

Santa Paws is coming to town

Pet owners and furry and non-furry friends alike are invited to take part in this year's Santa Paws fundraiser for the Humane Society.

Pets can bring their owners to Grant Park Pet Valu on Nov. 26 from noon to 4 p.m. and

have their picture taken with the top dog himself, Santa Paws.

Photos are \$10 for one 5x7 and \$25 for three 5x7s, with all proceeds going to the Humane Society. Pets, make sure your owner brings your leash and holds on to you tightly!

Missed Santa Paws? Email him your list

Tech-savvy kids who wish to email their letters to Santa can do so again this year – and enjoy Santa's online blog and website, too.

Children visiting www.asksanta.ca can connect to Santa's website where they can email their wish lists, play games or download colouring sheets. Santa has even included a recipe or two for his favourite cookies.

Kids can also link to Santa's blog on

Windows Live Spaces to get their bedtime updates from the man in red.

"Today's technology has given me the tools I need to connect with children all over the world. I no longer need to check my list twice," said Santa Claus. "With so many ways to communicate, I feel closer to all the good little boys and girls than ever before."

Santa said he will respond personally to each email he receives.

The Winnipeg Optimist Track & Field Club



Want to be a better athlete?

The Winnipeg Optimist Athletics (WOA) Club offers "pure sport" training and competition in track & field (running, jumping and throwing), which are fundamental to all athletic endeavors!

Our WOA Club is recruiting athletes, ages 12-19, committed to training (1-3 times a week) in a fun and friendly environment at the University of Manitoba, Fort Garry Campus.

If you want to be a faster athlete, train with the fastest athletes!

WOA also promotes the development of Coaches and Officials, and welcomes individuals whether qualified or looking for the challenge of beginning their involvement at the entry levels of competition.

**For More Information: Contact
Larry Switzer: 885-5714
Email: larry.switzer@shaw.ca**

231106-188447-VS

It's flu season again!
**Get the shot
...not the flu!**
And protect with a pneumonia shot too.

Your annual flu shot is **free** if you are:

- age 65 or older,
- a child age six to 23 months,
- chronically ill, or
- a health care worker.

One pneumonia shot gives you a lifetime of protection – it's free if you are 65 or older, or chronically ill.

For more information, contact your public health nurse, doctor, pharmacist or call Health Links-Info Santé (toll-free) at **1-888-315-9257** or in Winnipeg at **788-8200**.

www.manitoba.ca



231106-190285-HM

Having a baby?

Healthy Baby community programs provide support to pregnant women, new parents and their babies.

Having a baby changes your life. New babies can be demanding, especially for new parents. That's why the Healthy Baby community programs were developed.

Healthy Baby community programs are friendly, informal programs that provide you with support, information and resources before and after you have your baby.

Drop in to your local Healthy Baby group and you can:

- Ask questions about your pregnancy, your baby's development or parenting support
- Enjoy nutritious snacks, try new recipes and get information about nutrition and health
- Visit with other moms and dads and take part in activities with your baby

It's what's inside that counts

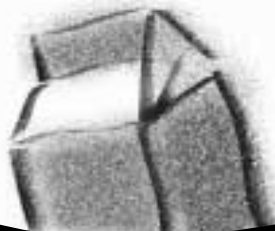
It's important to eat well to help you and your growing baby when you're pregnant. If you live in Manitoba, and your net family income is less than \$32,000 a year, you can receive a monthly Manitoba Prenatal Benefit cheque during your pregnancy to help you buy the healthy foods you need.

For more information

To learn more about the Healthy Baby program or to find out about locations of Healthy Baby groups, please call:

945-1301 (in Winnipeg)
1-888-848-0140 (outside Winnipeg)
945-1305 TDD (Telephone Device for the Deaf)

www.manitoba.ca/healthychild
or contact your local public health office



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