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 - Too out of shape to go to an exercise class?
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 - Determined to change your lifestyle?

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ALTHEBEST Hospital gets funding to manage restructuring

Milton District Hospital will receive \$133,600 to cover the cost of reforming its operations.

Georgetown and Memorial Hospital will also receive \$155,300 from the Ontario government.

million for 190 Ontario hospitals, marking the first installment of a \$2 billion commitment over five years to support hospital restructur-

The money is expected to support the one-time operating costs related to restructuring.

"We are committed to health services reform in Ontario," said Minister of Health Elizabeth Witmer. "We want to ensure that our health system, considered to be one of the best in the world, maintains the capacity to support our The funding is part of \$154.2 ever-changing health needs to keep pace with rapidly advancing tech-

> Halton MPP Ted North Chudleigh said the announcement "supports the hard work and dedication of health care workers and administrators at both the Georgetown and Milton hospitals."

nologies."

He added it will ensure patient services are available close to home for residents of both communities.

"The announcement is evidence of the strong commitment the government has to working in partnership with Ontario hospitals to improve our health care system," he said.

The local funding follows other announcements including the creation of a Rural Health Policy and the reinvestment of \$350 million into hospital based programs such as cardiac and cancers services, according to Mr. Chudleigh.

Grant kick-starts new self-help CMHA mental health program

A \$48,000 grant will allow Halton residents to make informed choices regarding their mental health.

According to Marion Wright, executive director of the Canadian Mental Health Association, the purpose of the project is to develop a structured individual. advocacy program that will include peer support,.

The program will also increase links to community support services and include an on-line data base, Ms Wright said.

The grant was issued under the Trillium Foundation's Community Connections Program.

"The goal of the program is to empower and enable individuals to make informed choices regarding their mental health and to regain a sense of control over their lives." Ms Wright said.

The program is slated to begin in mid-January. While it will benefit individuals it will also help family members, referral sources, hospitals, doctors and counselling services.

The grant money will be used to hire three consumers on a part-time basis to develop, implement and train volunteer peer advocates.

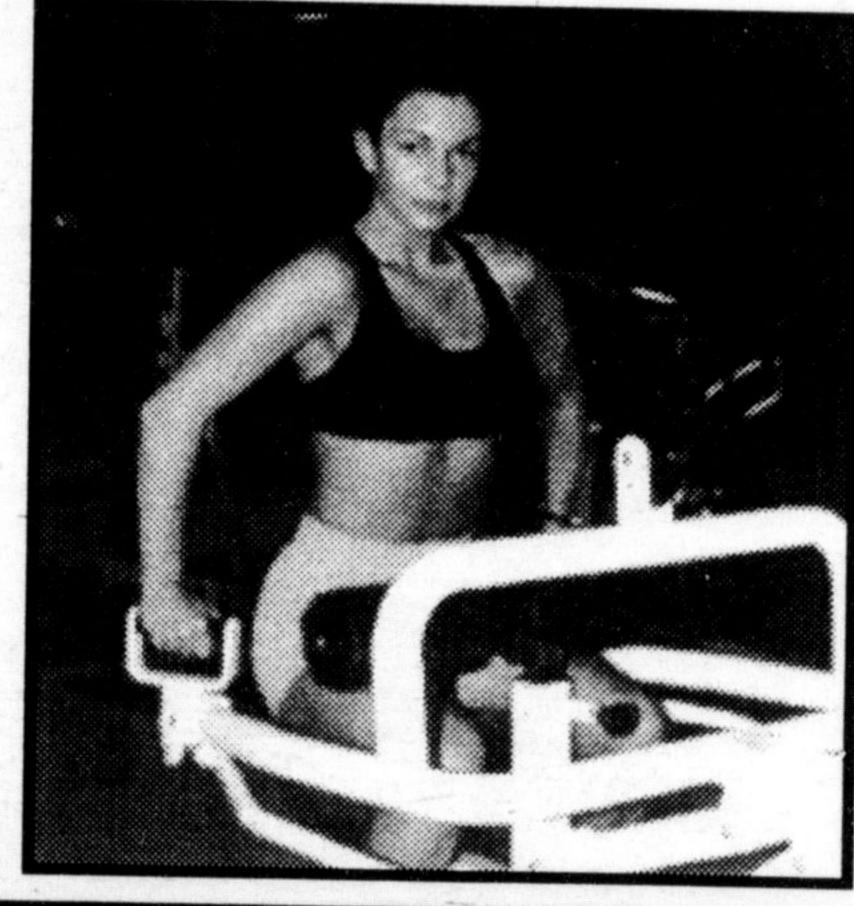
By using the train-the-trainers approach for the peer support section, there will be no additional monetary resources required to maintain the program, according to Ms Wright.

For more information about the advocacy program, call the Halton branch of the Canadian Mental Health Association at 845-5044.

NEW YEAR!

NEW RESOLUTIONS!

NEW CLUBI



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- TECA
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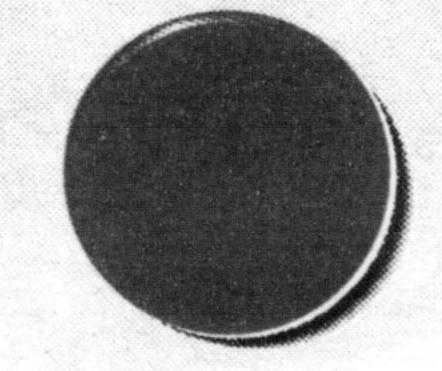
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WEEKEND. JAN 10-11/98

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