

# JUST FOR THE

# HEALTH

# OF IT

Spring clean your daily routines **Page 3**



**THE INDEPENDENT & FREE PRESS**

Halton Hills Community Newspaper

Feel the benefits of pilates **Page 4**



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## Under pressure

Shopper's Drug Mart Georgetown South owner Alex Bertrand helps employee Tanya Bennett check her blood pressure at the shore's blood pressure machine. Bertrand is concentrating on building stroke prevention awareness, and one of the best ways is to monitor one's blood pressure to make sure it isn't too high. Anyone having high blood pressure should visit their family physician.

Photo by Ted Brown



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