



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.

Cancer can be beaten



HELP IN THE FIGHT AGAINST CANCER.

519-853-1730

Acton Home Hardware

Glenlea Beauty Salon



Bev & Brenda

853-3150

298 Queen St. Acton (upstairs)

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.

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 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.

MCNABB GRAPHICS



56 MILL STREET EAST, ACTON, ONTARIO L7J 1H3

Professional Design and Printing Services

PHONE: 519-853-5615 FAX: 519-853-5731

Blue Springs Spa & Salon

9 Mill Street, Acton, Ontario L7J 2M3
(519)853-8859



Cancer CAN be beaten

Hairstyling, Aesthetics, RMT Massage, Spa Tub, Maternity Massage, Body Wraps

Escape for an hour ... come alone or bring someone with you!

www.bluespringspa.com

"In Memory of Louise"

Achilles Mazda

357 Queen St. (Hwy 7) Acton, ON
519-853-0200
info@achillesmazda.ca

MEDICAL PHARMACY



The little pharmacy that cares...



Margie Jorge
Manager

93 Mill St. E., Acton **853-5780**

Acton Denture Clinic

Tracy Mitchell D.D.

Locally owned

130 Mill Street East, #103, Acton
(519) 853-0079



KIA MOTORS
The Power to Surprise™

Cancer Can Be Beaten

Georgetown Kia Motors
314 Guelph St. Georgetown 1-866-364-2751

Ron Henry

BARRISTER & SOLICITOR

Serving the Community for over 30 Years

Please give generously.

67 Mill Street East, Acton 853-1160
& 27 Cork St. Guelph

It's Worth the Drive to ACTON MOTORS

SERVICE & SALES LIMITED

Custom Service
Selected Used Cars

Gord Toth
Steve Forbes
Norm Paulsen
Denise Paulsen
(519) 853-1280

6 Main Street South Acton, ON L7J 1X1

Forever Youngsters

NEW CHILDREN'S CLOTHING
Quality clothing at incredible prices



NOW IN Little Squeaky Feet

Hours:
Mon.-11-4, Tues., Wed.-10-5, Thurs., Fri., 10-5:30,
Sat., 10-5
Sun., CLOSED

5 Mill Street East, Acton, Ontario

(519) 853-0011

JETLINK AIRPORT SERVICE

Serving Acton, Georgetown, Rockwood, Erin, Hillsburgh and Ballinafad area.

Please give generously



(519) 853-1550
or toll free
1-800-73TYLER
(1-800-738-9537)



Licensed by the GTAA

Service That Survives Since 1928