

HEALTH CARE

SuperWalk tomorrow

Georgetown SuperWalk (and Run) for Parkinson's will be held in Gellert Community Park on Saturday, Sept. 9.

Meet just north of the parking lot. Registration begins at 10 a.m. 5K run begins at 10:50 a.m., 2K Walk at 11 a.m. Prizes for top pledges. T-shirts for participants collecting a minimum \$25. Info or pledge form, go to www.superwalk.com or contact Lisa Buck, 905-877-4081, lbuck@sympatico.ca or Penny/Zeger Van Halteren, 905-702-9855, zeger@cogeco.ca

Terry Fox Runs

Area residents will join others across the country Sunday, Sept. 17 to raise money for cancer research by taking part in the 26th Annual Terry Fox Run. Runs will be held in both Acton and Georgetown.

The Acton run will be at the Acton High School Track from 8 a.m. to 3 p.m. and the Georgetown run will be at Georgetown South Community Park from 9 a.m. to 2 p.m.

Pledges sheets are available at various locations in Georgetown and Acton including banks, LCBO, Boston Pizza, schools and variety stores.

Volunteers are still needed to help with the Georgetown run. Anyone interested in more information on the Georgetown run or volunteering should call Tamara Diardichuk-Crawford, 905-873-1143. For details on the Acton run contact Jon Hurst, 519-853-2015.

Walk for Dog Guides

Georgetown Lions Club hosts the Purina Walk for Dog Guides on Sunday, Oct. 1 at the Lions Hall, 42 Mill St., Georgetown. You can walk with or without a four-legged friend to raise funds for dog guide training programs. Lions Foundation of Canada provides dog guides—at no cost—to Canadians with visual, hearing, medical and physical disabilities. To donate online or to register go to www.purinawalkforguidedogs.com. For more details call Lion Gord Wallen, 1-800-768-3030, ext. 244.

Hospice training

VON Halton is starting its 10-week

In brief

Hospice orientation program on Thursday, Sept. 28 to Nov. 30, 6-9 p.m.

For those who want to become new VON Hospice volunteers, they will receive education to support individuals in our community who are living at home with a life threatening illness. These volunteers provide emotional support and friendship, outings, caregiver relief for family members, crisis support and bereavement follow-up support.

This training is free of charge and opened to both men and women. For further information or to register, call VON Halton Volunteer services 905-827-8800 or 1-800-387-7127, ex. 2312, or 2313.

Relay for Life

The Acton Branch of the Canadian Cancer Society is participating in the Relay for Life at Rockmosa Park in Rockwood September 22nd. Teams are needed. Call 519-824-4261 to join up or register on line at www.cancer.ca.

Red Cross course

Attention, students, parents, caregivers, health and safety reps, workplace first aiders, etc, a Canadian Red Cross Standard First Aid and CPR course will be held over two days, Sunday, Oct. 1, and Sunday, Oct. 15, 9 a.m. to 4 p.m. at Oxford Learning Centre, 324 Guelph St, Georgetown. Cost is \$105 (includes First Aid Vital Link Manual/certification card).

This is a full CPR certification course, includes infant, child and adult CPR - level "C", conscious and unconscious choking. You will learn basic first aid for cuts, scrapes, wounds, fractures, strains, sprains, impaled objects, nosebleeds, and allergies-epipens. Signs and symptoms of sudden medical conditions such as stroke, heart attack, cardiac arrest, diabetes, frostbite, hypothermia, and much more. Mandatory attendance is required. Registration is on a first-come first-serve basis.

Call Catherine to register, 905-877-4490 (Kids Safety First, Canadian Red Cross authorized provider).



Quilt raises funds for breast cancer research

Members of the Holy Cross Catholic Women's League, sponsors of the Weekend to End Breast Cancer quilt raffle, gathered for an afternoon tea and the drawing of the winning ticket recently. The quilt was made by Walk participants Anna Barkhouse and Carol Pelletier. The lucky winner of the quilt is Katy Pettit of Georgetown. Showing off the quilt are back row (from left), Mary Tucker, Siena Van Hoekelen, Trudy Edwards, Noreen Miehme, Rita Christensen, Pat Waskalik, Marge Willis. In front, Barb Lavoie, Sylvia Glaude, Linda Smith, Marg Wilcox.

Photo submitted

Walk for Heart seeks participants

The Cheerios Heart and Stroke Walk for Heart will be held on Sunday, September 24. Call on your family, friends and co-workers, form a team of five and you will receive a team banner to decorate and walk proudly with on event day! Every step counts in the fight against heart disease and stroke!

Register at www.heartandstroke.ca/walk or call 905-451-0021, 905-897-0366.

The walk at Heart Lake Conservation Area in Brampton includes both 2km and 4km walk options. Volunteers and staff hope to raise over \$80,000 and see 1,000 participants out on walk day. There are some great incentive prizes available, and based on the amount of pledges you raise you can find yourself with a brand new pedometer, sports bag or a handy stay-fit kit. At \$100, the first prize level, walkers will receive a Walk for Heart shirt. In addition, free participant packs filled with goodies from our sponsors will be available to all walkers while quantities last!

Though the walk doesn't begin until 11 a.m., there will be a whole lineup of great entertainment and fun activities including a "Kids Zone" planned to kick off at 9 a.m. There will also be light refreshments, and a fantastic warm up led by GoodLife Fitness Club.

Registration for the walk can be done in a number of quick and easy ways. Call 905-451-0021 or 905-897-0366 or if you have access to the Internet, you can visit www.heartandstroke.ca/walk to complete your registration form, and even raise your pledges online too! Lastly, you can register in person, either in advance or on event day. Early registration is going to be held on Thursday, Sept. 21 and Friday, Sept. 22 from 8:30 a.m. to 6 p.m. at the Heart and Stroke Foundation office. On-site registration will begin at 9 a.m. on the day of the walk.

Volunteers are also need contact Laura or Kathryn at 905-897-0366 if interested.

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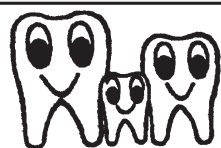
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