



Delivering the rock

Community Living North Halton (CLNH) held its first annual curling bonspiel Jan 30 at the Milton Curling Club, with 16 teams from Acton, Georgetown and Milton taking part. Here, Janice Welfare of the team 'Georgetown Saturday Centre Supporters' which curls at the Acton Curling Club, lets her rock go. This team of Heather Curtin, skip; Janice Welfare, vice; Linda Jamieson, second and Brenda Henderson, lead, raised \$1,000 for CLNH. The Saturday Centre in Georgetown is a wonderful program that provides opportunities for school-aged children and youth, with developmental disabilities to participate in an enjoyable and friendly recreation program. Welfare's son Mitchell is autistic and really enjoys the Saturday program in Georgetown and the team would like to thank everyone for their generous donations. The next fundraising event for CLNH will be a Bowl-A-Thon on Saturday, March 6, 6-10 p.m. at Georgetown Bowl — \$30 for unlimited bowling or free with a minimum of \$30 in pledges. For more details or to enter contact Pat Hall, 905-876-3335, pathall44@hotmail.com.

Photo by Graham Painel/Metroland West Media Group

Hospital to host free seminar on positive thinking at work & home

The public is invited to attend a free health seminar, *The Positivity Training Plan: Strategies for Increasing Positivity at Work and Home*, presented by the Energy Coach, Louisa Nedkov, Halton Healthcare's Workplace Staff Wellness Co-ordinator.

The seminar will take place on Thursday, Feb. 18, 7 p.m. in the Activity Room at the Georgetown Hospital, 1 Princess Anne Drive, Georgetown. There will be displays and refreshments between 6:30 and 7 p.m. This event is part of the Living Healthy seminar series offered by Halton Healthcare Services. Parking will be offered at a reduced rate at this event.

Researchers are now exploring the effects of positive thinking on overall health—with some amazing results! Linkages are being made between positive thinking and decreased rates of pain and illness. Energize your life with techniques to shift thoughts and stay focused on positive events in order to change perceptions of negative events.

"This is not just a "feel good" presentation," said Nedkov, "Everyone is guaranteed to walk away with some simple and easy-to-implement strategies have been proven to help people live happy and fulfill-

ing lives."

Nedkov has seven years of experience in the healthcare sector as both a clinician and an educator. She has developed and implemented programs on energy management, positivity in the workplace, work/life balance, stress management, holistic nutrition, communication skills, and a host of other issues related to personal and staff development. She has also consulted with, coached and mentored both teams and individuals. Along with a Bachelor Degree in Business Administration, certifications in Holistic Nutrition, Personal Training and Life Coaching, she is working towards a Master's Degree in Positive Psychology.

Nedkov has done numerous presentations on positive thinking to corporations worldwide as "The Energy Coach". She is currently the co-ordinator of Halton Healthcare's Staff workplace wellness program, which maintains that relationships, self-esteem, purpose, meaning and fun are powerful determinants of health.

To register or for more information on this free seminar, please call 905-878-2383 ext. 4379 or email healthpromotion@haltonhealthcare.on.ca.



Looking for a nice, clean, low mileage used car?

Choose from over 3,000 at LeaseBusters.com



- Over 130 Dealer & Factory Demos
- Over 350 Vehicles with less than 20,000 km's
- Over 1,100 Vehicles with less than 40,000 km's
- Over 1,800 Vehicles with less than 60,000 km's
- Over 100 2010 model year vehicles
- Over 250 2009 model year vehicles
- Over 900 2008 model year vehicles
- Over 1,000 2007 model year vehicles

With over 200,000 unique visitors every month ...
They Never Last Long at LeaseBusters.com

Get Out of Your Lease
 No matter whether you have 6 or 60 months remaining on your lease, we can get you out of your lease quickly and easily.



Introducing FinanceBusters.com

Discover the all-new way of buying or selling your vehicle the FinanceBusters Way.

Visit FinanceBusters.com today!



Over 100,000 successful lease take-overs since 1990!

1-888-357-2678
 LeaseBusters.com

