LET’S SPRING INTO GOOD HEALTH AND WELLNESS WITH THESE TIPS:

1. **GET CLEAN** ~ whatever your feelings are about “spring cleaning”, this is a great time to get rid of the unwanted clutter! This not only means clothes that are too worn, out of style or simply don’t fit properly…it also means to go through your medicine cabinet and make-up drawer as well. Medications expire and so does make-up. Treat yourself to some fresh make-up for the spring. You will feel and look great!

2. **GET DIRTY** ~ we have spent way too much time indoors during the winter so get outside and spend some time gardening, mowing the lawn, pulling weeds or planting flowers. Gardening is a great way to keep active and has been proven to lower blood pressure and cholesterol as well as reduce stress and depression. Not only will your landscape benefit, but so will you!

3. **GET FRESH** ~ spring time brings a bounty of delicious produce and fruit. Think about where you shop and what you buy. Visit your local Farmer’s Markets or even at the grocery store, purchase the Ontario produce and fruit. Not only is it better for you, it supports our local Farmers.

4. **GET GOING** ~ maybe it is time for a brand new pair of running shoes to inspire you! You don’t need to run but now that the nice weather is just around the corner, take those long walks or hikes. Investigate what local activities are in your neighbourhood and spend as much time outdoors as you can.

5. **GET “ME TIME”** ~ remember you can’t take care of the people you love unless you take care of yourself! “Me time” is a must and can be anything that gives you that needed lift. Maybe it’s going to the gym, meditating, reading a book, soaking in a tub or Mom or Dad’s night out. Make a plan to do whatever it is you want to do and follow through!

6. **GET REST** ~ what’s better than laying your head down after a long day of cleaning, gardening, cooking and enjoying the nice weather? Important to note is that after 3-5 years, approximately 10% of a pillow’s weight is made up of bacteria, pollen, fungi, mold, and dust mites. That thought is anything but restful! Invest in new pillows for the household this spring, put on the clean cotton sheets and getting into bed will never have felt so good!

Enjoy a healthy and happy spring!!
ON - CALL
In the event that the pager is not working properly, please refer to the schedule below for the on-call list and dial the on-call worker directly. Thank you!

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 26 – Apr 2</td>
<td>Charlene Fellows</td>
<td>416-859-0105</td>
</tr>
<tr>
<td>Apr 3 – 8</td>
<td>Charlene Forrest</td>
<td>416-697-6873</td>
</tr>
<tr>
<td>Apr 9 – 15</td>
<td>Shane Saunders</td>
<td>416-919-1581</td>
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<tr>
<td>Apr 16 - 22</td>
<td>Alyssa Kaye</td>
<td>519-323-7013</td>
</tr>
<tr>
<td>Apr 23 – 29</td>
<td>Charlene Fellows</td>
<td>416-859-0105</td>
</tr>
<tr>
<td>Apr 30 – May 6</td>
<td>Alex Thomas</td>
<td>416-659-8856</td>
</tr>
</tbody>
</table>

DATES TO REMEMBER
Wed April 25th – Resource Meeting at Head Office in Brampton. Guest Speaker

May 4th – Appreciation Night

Kim’s Korner...
Please email me and let me know what baby equipment (i.e. car seats, cribs, baby gates, baby monitors, etc.) you have in your possession. Thank you!

Congratulations to Afunre who received an award at school for being inclusive!

Congrats to Kingston for receiving 1st & 2nd place in his first Karate competition

Congratulations to Shay Colley (Shernera Colley’s daughter) who was named co-player of the year and defensive player of the year for Michigan State’s basketball team! Shay will be hosting a Shay Colley basketball camp for one week in the summer for girls aged 9-14. Date and location to be determined.

HAPPY EASTER!