

# HEALTHY LIVING

## Saturday, May 28

**7th annual Canadian Breast Cancer Foundation Yard Sale for the Cure:** hosted by RE/MAX Blue Springs Realty Inc., 8 a.m. to 12 p.m. at their office, 106 Main St. in Rockwood. Funds raised will be directed to the Canadian Breast Cancer Foundation, the largest dedicated supporter of breast cancer research in Canada.

## Sunday, May 29

**Gluten-Free Family BBQ and Picnic:** hosted by Brampton Support Group of the newly formed Halton Peel Chapter of the Canadian Celiac Association, 1-4 p.m. at Jim Archdekin Recreation Centre, 292 Conestoga Dr., Brampton. Vendors. Tickets/info: Eleanor Cation, 905-843-2759.

**Early Bird ALS Walk Registration:** 1-3 p.m. in the Community Room of The Real Canadian SuperStore. Avoid lineups on June 4th and drop off your donations and pick-up your free walk t-shirts and any fundraising incentives you have earned. Info: Mary Jo Knox, 905-873-1138.

**Purina Walk for Dog Guides:** at Georgetown Lions Hall (42 Mill St.). Registration will open at 9 a.m. and the Walk will begin at 9:30 a.m. There is no registration fee. All funds raised will go towards providing dog guides at no cost to Canadians with disabilities. Info/to register for the Walk, or to donate: [www.purinawalkfordogguides.com](http://www.purinawalkfordogguides.com).

## Health Calendar

**Community Meditation:** on the last Sunday of each month. Participants meditate together to release stress and bring in joy, love, and peace. All welcome. Facilitated by Chantal Garneau at Studio 2 Yoga and Wellness, 78 Main St S Georgetown (upper level), 7-8:30 p.m. No registration required. Cost: donation towards cost of space rental.

## Monday, May 30

**Georgetown Osteoporosis Support Group:** will meet 7 p.m. at the Georgetown Salvation Army Community Church. Anyone interested in obtaining further information about osteoporosis is welcome to attend. (Last meeting until September). Info: Pam Lowden, 905-702-9276.

## Tuesday, May 31

**Autism Parenting support:** The North Halton Parenting Networking Group (NHPNG) creates a supportive environment for families and caregivers dealing Autism Spectrum Disorder. The group's vision is to create a network of people that can collectively help each other. The group meets 7:15 p.m. at the Gellert Community Centre, 10241 Eighth Line, Georgetown. Info: 1-800-495-5582 ext. 401 or email [autismhalton.nhpng@gmail.com](mailto:autismhalton.nhpng@gmail.com)

## Artists fight cancer with cookbook

*Recipe for a Good Life* is a little cookbook, jampacked with nutritionist approved recipes that include one or more ingredients from 11 food groups that are considered to help in the prevention of cancer. Every page reveals images of original artwork depicting the healthy ingredients. All artwork and recipes have been donated by family and friends from across the country.

Proceeds from sales will go to cancer research and support organizations such as Wellspring Centres.

The book was the inspiration of the author, Paulette Murphy, a cancer survivor herself.

"Many of the people that I met during my treatment wondered what they did wrong to cause this disease. Well, there is no simple answer to that question. Many factors contribute to the proliferation of cancer, however, the food we eat is one thing that we have a degree of control over," says Murphy.

On Saturday, May 28, from 2-5 p.m.

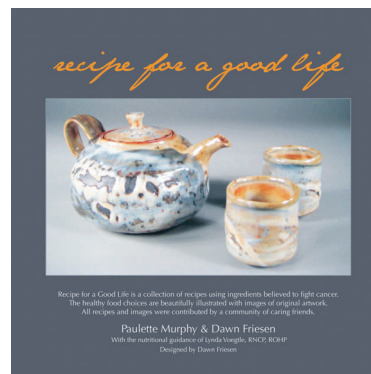
at the Williams Mill Visual Arts Centre in Glen Williams, co-authors Paulette Murphy and Dawn Friesen will be available for book signing. An exhibition of the artwork from their cookbook will be on display from May 28 until June 11.

The book signing and exhibition will be held in Sheri Tenaglia's studio in the yellow building, 515 Main Street, Glen Williams. Tenaglia, a local Georgetown artist, has contributed imagery of her artwork to the cookbook and has offered the use of her studio space for this event.

She will continue to carry the book, *Recipe for a Good Life* for sale

from her studio in support of this fundraiser project. The studio is open to the public on Fridays and Saturdays from 12 noon until 5 p.m.

*Recipe for a Good Life* can also be found online at [www.friesenpress.com/](http://www.friesenpress.com/) bookstore or [www.amazon.com](http://www.amazon.com) and at Chinguacousy Wellspring Center, 5 Inspiration Way, Brampton.



# Healthy Living...

## The ABC's of a healthy diet



Eating well doesn't have to be complicated. All you have to do is let yourself be guided by the ABC's: A for antioxidants, B for vitamin B and C for calcium.

It is now a recognized fact that vitamin C, vitamin E and selenium are nutritious antioxidant elements which play an important role in maintaining health and preventing illness. For example, vitamin C helps in the healing process, keeps gums healthy, increases resistance to infections and helps in the absorption of iron. These components are readily available in the foods we consume. Eating 5 to 10 portions of fruits and vegetables

rich in antioxidants on a daily basis is recommended.

Vitamin B is contained in a variety of grain products such as breakfast cereals, bread, pasta and rice, meats and meat substitutes such as eggs, butter, peanuts, beans and dried peas. The main sources of vitamin B12 are milk, yogurt, cheese and other dairy products, eggs, meat and enriched foods such as soya and rice drinks.

As far as calcium is concerned, this mineral works with other nutrients in the construction and maintenance of healthy teeth and bones. Milk and dairy products are a good source of calcium. Other foods such as soya drinks enriched with calcium, tofu prepared with calcium sulphate, cooked Chinese cabbage, green cabbage and rutabaga are also good sources of calcium.

Health starts on your plate!



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### June Events

Community BBQ hosted by 71 Mountainview tenants  
**SATURDAY, JUNE 11th ~ 12 NOON**  
Free food, drinks and fun for kids!

**SUNDAY, JUNE 12th ~ 2-3:30 PM**  
Season's Best Cooking Class

**SUNDAY, JUNE 15th ~ 1-4 PM**  
Meditation for your best life ever!

**SUNDAY, JUNE 26th ~ 1-4 PM**  
How to meditate and calm your mind

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for further details and online registration

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