THURSDAY, APRIL 19, 2007

THE NEW TANNER



Big Cheque: One of the big contributors to the Acton branch of the Canadian Cancer Society is the Paul Murr Memorial Golf Tournament which presented Wellington Unit President Carl Leybourne and Acton coordinator Liz Bailey a cheque for \$53,000, proceeds from the 2006 tournament in December of 2006. Members of the committee who made the presentation includes: back row, left to right, Ron Heller, George McPhail, Ray Gaudet, Tim Ware, Allan Hall John McNabb. Front: John Reinders, Liz Bailey, Carl Leybourne, Bev Maddox and Wade Vickery. Missing is Jon Hurst.

Lifestyle and environment can increase risk of some cancers

The risk of developing cancer can be increased or diminished by lifestyle choices or the kind of environment people live and work in, the Canadian Cancer Society points out.

However, even a person at low risk may get cancer just as a person with high risk may not. There is no single cause of cancer but some factors appear to increase the risk.

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Some risk factors cannot be changed such as age and family history of cancer (heredity) but there are some factors related to everyday choices that people can change, including:

(a) Avoiding tobacco and tobacco smoke(b) Eating a healthy diet

(c) Being physically active every day

(d) Staying at a healthy weight(e) Limited alcohol use(f) Reducing exposure to UV (ultra-

violet) rays from the sun The Canadian Cancer Society also

The Canadian Cancer Society also suggests people should know their body and report any changes to their doctor or dentist and follow health safety instructions when using hazardous materials at home and at work.



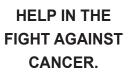
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Cancer can be beaten



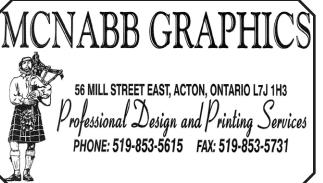


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