

HEALTHY LIVING

Expert can help women learn about husbands' sexual needs

Georgetown Christian Fellowship hosts Together Intimately Seminar on Sunday, April 1, 1:30-6 p.m. at the church, 13619 Hwy 7, W., Georgetown.

Understanding and Meeting Your Husband's Sexual Needs is a tasteful, informative, humorous interdenominational presentation for married or engaged women of all ages, presented by Sarah Clarence, best-selling author, pastor and counsellor.

Attendance at this seminar is NOT an admission that you and your spouse are struggling in this area or are dysfunctional— rather an admission that you have a good marriage and you wish to make it greater! Who doesn't want that!

Information covered:

- how God views sex
- how your past is affecting your present sexual life
- how men are wired— understanding of their make-up
- how to talk to your mate on this important topic
- how to plan for an exciting romantic/sexual life
- how to make romance part of every day

Cost is \$35 per person.

To register visit: www.intimacyseminar.com or call 905-873-9652.



HealthEnutCafé, owned by Susan Wilson, now sells organic food. Wilson also runs Walk This Way.

Organic gardening is focus of free seminar next week

Learn about Eating Organic & Growing Your Own Organic Garden at a free seminar on Thursday, March 29, at the Gellert Community Centre on Eighth Line.

Doors open at 6:30 p.m. with the event, 7-9 p.m.

Hosted by Walk This Way, learn the difference between:

- commercial farming vs organic farming
- organic vs bio-dynamic
- get tips on growing your own organic garden
- information on CSA

Guest speaker is Greg Mountain. Originally from Toronto, he left behind city life for the satisfaction of farming in the country. In just over two seasons Mountain is already co-managing the garden at Whole

Circle Farm, where he and his colleagues provide for over 200 locals. He has been farming for three years, is taking part in the North American bio-dynamic apprenticeship and has taken part in two winter intensives on bio-dynamic farming.

Whole Circle is an organic and bio-dynamic farm located 10 minutes from Acton. The farm is a diversified operation that includes vegetables, grains, dried beans, cows, chickens, pigs, bees and a maple bush.

Donations will be accepted at the door.

Walk This Way is a non-profit organization dedicated to the education of natural health practices aimed at the prevention of disease and promotion of good health.

For more info visit www.walkthisway.org

Equilibrium-Georgetown's March meeting to focus on Adult ADHD

Equilibrium-Georgetown meets on Wednesday, March 28, 7:30 p.m. (doors open at 7 p.m.) at Norval United Church, 486 Guelph St., Norval.

Equilibrium is a peer support group for individuals and their families who

are affected by a mood disorder such as depression or bipolar disorder.

This month's topic is Adult ADHD (Attention Deficit Hyperactivity Disorder), how to recognize it, how it impacts those with mood disorders, treat-

ments and management. Guest speaker Christine Szymezko of the North Halton Mental Health Clinic. Free admission. Info: Canadian Mental Health Association, 905-693-4270 or georgetown@equilibrium-oakville.com

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Julia Fountain, BSc, ND

Q: I've heard a lot about gluten lately. What is it and how do I know if I'm reacting to it?

A: Gluten is a protein found in many grains including wheat, rye, barley, spelt and kamut, and the breads, cereals, crackers and pastas made from them. There is a miniscule amount of gluten in oats. Gluten-free grains include rice, quinoa, millet, amaranth, teff, buckwheat. Symptoms associated with gluten reactions include: celiac disease (a potentially life-threatening gluten allergy), to more subtle intolerance symptoms such as irritable bowel syndrome, chronic skin rashes, fluid retention, weight gain and increased inflammation in the muscles and joints. There are 3 possible reactions to gluten: allergy, intolerance and sensitivity and we test for each of these in our office, depending on the nature of your symptoms and integrate these results into a dietary plan that eliminates the guesswork and gets you on the right track.

Visit www.healthspan.ca

To place your ad here monthly at very affordable rates contact Amy Sykes 905-873-0301 ext. 237 asykes@thelFP.ca

PLEASE JOIN... THE HEALTH PROJECT
 FOR ANOTHER GREAT PRESENTATION

Learn about Eating Organic & Growing Your Own Organic Garden

Learn the difference between

- COMMERCIAL FARMING VS ORGANIC FARMING
- ORGANIC VS BIO-DYNAMIC
- Get tips on growing your own Organic Garden
- Information on CSA

Originally from Toronto, Greg Mountain left behind city life for the satisfaction of farming in the country. In just over two seasons Greg is already co-managing the garden at **Whole Circle Farm**, where he and his colleagues provide for over 200 locals. He has been farming for three years, is taking part in the North American bio-dynamic apprenticeship and has taken part in two winter intensives on bio-dynamic farming. **Whole Circle** is an organic and bio-dynamic farm located 10 minutes from Acton. The farm is a diversified operation that includes vegetables, grains, dried beans, cows, chickens, pigs, bees and a maple bush. In addition to a summer and winter CSA we sell at the Georgetown Farmers' market.

Thursday, March 29th

DOORS OPEN (6:30 pm) • EVENT (7 pm - 9 pm)

Gellert Community Centre
 10241 Eighth Line, Georgetown, ON

BROUGHT TO YOU BY
 WALK THIS WAY

FREE Donations will be accepted at the door!
 For more info visit www.walkthisway.org

Maximize YOUR HEALTH
www.maximizeyourhealth.ca

DIABETES EXPO

Excellence in Diabetes Management

There are 989,212 people living in Mississauga Halton region, 79,813 know they have Diabetes. We are the **Mississauga Halton Diabetes Coordination Centre** and we're hosting a public education event offering you many workshops and displays to help you **Maximize Your Health!**

FREE March 29th, 2012
 4:30 to 8:00
 Mississauga Living Arts Centre
 4141 Living Arts Drive
 (Underground parking available, wheelchair accessible, bus to door)

Do you have Diabetes? Are you at Risk?
 Want to know more?
 Attend **FREE** workshops and displays provided by regional experts in Diabetes Management
NO Registration Required