

HEALTH CARE

Are you driven to quit smoking? Contest to give incentive

This week is National Non-Smoking Week and Halton Region is reminding residents of the services that are available here to help people break the smoking habit including Halton Region's Stop Smoking Clinics which offer free counselling at locations in Acton, Burlington, and Milton.

In addition to operation of the Stop Smoking Clinics, the Halton Region Health Department works with a variety of partners in the community to prevent tobacco use and to promote programs that support smoking cessation.

"With National Non-Smoking Week taking place from January 21-27, now is a good time to take those initial steps towards becoming smoke-free," said Regional Chair Gary Carr.

"Individuals seeking help through Halton Region's Stop Smoking Clinics receive one-on-one counselling to help them develop a quit plan and to determine what quit strategies will work best for them."

"Quitting smoking is not easy. For many people, it will take several attempts before they successfully quit for good," said Dr. Bob Nosal, Halton Region's

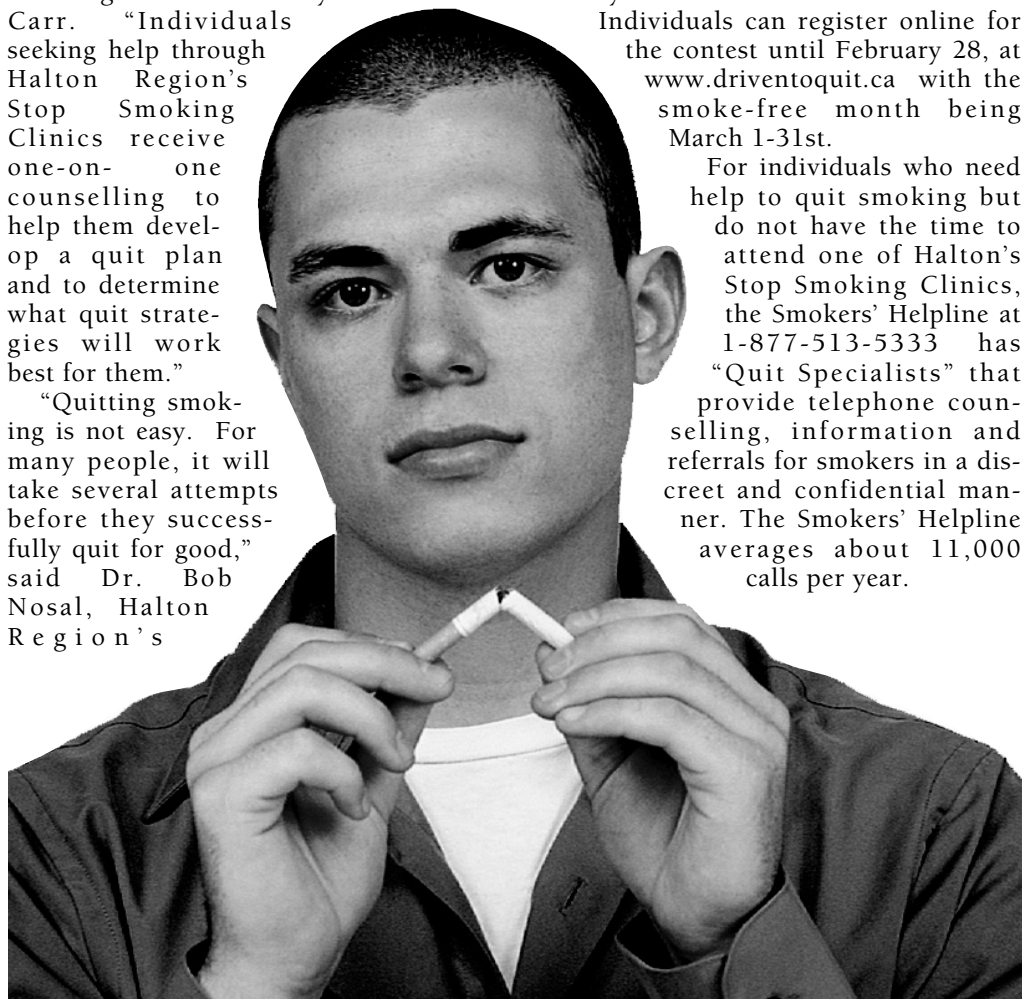
Medical Officer of Health. "Tobacco use is the most significant cause of preventable disease, death and disability in Canada. The Stop Smoking Clinics are a valuable resource for smokers in our community who are trying to make the transition to becoming smoke-free."

Halton Region is partnering once again with the Ontario Ministry of Health Promotion, Canadian Cancer Society and Halton Council on Smoking or Health to promote the annual "Driven to Quit" challenge, open to all Ontario residents who smoke.

The winner in this year's contest will receive an Acura CSX provided by Johnson & Johnson Incorporated. There will also be a regional prize of a 32" Sony Wide screen LCD HDTV.

Individuals can register online for the contest until February 28, at www.drivetoquit.ca with the smoke-free month being March 1-31st.

For individuals who need help to quit smoking but do not have the time to attend one of Halton's Stop Smoking Clinics, the Smokers' Helpline at 1-877-513-5333 has "Quit Specialists" that provide telephone counselling, information and referrals for smokers in a discreet and confidential manner. The Smokers' Helpline averages about 11,000 calls per year.



Support for United Way



Halton Hills United Way volunteers Cor Baarda (left) and Don Fitzsimons recently accepted a cheque for \$1,437 from Sandra Schulthies, branch manager of the Georgetown Scotiabank, as she presented the funds to the United Way on behalf of the staff and clients of the bank. They raised the funds through various sales and dress-down days, as well as client donations.

Photo by Ted Brown



BASF Canada and its employees donated \$1,000 to the United Way of Halton Hills recently. The money will help support three families in transitional housing. On hand for the cheque presentation are from left, Kim Robinson, executive director, United Way of Halton Hills, Steve Ransome, manager, BASF Canada Georgetown site, Don Fitzsimons, local United Way volunteer

Submitted photo

Exercise Your Mind

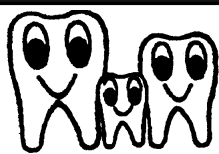
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