



The Halton Hills Camera Club handed out the awards for the best shots at the club's exhibit in the Gallery of the Halton Hills Cultural Centre March 1. There were four awards of merit, and one best of the show winner. Shown above (from left to right) are

award of merit recipients Karen Lowe, Phil Riebel, Best of Show winner Bruce Andrews, and award of merit recipient Fred Thoonen. The four winners are standing in front of winning photograph titled "Eggs in a Colander." (Herald photo)

'Cold Turkey' smoking clinic

Are you tired of smoking? If so, join the Lung Association - Halton Region's Annual "Cold Turkey" smoking clinic. This is to be held from March 26-30.

During these five nights we will discuss the withdrawal stages and with group support become

successful ex-smokers. This program will take place at the Bennett Health Centre from 7:30 p.m. to 9 p.m.

The program costs \$10. To attend this five night stop smoking clinic, register with the Lung Association at 632-8499.

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Experts discuss cancer

An education program on cancer and its treatment is being presented by local units of the Canadian Cancer Society.

The "Living With Cancer Education Program" is a series of six presentations for the public. Physicians, nurses and pharmacists and other local experts will talk on topics vital to people with cancer and their families or friends.

The program will run from April 4 to May 9, every Wednesday evening from 7 p.m. to 9 p.m. at the Milton Unit of the Canadian Cancer Society. The location is 751 Main Street East, Milton, upstairs (next to the Bunsmaster building).

Pre-registration is requested by phoning 878-5228 or 877-1124 (if no one is available, leave a message and we will get back to you). The sessions are open to all and attendance may be at all

evenings or selected according to need or interest. Admission is free and refreshments will be served.

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