

# 'Choices 4 Health' program to receive 2008 funding

A variety of community projects in Halton designed to promote healthy lifestyles will receive funding in 2008 from the Ministry of Health Promotion's Ontario Heart Health Program (OHHP).

The funds are rolled out through "Choices 4 Health," a partnership of community groups and agencies involved in heart health and chronic disease prevention.

"Choices 4 Health currently works with over 35 organizations within the Halton community who are collaborating to develop comprehensive chronic disease prevention programming in the Halton community," says Dr. Bob Nosal, the Region's medical officer of health.

"We are working in partnership with the provincial government and various community organizations to deliver programs that address specific health needs in our community," said Choices 4 Health Coordinating Committee Chair Lynn Roblin. "These programs consist of increasing community awareness about the importance of healthy living through education and increasing access to opportunities for eating healthy, being active, living

tobacco-free and achieving good mental health."

Funding in 2008 will go

towards supporting four related networks and funding 10 projects. Some projects will

take place in elementary and secondary schools, including: Active and Safe Routes to School, a Farm to School project, Healthy School Nutrition Environment Project and Families are Munching.

In addition, Choices 4 Health will also work within the community through the following projects: walkON, Active Minds Active Bodies, Healthy Concession Stand Pilot Project, HAL-NET Continuing Education for MD's, Halton Fresh Food Box Project, and the Tobacco-free Sport and Outdoor Recreational Facilities project.

Choices 4 Health is one of the 37 community partnerships that comprise the Ontario Heart Health Program - Taking Action for Healthy Living. The committee has representation from the following organizations: Canadian Cancer Society, Canadian Diabetes Association, Canadian Mental Health Association, Halton Active Living Network, Halton Healthy Eating Network, Halton Council on Smoking and Health, Halton Multicultural Council, Women's Health Alliance of Halton, and Community members.



**OLD SAINT NICK:** The jolly old elf posed for a picture after his tour of downtown Acton in a horse drawn carriage during the Old Fashioned Christmas presented by downtown merchants and the Acton BIA. - submitted photo

We're Keeping Christ in Christmas

Signs available at:  
Blue Springs Funeral Home  
12 Church St. E. Acton

**Acton Seniors Annual Christmas Lights Tour**

**Thursday, December 20th**

**Picking up:**  
6:30 pm - Elizabeth St. Apts.  
6:40 pm - Birchway (Legion Apts)  
6:50 pm - Church and Maria St.  
7:00 pm - Acton Seniors Centre

Reservations only - In person at front desk  
Or phone 519-853-5951  
All Seniors and Caregivers welcome

Refreshments to follow  
Bus courtesy of Tyler Transport and Acton Seniors Center



# Keep Christ in Christmas

The "Keep Christ in Christmas" Community Campaign is supported by the churches of Acton through the Acton Ministerial Association, in cooperation with the Knights of Columbus.

Support is also gratefully acknowledged from

Blue Springs Funeral Home, MacKinnon Family Funeral Home, and the Rotary Club.