

# Halton Region has Cabin Fever Kit to beat blahs

Call us  
with your  
story  
ideas at  
878-2341.

The Halton Region Health Department has developed a Cabin Fever Kit to help residents beat the February blahs by getting outside to make the most of the winter weather.

The kit was developed in partnership with the Central West Physical Activity Network and is available by calling (905) 825-6000, TTY 905-827-9833, toll free 1-866-4HALTON (1-866-442-5866), or visit Halton Region's Web site, [www.region.halton.on.ca/health](http://www.region.halton.on.ca/health).

The Winter Active Cabin Fever Kit includes a calendar, '29 Ways in 29 Days', that lists something to do every day in February.

It also includes '50 Ways to Leave Your

Sofa', which will transform anyone from a couch potato to active spud.

The Cabin Fever Kit also includes a list of special events, and free passes for skating or swimming.

While waiting for your kit to arrive, the Region provides these tips to get active and have fun:

- View winter as an opportunity to try a variety of physical activities.
- Remember to dress properly and be safe — dress warmly and wear the appropriate safety gear for your activity to be safe and comfortable.
- Find activities you like — play with your children or friends in the snow.
- Keep it simple and low cost — well-

maintained used winter equipment can be a great bargain.

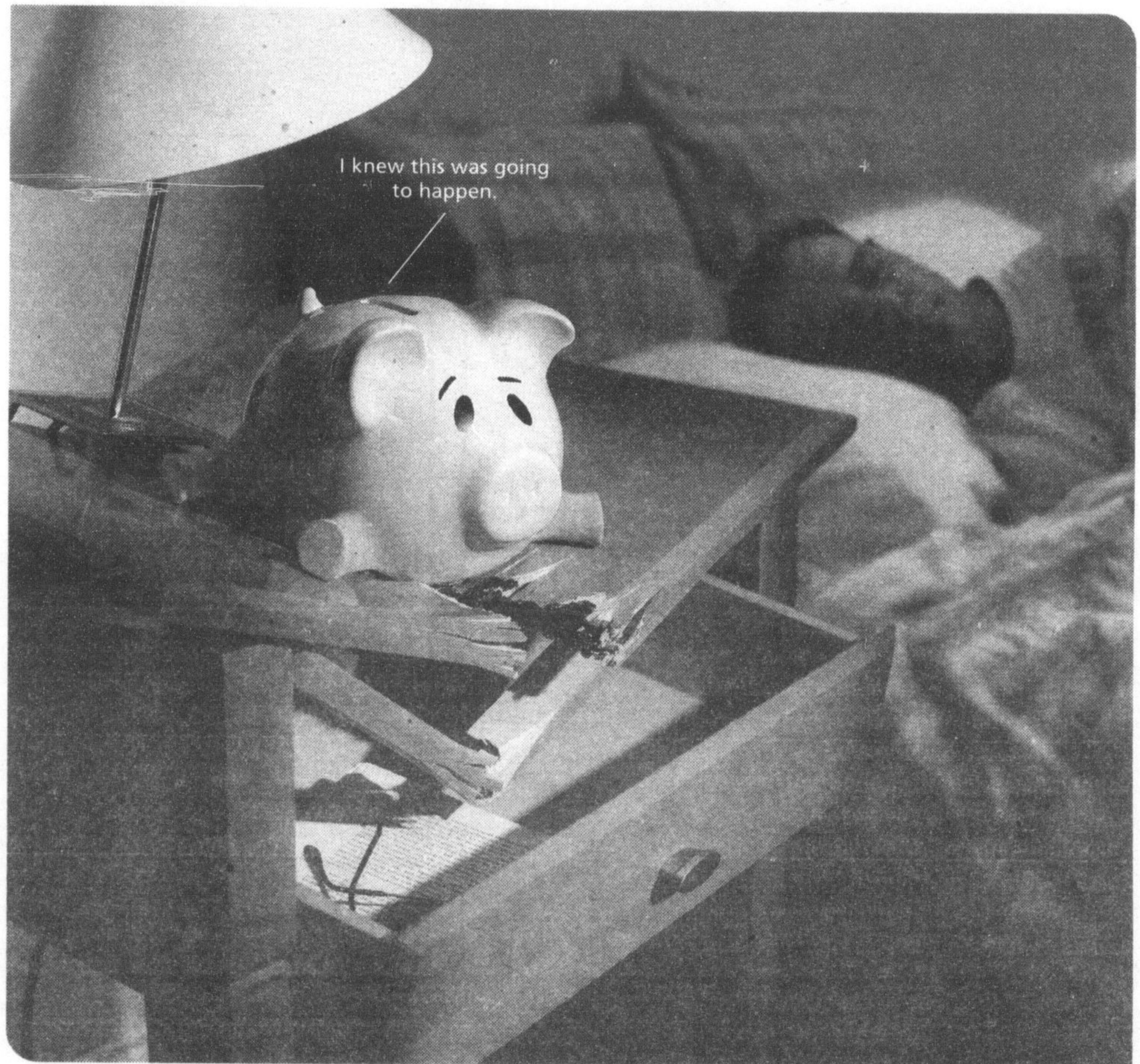
• If it's just too cold, try an indoor activity — play pool, go bowling, swimming, mall wading, rock-climbing, or simply

dance your winter blues away.

All the resources from the kit are available to download from the Web site. Kits are also available by contacting the Milton Leisure Centre.

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## Milton students sought to volunteer at Eco fest

High school students looking to earn volunteer hours to graduate are encouraged to attend one of two volunteer meetings to learn how they can become involved with the Halton Eco Festival.

Of course, everyone is welcome to attend either of the volunteer meetings, which will be held Monday and March 2 from 7:30 to 9 p.m. at 148 Kerr St. in Oakville, just south of Rebecca Street, at the Oakville Community Centre for Peace, Ecology and Human Rights.

The Halton Eco Festival is returning for its fourth year at the Glen Abbey Recreation Centre. The annual one-day environmental fair will be held April 3 from 10 a.m. to 6 p.m.

Volunteers are needed for all aspects of

the festival — from food service and child care to parking lot supervision, workshop facilitation and assisting with exhibitors. Set-up and orientation will start April 2 at 4 p.m. and will continue April 3 at 7 a.m. Tear-down will start at 6 p.m.

Before the festival, flyer delivery, sign making and office work are all ways of contributing. During the festival, volunteers will have the chance to learn about the environment in addition to working hard.

Those interested in volunteering are encouraged to visit [www.haltonecofest.ca](http://www.haltonecofest.ca) and fill out the volunteer form, or to call (905) 827-5989.

They can also simply show up at either of the meetings.

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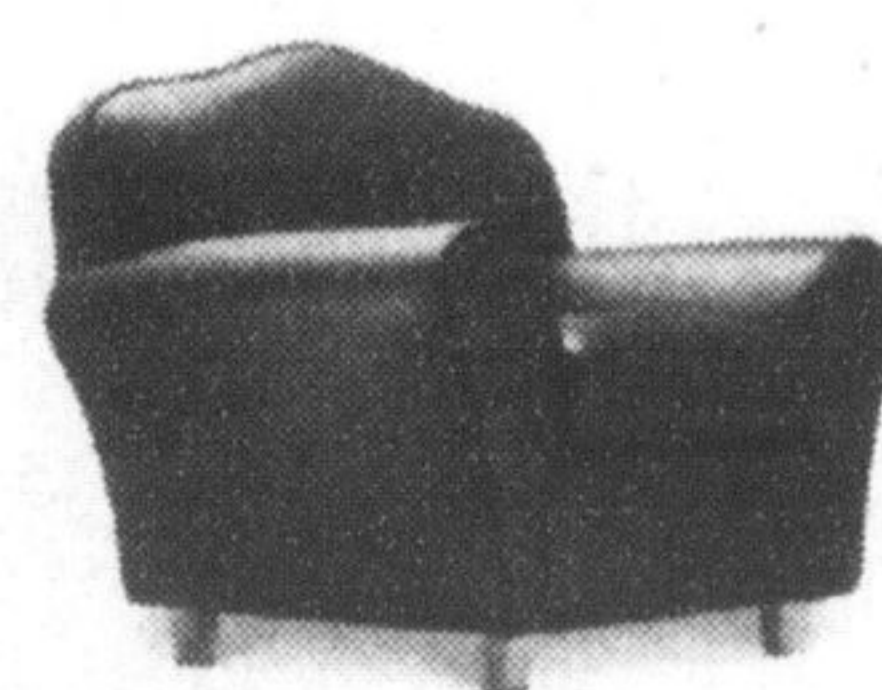
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