

# Brigade needs skilled helpers

A little boy cuts his knee. A woman spills hot coffee on her lap. A man collapses from heat exhaustion. Know what to do in these circumstances? If so, join the St. John Ambulance Brigade.

The St. John Ambulance Brigade has been a fundamental part of the community for over 100 years. The Brigade

can be seen at hundreds of community events every year providing participants with top quality first aid services.

The Brigade is looking for enthusiastic people of all ages to help their community while learning useful skills. Being a member of the St. John Ambulance provides people the opportunity

to develop leadership skills, make new friends, gain work experience, and much more.

The only qualifications needed to join the Brigade are: a valid first aid certificate, about 3 or 4 hours per week, and a desire to help others.

For more information on joining the Brigade please call 1-800-268-1677.

## COMMUNITY HAPPENINGS

T.R.A.C.K. for Challenged Kids

Would you like to get fit, have fun, and help some fan-

astic kids? Why not join us at T.R.A.C.K. (Therapeutic Riding Assoc. for Challenged Kids, Uxbridge).

Volunteers are needed days and evenings to walk with the children and horses. Training will be provided, no experience is necessary. For more info. call Anita at 905-852-6591. Prenatal Classes

York Region Health Services - Public Health offer prenatal classes in nine locations throughout York Region. There is a nominal cost to cover materials. Interested? call Sharon at (905) 773-3230.

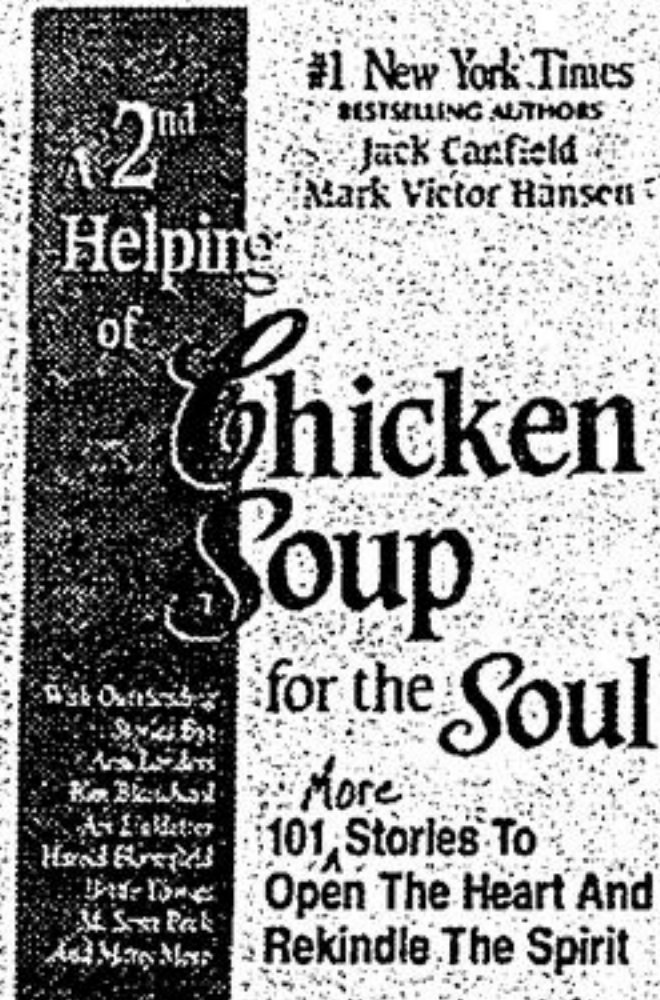
## ANSWERS

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Fax your letters: 640-5477

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