

CCS OFFERS SUPPORT TO THOSE DIAGNOSED WITH CANCER

Fear, anxiety, helplessness and anger are feelings many people experience when faced with a cancer diagnosis.

But knowledge and support is power. The Canadian Cancer Society offers support and information for people with cancer and their loved ones.

In 2017-18, \$51.4 million was invested in informa-



tion, programs and services that helped thousands of Canadians. The funds from generous donors helped CCS respond to 43,000 questions by phone and email through the Cancer Information Service.

Since its inception in 1996, the CIS has answered almost 1.3 million inquiries about cancer.

Cancer can be difficult to understand and coping can be stressful. It can help to talk to someone who can give you current and reliable information.

Cancer information specialists can provide information about:

- Treatments and side effects
- Clinical trials
- Coping with cancer
- Emotional support services
- Prevention
- Help in the community
- Complementary therapies

The CIS is a national, toll-free service available to cancer patients, care-


givers, families and friends, the general public and healthcare professionals.

The service is available Monday to Friday in English and French. For other languages an interpreter service is accessible.

To ask questions or find answers, visit cancer.ca or call toll-free at 1-888-939-3333.

Don't be a LitterBug!

Please keep our community clean.



Halton Women's Place

Hope

IN HIGH HEELS

Milton:
Sat. Sept. 15th

Burlington:
Sat. Sept. 22nd

Oakville:
Sun. Sept. 23rd

Be Part of the Solution
Men: Walk to end violence against women!



STOP VIOLENCE AGAINST WOMEN

MEN: The shoes WILL Fit!

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For more information, contact 905-332-1200 ext. 244
OR kmckenna@haltonwomensplace.com

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\$12.99 FOR NON-MEMBERS

COUNTRY STYLE BACK RIBS
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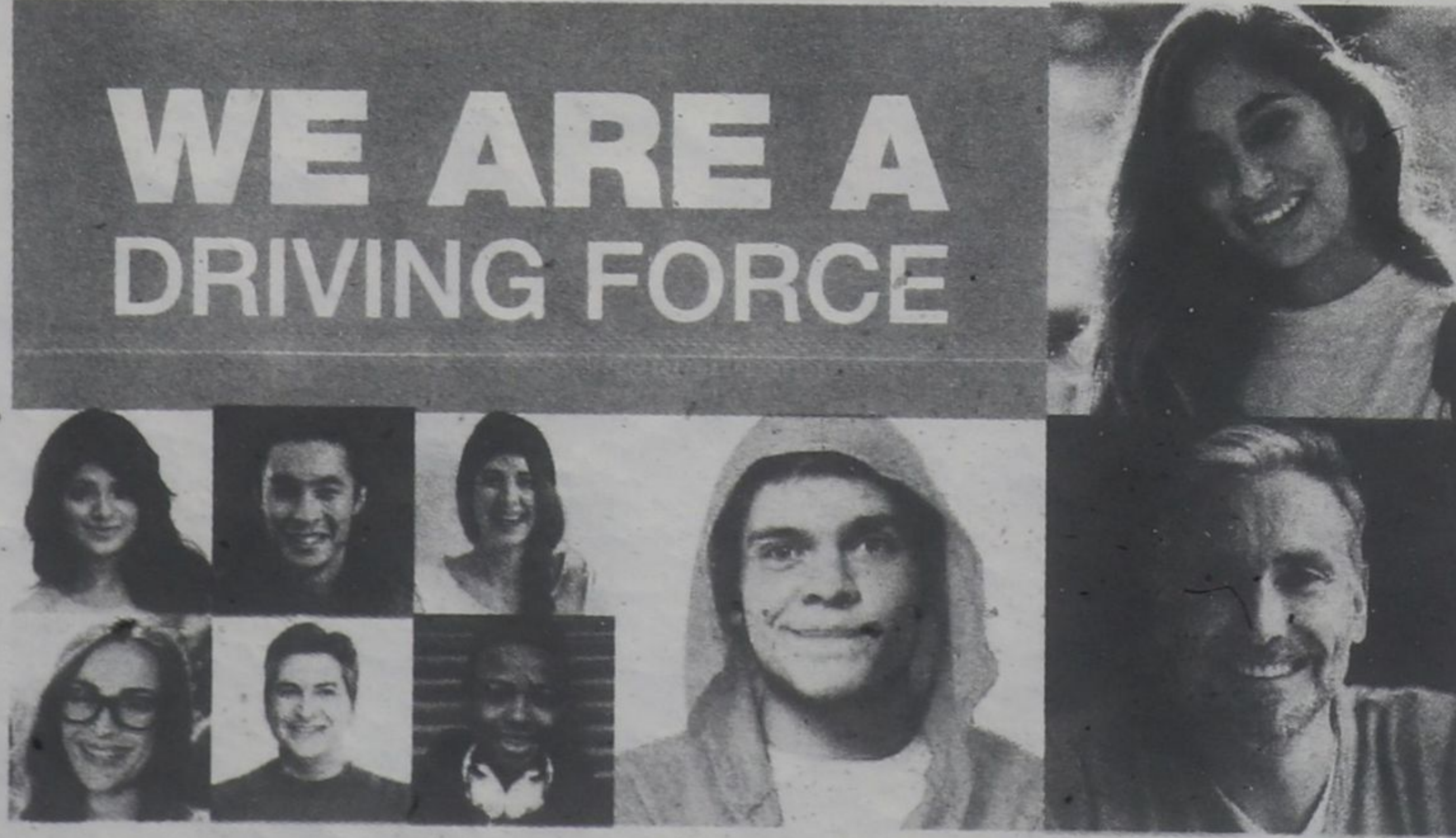


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WINNER CAN ONLY WIN ONCE PER NIGHT. 30 WINNERS TOTAL. MUST BE IN ATTENDANCE TO WIN. MUST BE A WINNER'S CIRCLE REWARDS MEMBER. NO PURCHASE NECESSARY. VISIT THE REWARDS DESK FOR RULES & REGULATIONS. ODDS MAY VARY. MUST BE 19 YEARS OF AGE OR OLDER.


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