



## A walk in the gardens

The judging team from Georgetown Horticultural Society made the rounds recently as they judged entrants in the Society's annual garden contest. A total of nine gardens were judged in the Halton Hills area. This year's judges evaluating the gardens at Coté Terrace were (from left) photographer Ian Oldaker, Zita Lee, Jackie Murdoch, Gisela Tomkinson and Barbara Millar.

Photo by Ted Brown

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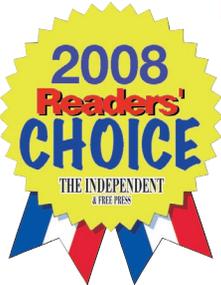
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see it  
feel it  
explore it  
live it  
enjoy it  
halton hills



[www.havefungetintoit.ca](http://www.havefungetintoit.ca)

**Explore it!** Go online to discover safe & fun ideas for living active!

**Get into it!** Click on Challenges & get moving! Actively challenge yourself, & your family, friends & co-workers too!

**Share it!** Get inspired & inspire others. Share your stories & photos on the website... & have fun!

This week's challenge!

# move it

Let your surroundings move you - backyards & neighbourhoods, parks & trails, green spaces & town places. Get your feet moving and connect with your community! Refresh your memory about previous **have fun** active challenges and try them again. Walk, bike, swim, play....but whatever you do, make it fun and then tell us about it online!

### Remember...

#### REST ICE COMPRESSION ELEVATION

*If these don't help in 72 hours  
you may need help.  
Consult your health professional  
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