

# HEALTH CARE

Wheel, walk or run on June 11

## Wheels in Motion to aid local girl

On Sunday, June 11th, people of all ages and abilities from Halton Hills are invited to wheel, walk or run to raise funds and awareness to improve the quality of life of men, women and children with a spinal cord injury (SCI) at the fourth annual Wheels In Motion event, presented by Scotiabank.

"Bring your friends, family and co-workers," says Bill Leslie, co-chair of the first annual Halton Hills event, and member of Halton Hills Accessibility Advisory committee. "Every Canadian can help make a difference by getting involved in a Wheels In Motion event in their community. It's a great way to support a valuable cause, meet new people and have fun!"

"We are all capable of extraordinary things, of reaching out and supporting one another," says Rick Hansen, CEO and president of the Rick Hansen Man In Motion Foundation. "We've come a long way towards improving the lives of people with spinal cord injury. We want to make a difference by removing barriers and supporting programs that will help improve the quality of life of people with spinal cord injury."

Eighty cents of every dollar raised provides support for quality of life projects including education and skill development, sport and leisure, assistive devices, accessibility, awareness and peer support programs, research and integration back into the community after an injury.

Forty per cent of the funds raised here will be directed to the Bethany Winter, a 10-year-old local girl with occipital encephalocele, a congenital neurological disorder. Her family will use the money to make her home wheelchair accessible.

The funds directed towards research support the development of a Spinal Cord Injury (SCI) Registry. The Registry is an invaluable research tool that tracks, stores and relates information about clinical treatments provided to people with SCI. This information can be used by researchers and clinicians to better understand the impact and effectiveness of specific medical interventions over the course of a person's lifetime. As the Registry grows, the data collected will help to establish and validate best practices that will ultimately provide better

## Accessibility in action

outcomes for people today and lead to a cure for SCI in the future.

### Did you know?

- Over 10 million Canadians have some connection to men, women and children living with a spinal cord injury
- 84% of injuries occur to people under age 34
- The unemployment rate for people with spinal cord injury is 62%
- 90% of what we know about spinal cord injury has been discovered in the last ten years
- Health care costs over a lifetime can range from \$1.25 million to \$25 million
- Over 60% of people with spinal cord injury are unemployed
- Most common causes of SCI in Canada are: motor vehicle collisions (55%), falls (18%), other medical conditions and sports injuries, (27%)
- A spinal cord injury can happen in a moment, but the effects can last a lifetime.

### How to participate

Participate on your own— Bring your bicycles, wheelchairs, inline skates and scooters, or walk or jog along.

Form a team of five— members consisting of family, friends, neighbors, colleagues and/or business associates. Great things can be accomplished when people come together.

Make a donation— or ask other people to support you. Donation forms are available online at [www.rickhansen.com](http://www.rickhansen.com).

Volunteer— and join in the fun with others to plan an event in your community.

Register on-line at [www.rickhansen.com](http://www.rickhansen.com).

*This article was prepared by the Town of Halton Hills Accessibility Advisory Committee*



## Limehouse School supports Heart & Stroke Foundation

Following another successful campaign for Jump Rope for Heart, 110 Limehouse Public School students raised \$10,000 to donate to the Heart and Stroke Foundation. Top fundraisers gathered to present the cheque. From left, Sarah Lindsay, Dakota Catalfamo, Limehouse vice-principal Julie Armstrong, Deanna Bailey, Braden Mitchell, Peel and Halton Hills Heart and Stroke Foundation Area Coordinator of Schools Stephanie Kuczerepa, Natalie Pohl, Limehouse teacher Jim Cavasin, Aaron Jones and Nicole Lycett.

*Photo by Ted Brown*

## Step up to the Spring Active Living Challenge

The Town of Halton Hills is participating in a province-wide challenge to increase active living in Ontario communities by 10 per cent by the year 2010.

Be part of the movement to improve the health of the community by encouraging your family members to participate in the eight-week Spring Active Living Challenge which runs from May 1 to June 24. It's easy and it's fun— visit [www.haltonhills.ca](http://www.haltonhills.ca) and click on the Active Living button found on the Town's main web page to access information, tips and the Town's 'Activity Log' to track your fitness progress.

Here are some easy steps to follow:

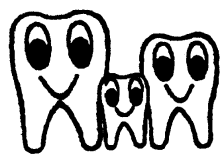
1. Get moving yourself! Children

often "inherit" their family's lifestyle. If you do active things, chances are your child will, too. Adults set the tone for active living in the family.

2. Fit activity in your family life. You don't need to spend extra money, or even get involved in sports. You can all be active— just by doing everyday things.

3. Do more than watch. Play! Let yourself feel young enough to play, especially with your child. Playing is okay at any age! If you forgot how, your child can show you. Your involvement and enthusiasm support your child's play.

4. Set limits on TV and computer time— for the whole family. That leaves more time for active play.



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### Outdoor Classes

- Nia & Yoga Classes **June 12-30**  
\$12 per class, \$20 for week pass, \$50 for three week pass
- A Week in July ~ **July 3-July 8**  
ashtango yoga and nia  
9:00 a.m.-12:00 p.m.  
**\$150**

*Judith Thompson, B.A., M.Ed., Certified Instructor and Practitioner*

### CLASS SCHEDULE

#### AM:

Tues. & Thurs. 8:30- 9:30 Meditation & Yoga  
9:30-10:45 Nia

#### PM:

Mon. & Wed. 7:00-8:15 Nia  
8:15-9:30 Yoga (Wed. only)

**905-873-8940**

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