



Replacement windows and entrance systems are very important in achieving energy efficiency. Check out all contractors, home building suppliers, wide variety of products and the latest technology at the Colchester Home show. (Submitted)



At the Colchester Home Show you will find local professionals with quality products to complete your building and renovation projects. (Submitted)

## High blood pressure: CAN YOU PREVENT IT?

By *Chris Urquhart*

High blood pressure can wreak havoc on your body for years without a single symptom. That's why early detection is so important.

If you're diagnosed with high blood pressure or you simply want to keep high blood pressure at bay, healthy habits can make all the difference:

1. Eat a diet that emphasizes fruits, vegetables, whole grains and low-fat dairy foods.

2. Eat less saturated fat and total fat, and limit the amount of sodium in your diet.
3. Maintain a healthy weight.
4. Increase your physical activity.
5. Don't smoke.
6. Manage stress.

Talk to your Doctor or pharmacist to find out other ways to help prevent high blood pressure.

## Do you Suffer from Headaches?

By *Chris Urquhart*

Take headache relief into your own hands. Nearly everyone experiences occasional tension headaches. But frequent tension headaches can interfere with your daily life. Aside from medication, do you wonder what you can do to stop the pain? The answer may be as simple as taking good care of yourself: 1. Eat healthy foods. 2. Exercise regularly. 3. Get enough sleep. 4. Cut back

on caffeine. 5. Reduce stress. 6. Massage tense muscles. 7. Take a break when you feel overwhelmed.

Stress relief from laughter? It's no joke. When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. From boosting your immune system to easing pain, laughter is powerful medicine. Learn how to fire up your sense of humour.

Come visit me at the Home Show



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The Colchester County  
**HOMIE SHOW**

RATH EASTLINK  
COMMUNITY CENTRE

Full show and entrance are located on one level. No stairs to climb.

**APRIL 5 - 7  
2019**

Presented by: **CHAMBER of Commerce**

Produced by: **Master Promotions Ltd.**

Bring the Kids and have a photo taken with the Easter Bunny, plus Enjoy the Egg hunt on Saturday and Sunday.



New for 2019 - DEMO STAGE:  
Live demonstrations are planned throughout the weekend. Enjoy a variety of "How To" sessions.



**HOURS:**  
Fri - 12 noon to 8 pm • Sat - 10 am to 6 pm  
Sun - 10 am to 4 pm

**ADMISSION: \$6 for Adults; \$5 for Seniors**  
Juniors under 18 admitted free as long as accompanied by parent.  
50% off all admissions on Friday, 12 noon to 5 pm



**The Truro Fire Service salute the work of their Volunteers and staff.**

**Their commitment, dedication and level of professionalism benefits so many in our community.**

**During this month and throughout the year, we extend our sincere thanks.**

**WALK IN OUR BOOTS**

Want to be part of our team, learn new skills, enjoy meeting new friends and help keep our community safe?

No experience necessary.

**DROP into our booth at the HOME SHOW.**

Congratulations to the Chamber of Commerce on the 26th Anniversary of the Home Show.