

Healthy Living



\$30,000 to the Hospital Foundation

William Osler Health Centre Foundation was the recipient of a welcome \$30,000 donation as proceeds from the annual William McNally Memorial Golf Tournament were presented to the foundation. On hand for the presentation were John McNally (far left) and David McNally (second from right) who presented the cheque to William Osler Health Centre Foundation member Anne Randell and Foundation vice chair Rick Johnson.

Photo by Ted Brown

CORRECTION NOTICE

The Independent & Free Press would like to apologize for a printing error in the Friday, October 4, 2002

Positive Changes ad. It was a BARRIE WOMAN WHO MELTED OFF 45 LBS. EASILY. We regret the error.

Positive Changes
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35 Main St., South, Olde Downtown Georgetown
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Ontario Early Years Centre marks National Family Week

Ontario Early Years Centre—North Halton is commemorating National Family Week, Oct. 7-13 and anyone who participates in a local program during this week will receive a free gift bag (while supplies last).

There are a variety of programs that can be accessed through OEYCs located in Acton, Georgetown, Glen Williams, Milton and Campbellville.

The centre programs strive to provide support to families. Parenting demands a lot of energy, support and patience, said Kate Holmes, OEYC outreach coordinator. There is a growing awareness of the importance of childhood, as a time when the foundation is laid for future development and success in life, she said. Families and parents have the largest impact on the development and success of children. To improve outcomes for children, parental support is required and can be obtained at OEYCs.

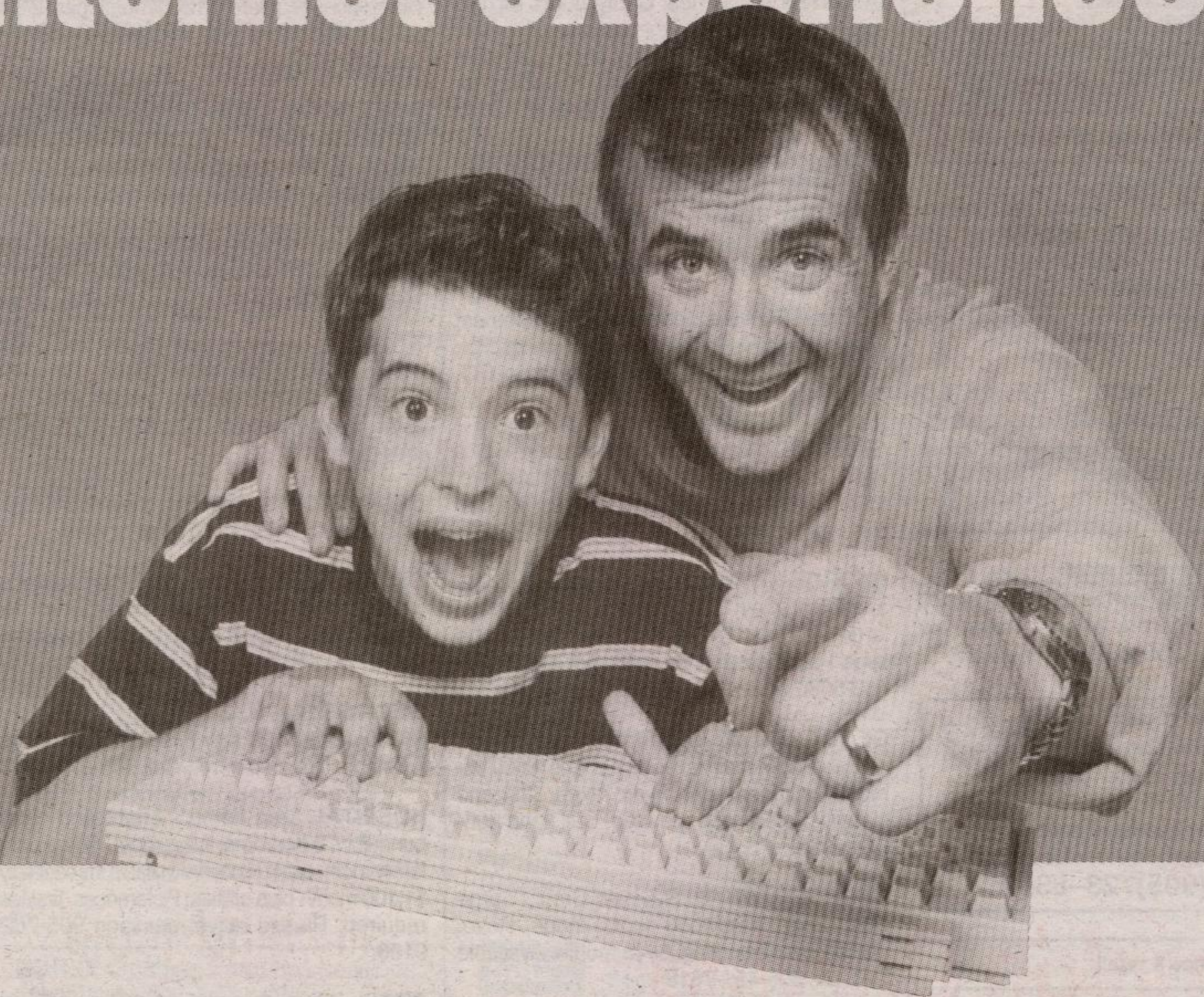
For locations and program information call 905-876-1244, ext. 10.

Quit Smoking contest deadline Oct. 15

A Honda Civic DX-G is the grand prize in the Quit Smoking 2002 Contest endorsed by the Halton Council on Smoking or Health (HCSH). Smokers who kick the habit from Oct. 15 to Nov. 15 will be eligible to win the car or one of seven Samsung digital cameras. The Quit Smoking 2002 Contest is open to all daily smokers aged 19 years of age or older. Entries must be received by midnight Oct. 15.

For more information about the contest or for an entry form, call the Quit Smoking Contest Information Line at 905-825-6179. Smokers can also enter by going on-line to www.quitsmokingontario.ca.

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