.

This Web site can also help you find active ideas for kids, adults, and seniors. By registering, you can win one of five great gift packs that will be awarded every day during the contest run, May 8 to June 21. Your name will also be added to a draw for one of five grand prizes to be awarded at the end of the campaign. So, get involved with SummerActive, and register to win!

Last year, SummerActive had hundreds of events and programs across Canada that helped thousands of Canadians to get active. This year's campaign is poised to be even more successful. Join with your fellow Canadians and have fun.

If you do not know where to start, here are some ideas to get you started.

We all know that physical activity is good for us. But, did you know that

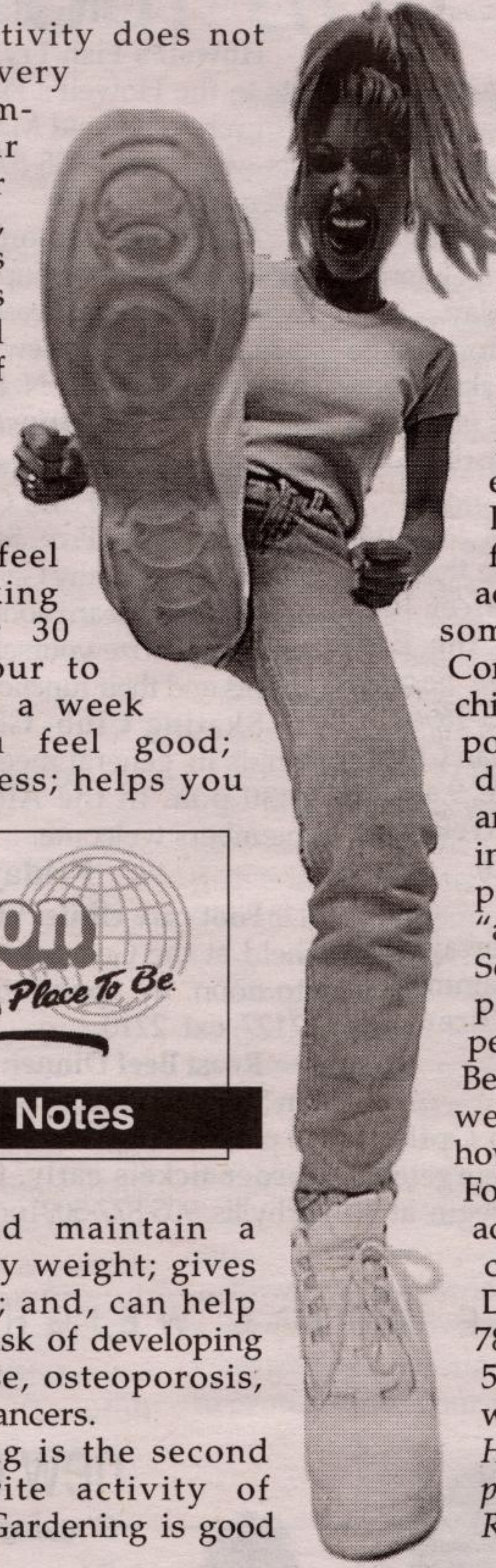
physical activity does not have to be very hard to improve your health? For example, walking is Canada's most enjoyed form of physical activity. Walking is fun and can help you feel great! Walking briskly for 30 minutes, four to seven days a week makes you feel good; relieves stress; helps you



Health Notes

achieve and maintain a healthy body weight; gives you energy; and, can help reduce the risk of developing heart disease, osteoporosis, and certain cancers.

Gardening is the second most favorite activity of Canadians. Gardening is good




exercise. Thirty minutes of gardening gives healthy benefits. All that bending, pulling, stretching, and digging can make you stronger and more flexible. If you are new to gardening, remember—less is more. Start with a small plot and work up slowly. Your body will thank you. If you do not have a garden, look for a community garden in your community or try planting in containers.

Looking for something a little different? Find your own favorite activity. Make a commitment to try something new each season. Consider hiking, lawn bowling, tai chi, or dancing. You can also incorporate physical activity into your daily routine. Walk the dog, wash and wax the car by hand, or trade in your power lawn mower for a push mower. Now that is real "active living".

So, whether you walk, rake, dig, paddle, run, throw, dance, toss, pedal, swim, or jump, get moving. Be a SummerActive participant, eat well and live smoke-free. Imagine how great you will feel.

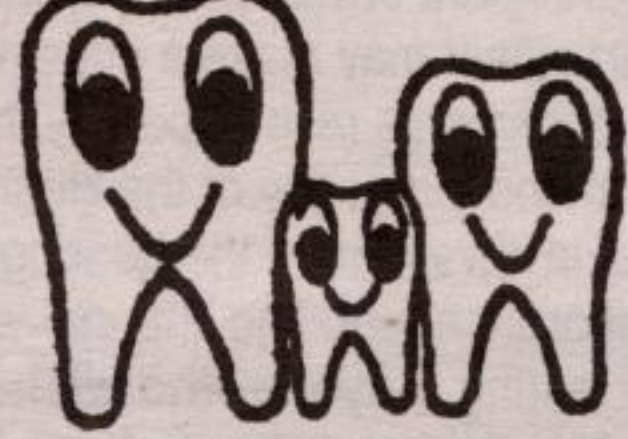
For more information about physical activity and SummerActive, please call the Halton Region Health Department at 905-825-6060 ext. 7887, 1-866-4HALTON (1-866-442-5866). TTY 905-827-9833. Visit www.region.halton.on.ca/health
Health Notes is a monthly column prepared by the staff of the Halton Region Health Department.



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