

## The fall challenge has begun

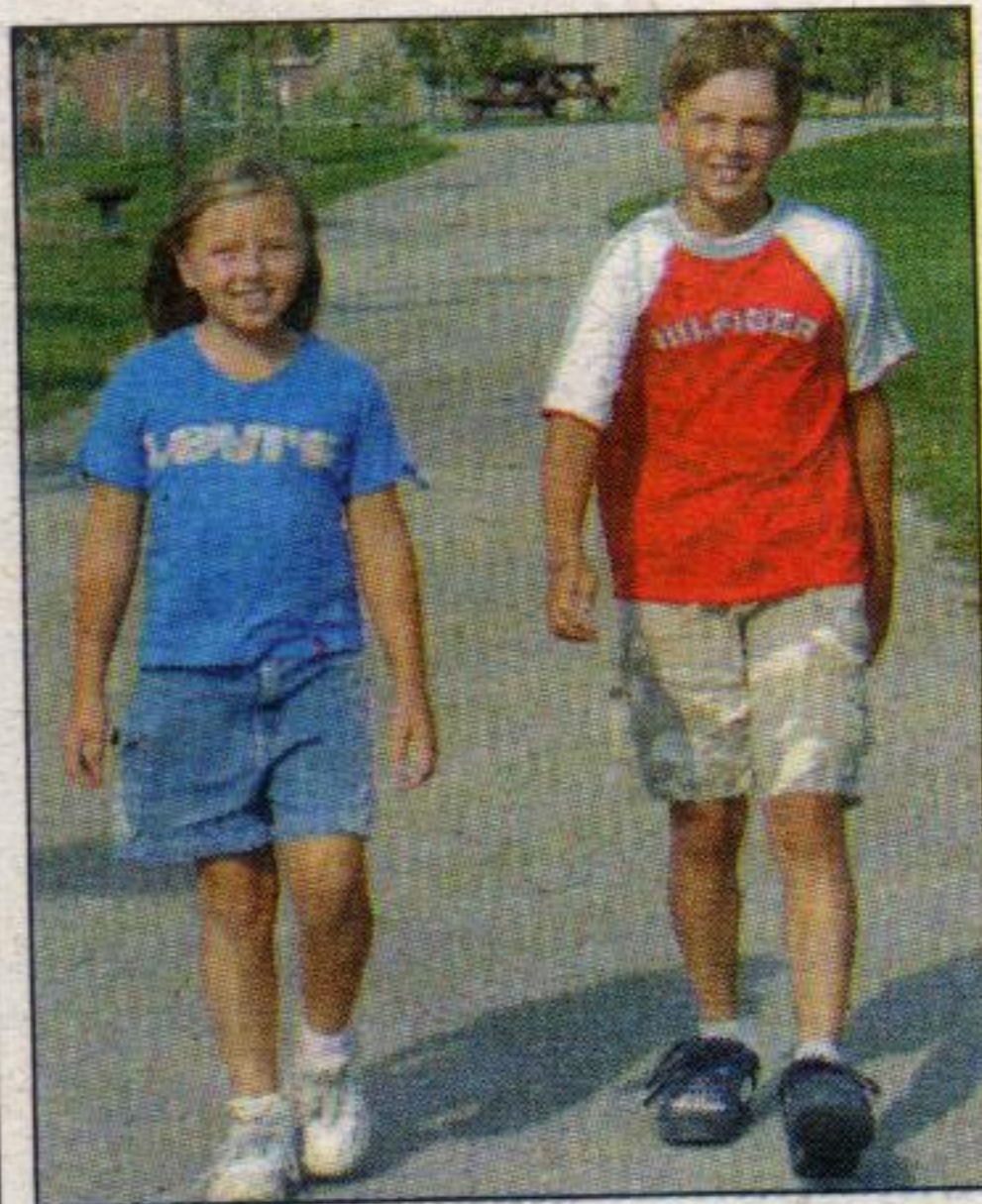


Walk the Hills is a community campaign designed to get the residents of Halton Hills physically active through walking. Fill out the time you spend walking each day on your Personal Walking Log. Personal walking logs are available at all Town facilities throughout Halton Hills and on-line from the Town website at [www.haltonhills.ca](http://www.haltonhills.ca). Click on the 'Active Halton Hills' logo. Check here each week to follow the progress of our community Active Champions.

Motivational quote: Walking can be done any time of the day. Begin with just 10 minutes and build up. Ten minutes is much better than nothing!

Walk of the Week: Enjoy the natural beauty of Halton Hills, visit the Willow Park Ecology Centre in Noval. Visit [www.willowparkecology.com](http://www.willowparkecology.com).

## Active Champions



ALEX AND WILL

Total for Alex  
Week 5:  
250 minutes  
Campaign total:  
1,215 minutes

Total for Will  
Week 5:  
250 minutes  
Campaign total:  
1,235 minutes



ACTON SENIORS HIKING CLUB

Total for Week 5: 460 minutes  
Campaign total: 2,397 minutes



MAYOR RICK BONNETTE

Week 5 total :  
220 minutes

Campaign total:  
1,975 minutes

## Who they are

• Mayor Rick Bonnette is pleased to once again be an Active Champion for the Walk the Hills Campaign. A strong proponent of a physically active lifestyle, Mayor Bonnette understands the benefits of regular exercise. He logged over 4,500 minutes in Summer Challenge and encourages all Halton Hills residents to get walking.

• Alex and Will are involved in lots of active pursuits! Alex, 7, is actively involved in soccer and Will, 10, is an avid hockey player. Alex and Will are excited to be part of 'Walk the Hills' this fall and look forward to motivating others to 'get active'.

• The Acton Seniors Hiking Club believe hiking the trails of our beautiful and scenic Halton Hills is a wonderful and invigorating experience and provides excellent health benefits. "Feeling energetic, happy and alive, our steps follow some of the rugged slopes of the Niagara Escarpment. After one or two hours on challenging trails we find a place to relax, chat and snack. Having fun and feeling fantastic is our goal."

# Flu shot clinics begin in Halton Hills

Halton Region Health Department is offering free Influenza Immunization Clinics for those six months of age and over at the following times and locations. No appointments necessary.

If you have a fever or do not feel well, postpone your visit to a later date. Please wear a short-sleeved shirt.

- Wednesday, October 26, 1-7 p.m., Acton Arena Community Centre, 415 Queen Street East, Acton
- Tuesday, November 1, 3:30-8 p.m., Christ the King Secondary School, 161 Guelph Street, Georgetown
- Wednesday, November 9, 4-8 p.m., St. Brigid Elementary School, 73 Miller Drive, Georgetown
- Wednesday, December 7, 4-8 p.m., Christ the King Secondary School, 161 Guelph Street, Georgetown

The Halton Region Health Department is also offering free flu clinics to those with medical problems or a chronic illness, people who are 65 years or older, and health care and emergency service workers on: Wednesday, Oct. 26, 1-7 p.m. in the Acton Arena Community Centre.

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



## Chair gets shot in the arm

Halton Regional Chairman Joyce Savoline received her influenza immunization last week in support of the 2005-2006 Ontario Universal Influenza Immunization Program. The Ministry of Health and Long-Term Care provides funding to administer free influenza immunization to all eligible Ontario residents six months of age and older.

Photo submitted

# WINTER TIRE SALE. SLIDE ON IN.



## WINTER TIRE SALE

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