

HEALTH CARE



Young's honoured for service

Young's Pharmacy was recently honoured for being a sponsor of the Welcome Wagon program in Georgetown for 20 years. On hand to present a plaque to Young's Pharmacy owner Neil Young, were (from left) Welcome Wagon of Halton Hills hostesses Gail LaBranche and Polee Mark.

Photo by Ted Brown

Hospital seeks volunteers

The Georgetown Hospital has a volunteer opportunity waiting for you. Volunteers are needed for positions such as Coffee Kiosk, Lobby Desk and Lunch Program. For more information please contact Janice Cowen, Coordinator of Volunteer Services at 905-873-0111, extension 8153 or by e-mail jcowen@haltonhealthcare.on.ca.

Tulip volunteers wanted

The Lung Association is looking for volunteers for its annual Tulip Day campaign on March 1. Assistance is required with on-site sales, tulip deliveries, tulip sorting and coordination of the event in Peel, Halton and Orangeville. If you have a passion for helping others and care about making a difference in your community, please call Lauren at 905-696-0077 or e-mail lcard@on.lung.ca.

Make a difference

Acclaim Health (formerly VON-Halton)

In Brief

needs caring men and women to visit seniors for as little as two hours per week. Volunteers are matched on a one-to-one basis. For further information, please call 905-827-8800 ext. 2317, or e-mail volunteering@acclaimhealth.ca, or visit website www.acclaimhealth.ca

TOPS-Acton hosts open house

You are invited to attend an Open House TOPS (Take Off Pounds Sensibly) meeting on Monday, Feb. 12 in the basement of St. Joseph's Catholic church, corner of John and Church St., Acton. Come and enjoy the support and friendliness of our members as we lose weight. We exercise and weigh in 6-7 p.m. when we have a short meeting of support for your efforts to lose weight the following week. Everyone from seven years old up are welcome!

Heart Month

Heart and Stroke door-to-door campaign sets \$175,000 goal

The Peel/Halton Hills Chapter of the Heart and Stroke Foundation of Ontario has set a goal to raise over \$175,000 during its door-to-door campaign, running now until February 28.

"We are thrilled to launch Heart Month 2007 in Halton Hills," said Heart and Stroke area manager Shawn Keba. "Whether it's joining a local fundraising effort or canvassing your neighbourhood, everyone can get involved and help the Foundation."

In Halton Hills alone there are over 400 people who volunteer to save lives by canvassing in their neighbourhoods.

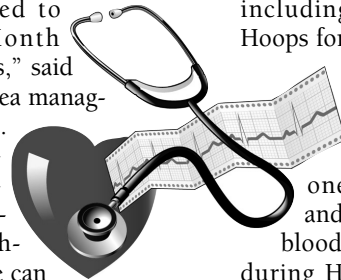
A Heart and Stroke Heart Month Campaign Volunteer can be clearly identified by a familiar red and white Foundation logo button, and the logo is also prominently displayed on the canvasser kit as well as on materials

distributed by the Foundation volunteer. The logo will appear again on the tax receipt should a donation be made.

Heart Month 2007 includes a wide variety of activities across Halton Hills including Jump Rope for Heart and Hoops for Heart in area schools, Fit for Heart events and businesses raising money through various initiatives.

In the Halton Peel area, one in five residents, aged 35 and older report they have high blood pressure. The money raised during Heart Month will go towards research into the root cause of heart disease and stroke. Financial support funds world-class research being conducted in almost 450 hospitals and research institutions in communities across Ontario.

For more information on this campaign or to find out how you can become a volunteer visit www.heartand-stroke.ca/heartmonth



Curves holds Fit for Heart on Valentine Day

Curves for Women in Georgetown and Acton have partnered with the Heart and Stroke Foundation to offer an event known as Fit for Heart!

Fit for Heart enables adults to participate in a fun, fitness-based fundraising activity while learning the importance of heart-healthy choices.

Georgetown and Acton Curves for Women will be hosting their Fit for Heart events all day on Wednesday, February 14. If you are interested in participating in one of these fabulous events please contact Annette Ryan at 905-702-0418 for the Georgetown Curves for Women and Donna Watson at 519-853-0502 for the Acton Curves for Women.

Active now in Canada for over 20 years, the Fit for Heart program continues to attract a growing number of enthusiastic participants. The 2005-2006 season counted 175 community

organizations and 8,000 people getting fit while raising funds, raising over \$1 million.

Boston Pizza sells heart-shaped pizzas

Boston Pizza, including the Georgetown restaurant on Guelph St. celebrates Valentine's Day, February 14, with heart-shaped pizzas.

One dollar from the sale of each heart-shaped pizza (eat-in, takeout or delivery) will be donated to the Heart and Stroke Foundation through Boston Pizza's annual Valentine's Day fundraiser. As well, for a \$1 donation, guests are invited to purchase a paper heart and write a Valentine message to someone special for display in the restaurant. This year's fundraising goal is set at a hearty \$300,000.

Exercise Your Mind

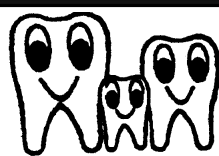
Read The Newspaper

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