

# JUST FOR THE HEALTH OF IT

Town has lots of programs to keep fit  
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THE INDEPENDENT  
& FREE PRESS

Halton Hills Community Newspaper

Wednesday, January 12, 2007

Eating better to improve heart health

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Special pullout section

8 Pages

Circulation 21,220



*Take steps to put your best feet forward*

Feet in Motion co-owner Brad Mailloux tightens up his laces at the store's 72 Main St. South location in Georgetown. Whether you are starting a walking program, or you are on your feet all day at work, you can benefit from a supportive running shoe. If you suffer from pain in your heel, forefoot, arch and even your knees, running shoes may help you. For more on proper footwear see story on page 3.

Photo by Ted Brown



**LOOK GOOD - FEEL GOOD THIS WINTER!**

**THIS WEEKEND ONLY!**

*Buy 200 mins. and get 200 mins. FREE*

118 Guelph St., Unit 1, Georgetown 905-873-8657

