

# HEALTHY LIVING

## Free health seminar: Turn your kitchen into a healing 'farmacy'

Residents are invited to a free seminar presented by The Health Project on Thursday, April 19, 6-10 p.m., at the Croatian Centre on Winston Churchill Blvd. in Norval.

Discover the healing medicines of a plant-based diet with two speakers—"The Sproutman" Steve Meyerowitz and Dr. Brian Clement.

Meyerowitz is one of the world's leading proponent of sprouting, juicing, fasting and indoor gardening. He will be talking about what you put into your body every day has more of an impact on your health than anything else. But some foods have more healing power than others! Discover how a diet rich in micro-greens and baby vegetables contain a juggernaut of concentrated phyto-chemicals that can prevent and reverse disease.



"Sproutman" Steve Meyerowitz is a leading proponent of sprouting.



Dr. Brian Clement is the leading author of *Living Foods for Optimum Health*.

- rejuvenate your body and mind
- dealing with cancer, disease and life-threatening illness
- pain and fibromyalgia, headaches and migraines
- forgetfulness and irritability, insomnia and fatigue
- increase energy, strength and endurance
- healing yourself naturally for health

Again this seminar is free, but donations are welcome at the door.

Info: [www.walkthiswayorg.ca](http://www.walkthiswayorg.ca), Susan, 905-965-3246 or Dawn, 519-853-8729.

Dr. Clement, director of the Hippocrates Health Institute and leading author of *Living Foods for Optimum Health*, *Lifeforce*, *Supplements Exposed*, *Killer Clothes* and more will be lecturing on dealing with disease and cancer. Discover the secrets to:

## Acton Healthy ME Wellness Fair hosts fitness experts on April 19

St. Joseph Catholic School Parent Council hosts its first-ever Healthy ME Wellness Fair on Thursday, April 19, 6-8 p.m. at the school, 147 Mill St. W. in Acton.

This Fair received support from an Ontario Ministry of Education's Parent Reaching Out grant.

Parents and children are welcome to attend. Space is limited so pre-register for this event by calling Julie at 519-853-2355.

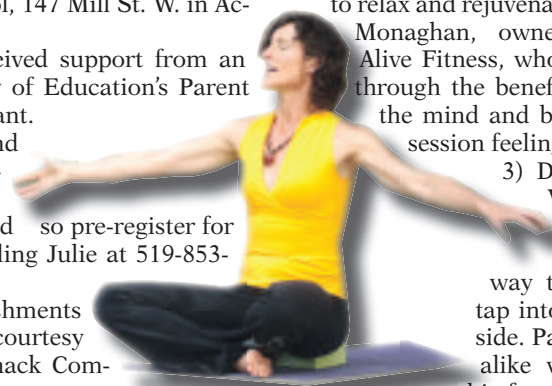
Light refreshments will be served courtesy of the Health Snack Committee.

Make sure to wear comfortable clothing as the four workshops will get you moving!

1) I Challenge Diabetes— Have you ever wondered what it takes to make it all the way to the Olympics? Join Chris Jarvis, Canadian Olympic rower, Pan Am gold medalist and founder of I Challenge Diabetes. Share in Chris's journey to the

Olympics and set some goals for yourself in the process.

2) Feeling Zen!— Get an opportunity to relax and rejuvenate with Leanne Monaghan, owner of Staying Alive Fitness, who will lead you through the benefits of yoga for the mind and body. Leave the session feeling Zen!



3) DrumFit— Join Val and Liz from DrumFit for a fun way to stay fit and tap into your musical side. Parents and kids alike will delight in this fast-paced and fun musical environment, sure to get your heart beating and your feet tapping!

4) Healthy Spirit— Spiritual Director Eddie MacDonald will be discussing the importance of maintaining a healthy spirit through meditation and prayer. Spend some time reflecting on how prayer can positively affect your family life!

## Step Into Spring

with

### ELIZABETH'S FASHIONS

### April 16, 2012 - Acton Canadian Legion

Doors Open at 6:30 pm Fashion Show starts at 7:15 pm

Refreshments and Bar Available

Local Merchant Showcase Before and After Show

#### Attending Merchants

- |                       |                     |                    |
|-----------------------|---------------------|--------------------|
| Staying Alive Fitness | Forever Youngsters  | Smooth Solutions   |
| Avon                  | Blooms Away         | Reds Garden Centre |
| Mary Kay              | Country Reflections |                    |
| Needle Gnome          | Acton Optical       |                    |

Tickets can be purchased at these participating vendors or at the door or call 519-853-1424

Limited Space

All proceeds to the Acton Branch of the Canadian Cancer Society



**ED PEAVOY SEPTIC SERVICE INC.**  
OVER 30 YEARS EXPERIENCE

PUMPING OF  
•HOLDING TANKS  
•SEPTIC TANKS  
•AROBIC TANKS

Lic. by the M.O.E.  
Pump and Servicing  
Pressure Line Flushing

519-833-9180 Toll free 1-877-232-0229  
P.O. BOX 709, ERIN, ON

ALWAYS SOMETHING  
NEW GOIN' DOWN.

**MR. SUB**

Georgetown Market Place Mall  
905-877-8143

**ACTON JIU JITSU**  
Martial Arts

5A Mill St. East, Acton, Ont. L7J 1G8  
519-853-2424  
[www.actonjiujitsu.com](http://www.actonjiujitsu.com)

**Jeffrey L. Eason**  
B.A., LL.B.

BARRISTER & SOLICITOR  
GENERAL PRACTICE

P.O. BOX 159, 116 GUELPH ST.  
GEORGETOWN (rear entrance)  
905-877-6961  
Tor. 905-846-1557 Fax: 905-877-9725  
email: [jeason@aztec-net.com](mailto:jeason@aztec-net.com)

**BODICOOL™**  
Breast Forms

If you could change one thing about your breast form, it would be to make it cooler—much cooler? Right? Well, consider it done with the totally new, totally different, totally cool BodiCool™ breast form. The only lightweight breast form with TruCool™ Gel technology to keep you cool and comfortable!

Make today the day you experience the really cool difference of BodiCool™.

The quality you expect, the natural comfort you desire. Contact the professional Trulife fitter below and ASK FOR BodiCool™!

**Trulife Naturalwear**

**Diannes Mastectomy**

• PROsthesis • BRAS  
• COMPRESSION STOCKINGS, SLEEVES

[www.DiannesMastectomy.com](http://www.DiannesMastectomy.com) 905-454-5710



Thinking of buying or selling?  
Call Effie Dimou for all your real estate needs.  
905-877-5211 Dir: 416-991-4247

**EFFIE DIMOU**  
Sales Representative

[www.georgetownrealty.ca](http://www.georgetownrealty.ca)  
[edimou@georgetownrealty.ca](mailto:edimou@georgetownrealty.ca)

**RE/MAX**  
Real Estate Centre Inc., Brokerage