

# Go Girls! offers a healthier lifestyle

Local schools are ensuring their female students are equipped to succeed this school year with the 'Go Girls! Healthy Bodies, Healthy Minds' program.

The initiative, developed by the Ontario Physical and Health Education Association, invites schools, students and volunteer mentors in Milton to participate and help girls aged 12 to 14 years become active, improve their eating habits, increase their self-esteem and develop positive relationships.

The seven-session program is led by female college and university mentors aged 18 to 25. Each session provides the girls with an opportunity to participate in a variety of activities aimed at encouraging a healthier lifestyle and building relationships between mentors and participants.

"The program has achieved impressive results," said Andrea Bodkin, Go Girls! co-ordinator. "It has received a great response from participating schools, students and mentors alike."

Go Girls! is currently available in 31 school communities across Ontario. The Town is leading the recruitment and selection of mentors who will deliver the program in schools.

For more information on becoming a mentor, contact Jennifer Sutton at (905) 878-7252, ext. 2754, or e-mail Jennifer.Sutton@milton.ca.

The Ontario Physical and Health Education Association is a not-for-profit organization dedicated to supporting Ontario school communities.

# Nostalgia concert set for Jan. 21

An evening of nostalgia awaits those who attend the upcoming concert of Voices of Showtime.

The group of 12 men will perform at St. Paul's United Church, 123 Main St., January 21 at 7:30 p.m.

They've been singing together for 15 years under the direction of Ray Danley — a winner of gold medals in choral direction in international competition.

Voices of Showtime formed in 1990 and performs the golden oldies of the '30s, '40s and '50s with a few modern classics thrown in.

Tickets to the concert cost \$15 for adults, \$12 for seniors and \$8 for kids 12 and under. For tickets, call (905) 878-6807 or (905) 878-8895.

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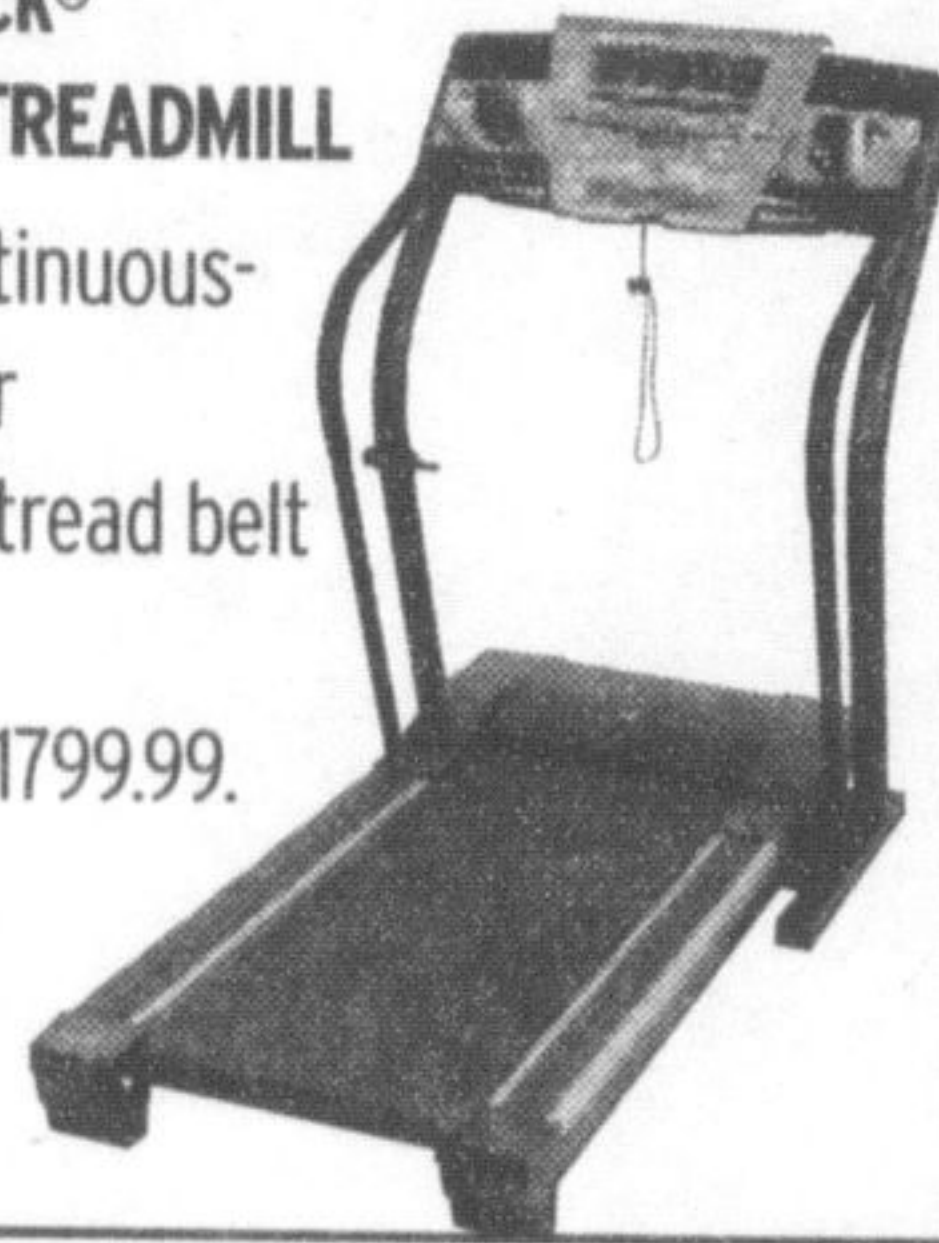


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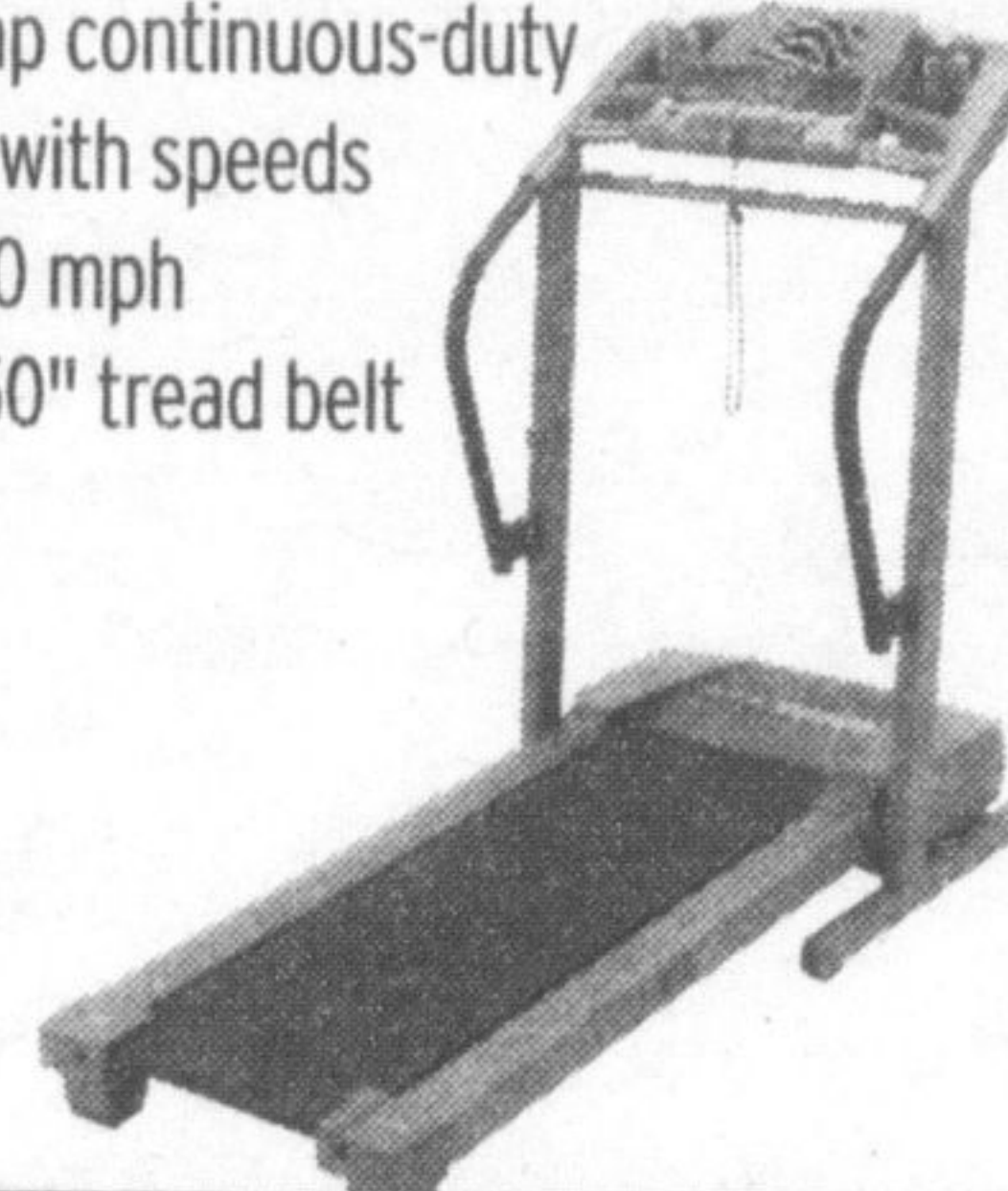
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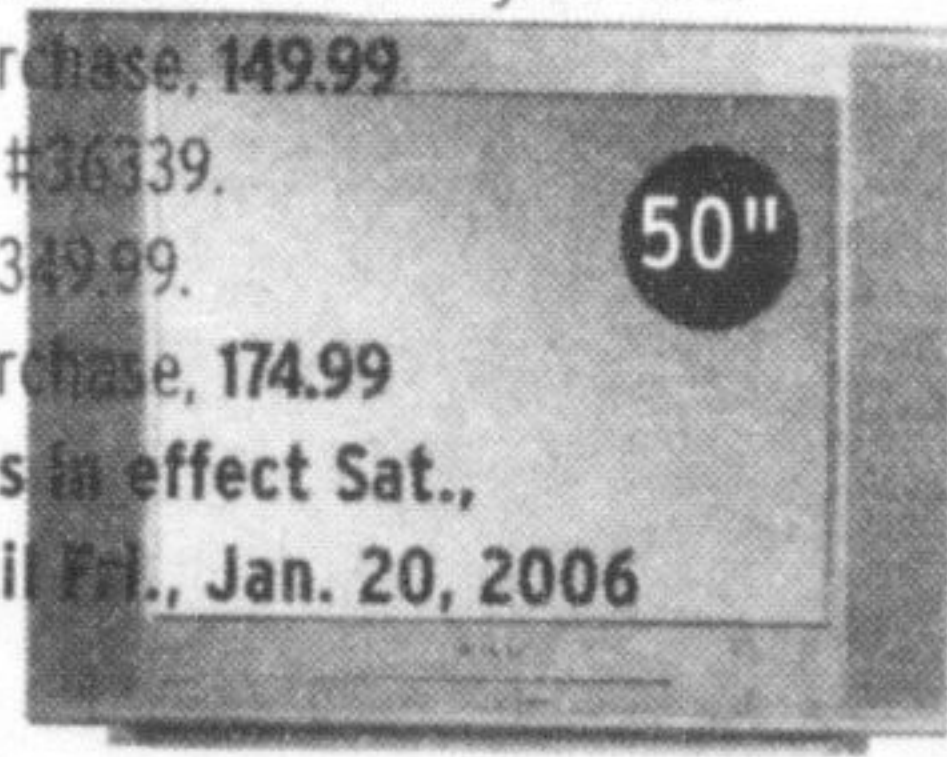
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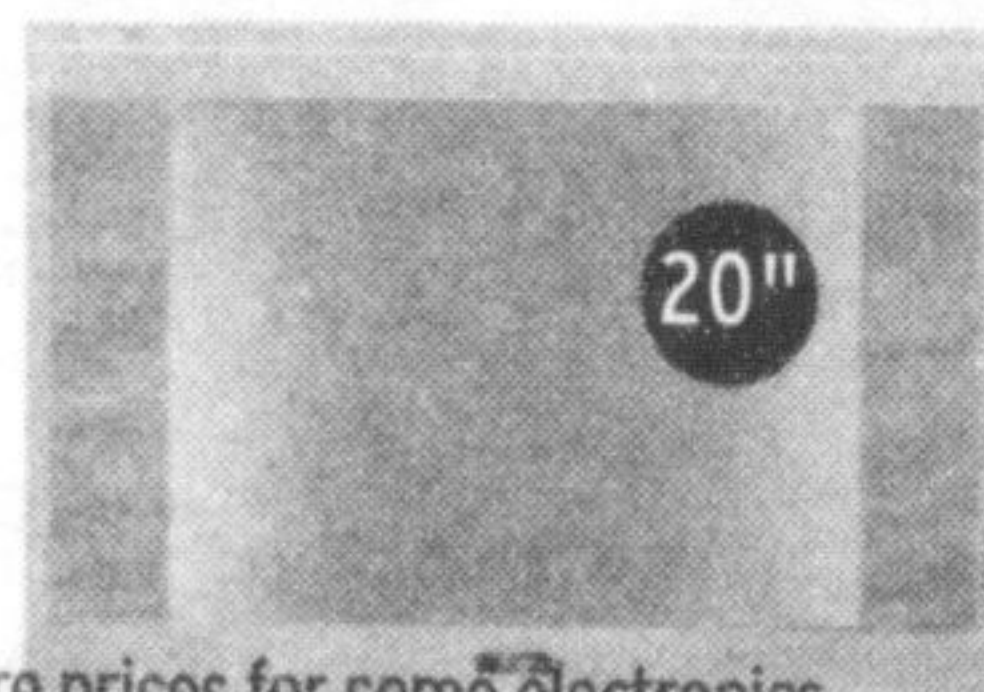
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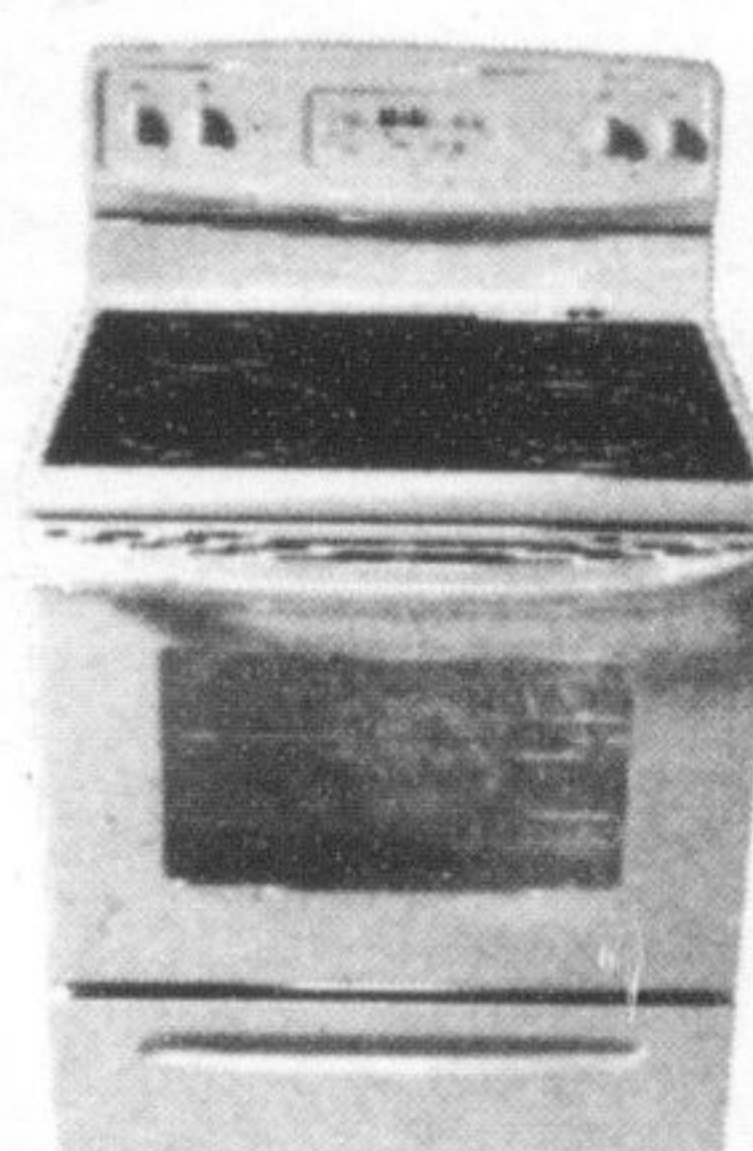
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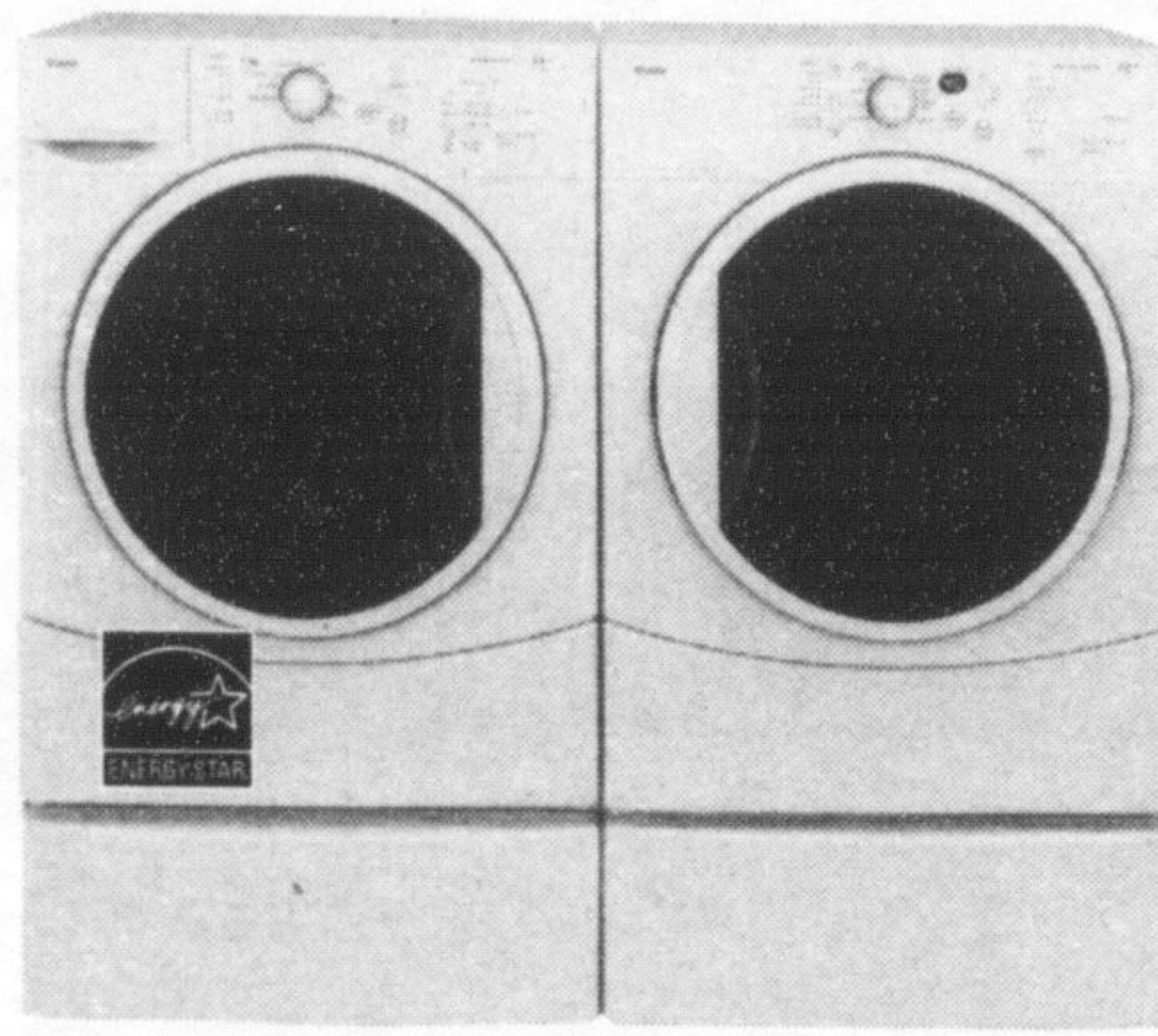
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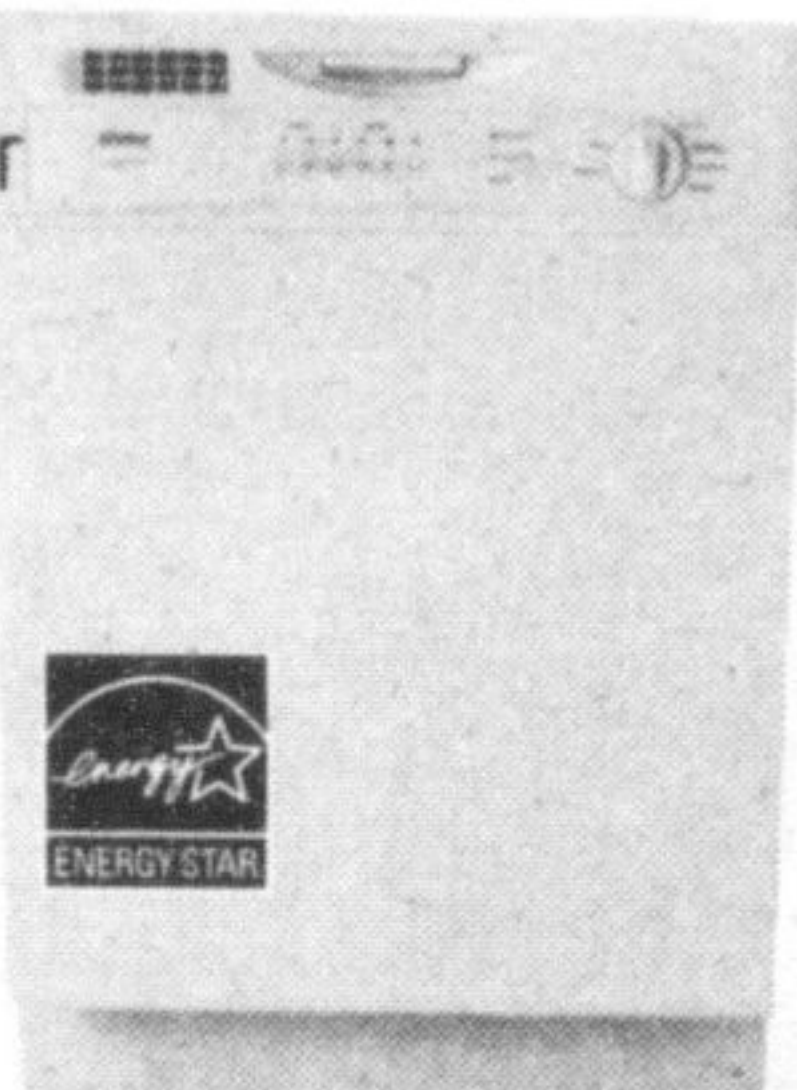


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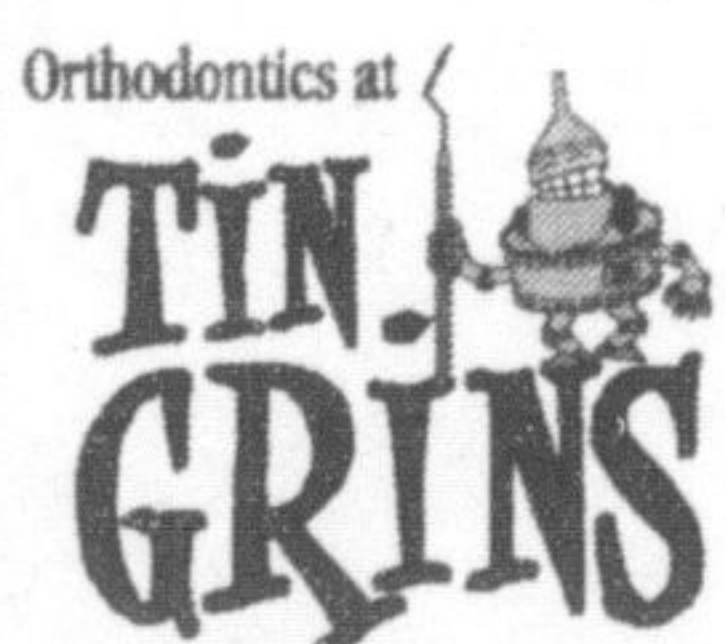
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