

SEE INSIDE - *Car Care & Mom's Gifts & Dining*

The Ultimate Balancing Act, May 12

Women are invited to a free health forum

The Heart and Stroke Foundation of Ontario and the Canadian Cancer Society have collaborated with the Georgetown and District Memorial Hospital, the Halton Hills Recreation and Parks Department, the Halton Regional Health Department, and the Lung Association in

Halton, to present a free symposium for women called The Ultimate Balancing Act.

The symposium will be held on Tuesday, May 12 at Georgetown District High School, 70 Guelph St. View the displays at 7 p.m.; the guest speaker begins at 7:30 p.m. The featured speaker is registered nurse Patty Lindsay.

For women of all ages and stages, this symposium will help you to prioritize and customize your lifestyle while making healthy choices. There will be displays before the speaker and time for questions. This is a chance to help yourself learn how to balance the many stresses of life in the '90s before you get to the millennium.

For reservations to this free symposium, call 877-2238.

Heart disease and cancer are the leading contenders for death in Canadian women today. Cardiovascular disease accounts for 41 per cent of all female deaths in Canada. One in 2.9 women will get cancer in a lifetime. These statistics are overwhelming.

The Heart and Stroke Foundation and the Canadian Cancer Society came together in 1996 to begin to identify these needs of the community in Halton. They formed a network called the Heart Health and Cancer Risk Reduction Network and have been working steadily ever since to identify the gaps in various health programs and services. They have now been joined by almost all health programs and services in Halton.

The mission of this network is Together we will support the people of Halton in adopting/engaging in healthy lifestyle/living choices. The mandate is to promote awareness and prevention.

Take mom to Acton's antique show

The Acton branch of the Canadian Cancer Society will host an antique show and sale at the Acton Arena and Community Centre on May 15, 16 and 17.


The show, being produced by Doug Platt of D. Platt Promotions, will bring together 30 select dealers, and feature a large variety of antique glass, china and furniture. Decorative Royal Doulton and Beswick, estate jewelry, Victorian linens and lace, kitchen collectibles and country accessories will all be offered in the show. Refinished formal furniture, dining room suites, European accent and early country furniture will also be for sale, and a unique selection of rare music boxes and gramophones will be featured in one booth.

The show will run from 6 to 9 p.m. on Friday, May 15 and noon to 6 p.m. on Saturday, May 16 and Sunday, May 17. Admission will be \$4 for adults and \$3 for seniors. On site parking will be free.

All proceeds from ticket sales and the sale of items at the Cancer Society food booth will go to the Canadian Cancer Society. Three door prizes will be awarded each day.

The new Acton Arena and Community Centre is located at 415 Queen St. E., (Hwy. 7) in Acton.

DIRECTORY OF HALTON HILLS Churches & Temples

<p>Georgetown Alliance Church Main St. south of Maple Ave. "Nurturing a growing family of people" Pastor Paul Little Pastor Tim Brown Pastor Bob Vetro</p> <p>Sunday Worship Services 9 a.m. & 11 a.m. Sunday School during service 873-0249</p>	 <p>ONE HUMANITY</p> <p>INVESTIGATE THE BAHÁ'Í FAITH!</p> <p>FOR RECORDED MESSAGES PLEASE CALL 1-800-433-3284</p>
<p>KNOX PRESBYTERIAN CHURCH 116 Main St. S. Minister Rev. Peter Barrow B.A., B.D.</p> <p>MORNING WORSHIP & SUNDAY SCHOOL 11 A.M. TIME FOR REFLECTION AND RENEWAL</p> <p>Ministers Office 877-2848 Secretary's Office 877-7585</p>	

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CORRECTION

In the advertisement of Wed. April 29, the price of the Weber BBQ was incorrect. Price should have read \$669. not \$369.




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