

Be Generous! DURING THE HOLIDAYS, MAKE A DONATION TO AT LEAST ONE OF THESE ORGANIZATIONS!

LITERACY NORTH HALTON

LITERACY MATTERS
Literacy North Halton
Opening doors to a better future

- Almost 1 in 2 Canadians aged 16-69 have difficulty with reading and writing tasks that are expected in our society.
- In Ontario, 1 in 5 adults have serious difficulties with any printed material.

Why it Matters

• Strong literacy skills give people more choices about their lives, and more control over those choices.

Literacy builds a foundation for lifelong learning

Literacy North Halton is a community-based organization providing individualized tutoring to adults. We encourage community support and promote literacy awareness. Volunteers from the community are trained to provide one on one and small group literacy, allowing adults a second chance to improve their education.

With your help adults in this community can access community services, achieve independence, help their children with their homework, achieve and maintain employment.

Be a sponsor for Literacy North Halton for \$25.00 to support your local adult literacy programme.

For further information call (905) 873 2200 or visit our website at www.literacynh.org



Contributions to the HEART AND STROKE FOUNDATION save lives every day

A normal heart is a powerful, muscular pump that is slightly larger than a fist. It is part of the body's circulatory system, a network of blood vessels and organs that includes the heart, lungs, arteries, veins and capillaries. The most common cardiac problems are mainly those involving obstruction of the arteries, cardiac arrhythmia, poorly functioning cardiac valves, or a heart attack itself.

Canada's Heart and Stroke Foundation is a volunteer organization whose mission is to improve public health by contributing to research and health awareness. The goal of the organization is to prevent and reduce the disabilities and deaths caused by cardiovascular disease and strokes.

Since 1956, the Foundation has awarded more than \$887 million to support research. Canadian research has helped develop new diagnostic techniques and medical treatments, and has contributed to surgical advances that save lives every year. Programs about nutrition, blood pressure, smoking and physical activity also help reduce the risk of cardiovascular disease and strokes. As well, as the organization that sets the standards for cardiopulmonary resuscitation (CPR) in Canada, the Foundation helps people save lives in emergencies.

The Foundation receives no government funding for its operations. Throughout its existence, it has always relied on the generous support of thousands of Canadians. These public donations continue to save lives every day!

www.heartandstroke.ca

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PLEASE BRING A NEW, UNWRAPPED TOY to

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(located in the Marketplace near Zellers) before Noon on Friday, December 15th.

All toys collected will be turned over to the Salvation Army to be distributed to needy children in time for Christmas.



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