



# The Edge

Community Newsletter

Vol.8 Issue 2, September 2010

## ART WALK AT THE PARK

Edgewood Community Internet Society invites you to an Art Walk! Showcasing the artistic talents of individuals from our community and areas.

Come on out, meet and greet old and new acquaints.

**When:** September 4, 2010

**Where:** At the Park (across from the store)

**Time:** 11am – 2pm

Artists interested in displaying their work phone The Edge at 250 269-7590. Buskers are welcome.

### About the Aster:



Asters have their own place in Greek mythology, like many other flowers. According to legend, Astraea, the goddess of innocence, left the Earth to live as the constellation Virgo. Many years later, when the gods became disgusted with humanity, Zeus wiped out the world with a flood, leaving only two humans alive on the top of Mount Parnassus. As the waters receded, these two began to wander the Earth lost and alone. Astraea felt sorry for them and created starlight to guide them. As she wept from pity, her tears created the flower Aster.

## CAP YI

**CAP YI Youth Program is on again. The Edge is hiring!**

**The Edge is offering an employment opportunity to persons aged 15 to 30. Bring in your resumé. For more details phone The Edge at 250 269-7590.**

### 10 simple steps to live a healthy life....

- 1. Healthy food intake** - Eat at least 5 servings of fruit and vegetables a day and avoid saturated fat. Beware of processed foods, which often contain high levels of salt.
- 2. Get active & take heart** - Even 30 minutes of activity can help to prevent heart attacks and strokes and your work will benefit too.
- 3. Say no to tobacco** - Your risk of coronary heart disease will be halved within a year and will return to a normal level over time.
- 4. Maintain a healthy weight** - Weight loss, especially together with lowered salt intake, leads to lower blood pressure. High blood pressure is the number one risk factor for stroke and a major factor for approximately half of all heart disease and stroke.
- 5. Know your numbers** - Visit a healthcare professional who can measure your blood pressure, cholesterol and glucose levels, together with waist-to-hip ratio and body mass index (bmi). Once you know your overall risk, you can develop a specific plan of action to improve your heart health.
- 6. Limit your alcohol intake** - Restrict the amount of alcoholic drinks that you consume. Excessive alcohol intake can cause your blood pressure to rise and your weight to increase.
- 7. Insist on a smoke-free environment** - Ensure your home or workplace is 100% smoke-free.
- 8. Bring exercise to the workplace** - Include physical activity in your working schedule - cycle to work if this is possible, take the stairs, exercise or go for a walk during your lunch breaks.
- 9. Choose healthy food options** - Ask for healthy food at your work canteen, or find nearby cafes or restaurants that serve healthy meals
- 10. Encourage stress-free moments** - whilst stress has not been shown to be a direct risk factor for heart disease and stroke, it is related to smoking, excessive drinking and unhealthy eating, which are risk factors for heart disease.

<http://www.world-heart-federation.org/>

Registered charities in Canada perform valuable work in our communities, and Canadians support this work in many ways.

The Edge's Registered Charity #86745 45 RR0001. We welcome regular givers.

The Edgewood Community Internet Society RR#1 Site 5, Comp 18 Edgewood B.C. V0G 1J0

Phone: 250-269-7590 Fax: 250-269-7591 E-mail: [edge@edgeconnection.ca](mailto:edge@edgeconnection.ca)



Industry  
Canada

Industrie  
Canada



BC Hydro  
FOR GENERATIONS