

HELP US INSPIRE THE STUDENTS OF TOMORROW!

GEORGETOWN DISTRICT HIGH SCHOOL Hall of Fame

GDHS is creating a Hall of Fame comprised of Alumni that have made significant contributions to Canada on either a local, national, and/or international level.

We are looking for students that attended Georgetown High School for 2 years before 1960 & students that graduated from Georgetown District High School after 1960.



If you know of a former student that meets the criteria, please forward their name & contributions to rgkeast@hotmail.com

LOOK INSIDE

...for these flyers in your area

- | | |
|-------------------|-------------------|
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| Peoples* | |

* partial distribution

For Flyer information, contact Nancy Geissler, 905-873-0301, Ext 228

Learn how to quit smoking

Hospital seminar tomorrow

The public is invited to a free seminar, Smoking Cessation Strategies, tomorrow (Oct. 23), 7 p.m. at Georgetown Hospital.

This event has been organized by Halton Healthcare Services in partnership with the Canadian Cancer Society's Smokers' Helpline, Centre for Addiction and Mental Health, Region of Halton, Heart and Stroke Association of Ontario and Lung Association.

Dr. Kiran Cherla, MD, of Halton Healthcare Services, will discuss the latest research in smoking and your health and the latest advances in smoking cessation.

There are many health implications of smoking, both to individuals and to those around them. In Canada alone smoking kills 37,000 people a year and the annual cost on the healthcare system is estimated to be over \$17 billion.

Some benefits of quitting can be seen very quickly while others take longer, but over time the results of quitting are substantial. One year after quitting smoking you will have a 50% reduction in risk of a smoking-related heart attack. After 10 years a 50% reduction in risk of death from lung cancer and in 15 years your risk of death is equivalent to that of a person who has never smoked!

For individuals who are now trying to quit or planning to quit, there are options available. To reserve a seat for this free event or more information, please contact 905-873-0111 (ext 4379) or elittle@haltonhealthcare.on.ca.

For more information on this topic visit the following websites or contact your physician: CCS Smokers' Helpline, www.smokershelpline.ca; Centre for Addiction and Mental Health, www.camh.net; Halton Region Health Department, www.halton.ca/health; Heart and Stroke Association of Ontario, www.heartandstroke.ca; The Lung Association, www.on.lung.ca.



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HOME SHOW

Wednesday Oct. 22nd to Sunday Oct. 28th

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