

**SOMEONE CHOKING?**  
 If the person can cough or speak, do not interfere. Encourage coughing.  
 If the person cannot cough or speak give:

**ABDOMINAL THRUSTS:**  
 Stand behind the victim and put the thumb side of your fist against the middle of the abdomen slightly above the navel.  
 With your other hand, grasp your fist and press into the abdomen with quick inward and upward thrusts. Make each thrust a separate and distinct movement.  
 Repeat thrusts until airway is clear.  
 Learn CPR from a qualified instructor.  
 Call your local post to get training from the:



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# Region offers well water testing in Acton

To help residents with private wells test them regularly for bacteria, the Halton Region Health Department has introduced a free Well Water Drop-in Centre every Wednesday.

The centre, which opened Wednesday (May 4), will operate from 9 a.m. to 4 p.m. at the Health Department's Acton office located at 372 Queen St. in the Market Place Plaza. Residents will be able to speak with a public health inspector about wells and well water quality.

- The Drop-in Centre will provide:
- Information and resources about wells and well water quality
  - A pick-up and drop off service for water sample bottles for bacteria testing
  - Well water testing for nitrate (bring one cup of water in a sterilized jar)

- Individual well water records from Halton Region's well record database
- Information about Public Health Laboratory's phone-in system to retrieve water sample results

"We are pleased with the addition of this service to our Acton location. The Well Water Drop-in Centre will provide residents with information and resources about well quality and well water testing to help provide safe drinking water," said Dr. Bob Nosal, Halton Region's Medical Officer of Health.

By appointment, the Acton location also offers services for Dental Health, Smoking Cessation, and Sexual Health.

The Dental Health clinic provides services for Ontario Works clients

and children and youth under the age of 18, who qualify for financial assistance. Smoking cessation programs, the Well Water Drop-in Centre and Sexual Health services are available to all residents free of charge.

The Health Department continues to promote regular well water testing for anyone using water from private wells at well water depots located throughout Halton. At these depots, residents can pick up the proper sampling bottles and drop-off water samples, Monday through Thursday, between 8:30 a.m. and 4:30 p.m.

For more information call the Halton Region Health Department, 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833, or visit the website at [www.region.halton.on.ca/health](http://www.region.halton.on.ca/health).

## Churches & Temples

<p><b>Georgetown Alliance Church</b></p> <p>"A growing family of people"</p> <p><b>Sunday Worship* at 9:00 &amp; 11:00 AM</b></p> <p>* A Nursery &amp; Sunday School is offered during both services</p> <p>290 Main St. (S. of Maple)              (905) 873-0249</p>	<p><b>St. George's Anglican Church</b></p> <p><b>Sunday Worship</b>              8:00 am, 9:30 am, 11:15 am  <b>Church School &amp; Nursery</b>              9:30 am and 11:15 am  <b>Thursday Worship</b>              10:00 am</p> <p>60 Guelph Street, Georgetown 905-877-8044              Additional parking at Georgetown District High School</p>
<p><b>Maple Avenue Baptist Church</b></p> <p>9:30 am Family Teaching Ministry              Sunday 10:30 am Worship Hr.              Weekly events for all ages.</p> <p>"Where Friends become Family"</p> <p><b>905-873-9211</b>              177 Maple Ave., Georgetown              email: mabc@mabc.ca</p>	<p><b>St. Alban's Anglican Church</b></p> <p>8:00 a.m. Said Eucharist              10:30 a.m. Sung Eucharist              Nursery &amp; Children's Worship</p> <p><b>905-877-8323</b>              537 Main St., Glen Williams              Pastor: The Rev. Grahame Stap  <a href="http://www.saintalban.ca">www.saintalban.ca</a></p>
<p>A Time for Fellowship &amp; Friendship at  <b>KNOX PRESBYTERIAN CHURCH</b>              Worship &amp; Sunday School at 11 am              Service Dial-In: 905 702-1629</p> <p>Rev. Dr. Kobie Du Plessis              905 877-7585 116 Main St. South  <a href="http://www.aztec-net.com/~KPC">www.aztec-net.com/~KPC</a></p>	
<p><b>GEORGETOWN CHRISTIAN REFORMED CHURCH</b>  <b>welcomes you!</b></p> <p>Associate Pastor: Rev. Ted S. Bootsma  <b>Sunday Worship Services: 10:00 am &amp; 6:00 pm</b>              11611 Trafalgar Road (north of Maple Avenue) <b>905-877-4322</b>  <a href="http://www.gcrc.on.ca">www.gcrc.on.ca</a></p>	
<p><b>NORVAL Presbyterian Church</b>              Rev. Bruce Clendening  <b>905-877-8867</b>              SERVICE &amp; SUNDAY SCHOOL 9:45 A.M.              "All are welcome"              499 Guelph St., Norval, Ont.</p>	
<p><b>MOUNT ZION FULL GOSPEL MINISTRIES</b>              (Affiliated with World Christianity Ministries)              A Life changing ministry              "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."  <b>BALLINAFAD COMMUNITY CENTRE</b> downstairs  <b>ALL WELCOME Sunday Worship 11a.m.</b>  <b>PASTOR ANDREW G. PATON (COUNSELLING AVAILABLE)</b>  <b>(519) 853-5657</b></p>	
<p>I Want Better Than Just "Okay"              Sunday 10 am  <b>The Gathering</b>              The Church at The Gellert              10241 8th Line              905-873-LIFE(5433) <a href="http://www.thegathering.ca">www.thegathering.ca</a></p>	
<p><b>Georgetown Christian Fellowship</b>              Sunday Services 10:00 a.m. &amp; 6:00 p.m.  <a href="http://www.georgetownchristianfellowship.com">www.georgetownchristianfellowship.com</a></p> <p><b>ALPHA Sundays at 6:00 p.m.</b></p>	
<p>The Salvation Army  <b>Georgetown Community Church</b>              We're Casual, Family Friendly, Exciting &amp; Relevant              Everything starts @ 10:30 am              (905) 877-1374 271 Mountainview Rd. S.</p>	
<p><b>Immanuel Lutheran Church</b>              The Church of the Lutheran Hour              We are not ashamed of the Gospel of Christ.</p> <p>Sunday Services              9:00 am Bible Study &amp; Children Singing              10:00 am Divine Service &amp; Sunday School              100 Mountainview Rd. South, Georgetown              Pastor Gerson Flor (905) 877-1172</p>	



**Mother's Day Special: \$0 Initiation Fee**  
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