

LET'S GET FIT FEMALES IN TRAINING

We have moved to a new location!

- *Are you longing for a physique transformation?
- *Are you lacking in energy?
- *Do you feel you are wasting time and energy exercising without results?
- *Are you losing muscle mass? Are your joints paying a high price?



LET'S GET FIT TOGETHER

CALL NOW TO BE ON YOUR WAY TO LOOK AND FEEL THE DIFFERENCE AT LET'S GET FIT.

**by appointment only*

**32 Samuel Cres., Georgetown
905-702-5723
Cell: 905-703-1531**



At Milton landfill site

Get rid of those old tires tomorrow

Get rid of those old tires while helping out a good cause at the 11th annual Tire Amnesty Day tomorrow (Saturday).

Halton residents can drop off up to eight passenger tires for free between 8 a.m. and 3 p.m. at the Halton Waste Management Site, located at 5400 Regional Road 25, Milton. Those who stop by are encouraged to bring a donation of food or cash for Halton-area food banks.

"Tire Amnesty Day is a great chance for residents to reduce waste by dropping off their tires and having them recycled," said Regional Chair Gary Carr. "It is also an opportunity to help those less fortunate by donating non-perishable food items or money to our local food banks and we want to thank Halton residents for their generosity during previous events."

During the past 10 years, Halton residents have helped divert more than 22,600 tires from Halton's landfill through the Tire Amnesty days. Also, more than 5,000 kilo-

grams of food and \$3,485 have been collected for local food banks.

Tires that are brought to the Halton Waste Management Site on Saturday are taken away for recycling to be reused in automotive applications, running tracks and blasting mats for road construction activities.

Commercial vehicle, truck and tractor tires won't be accepted on Tire Amnesty Day. During the rest of the year, Halton residents can drop off up to five passenger vehicle tires per year at the waste management site for \$5.

Another benefit of taking old tires to Tire Amnesty Day is to reduce mosquito breeding sites. Tires left around the yard can collect standing water, which can be an ideal breeding ground for mosquitoes.

Mosquitoes can carry West Nile virus and the disease can be transmitted to humans. Residents are encouraged to ensure water isn't allowed to collect in tires, children's toys, wading pools, flower pots or any other places.

Thank You

to all of our dedicated volunteers who share their time and talents to enrich all of our school communities!



Alice Anne LeMay
Chair of the Board

Lou Piovesan
Director of Education



Gillian Tuck Kutarna
Chair of the Board

Wayne Joudrie
Director of Education



Stick with your high blood pressure treatment, or you may be in for a nasty surprise.



Canadian Coalition for High Blood Pressure Prevention and Control
<http://aorta.library.mun.ca/bp>



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SALE ITEMS	REGULAR	SALE
New York Striploin	7.99 lb.	5.99 lb.
Pepper Steak	5.99 lb.	3.99 lb.
London Broil	3.99 lb.	3.49 lb.
Seasoned Sirloin	6.99 lb.	4.99 lb.
6 oz. Juicy Burgers	1.00 ea.	.75¢ ea.
Smoked Turkey	1.99/100 g	1.09/100 g
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Smoked Sausage	3.19 lb.	2.69 lb.

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Sat. - 9 am - 5 pm, Sun. - 10 am - 3 pm

SELF SERVE - PACKAGED READY-TO-GO

Mon. - Fri. 6 am - 10 pm
Sat. - 7 am - 10 pm, Sun. 8 am - 10 pm