

# HEALTHY LIVING

## St. George's to host free dementia education series

After hosting a successful Circle of Friends featuring the Alzheimer's Society, St. George's Anglican Church will now partner with the group to host a free education series on dementia.

Many people during the discussion at the Circle of Friends had requested the education series but the Alzheimer's Society of Hamilton and Halton

could not afford to rent a facility. St. George's has now stepped forward to offer the Society its hall, 60 Guelph St.

"Needless to say we feel this is a very important outreach to the whole of the Georgetown community," said St. George's member Kyle Jones.

The free three-session dementia education series will be held 10:30

a.m. to 2 p.m. on Wednesday, June 27, Friday, June 29 and Friday, July 6.

Topics include Planning for the future: Care options; Care for the Care-giver; Enhancing Abilities, Brain & Behaviour and more.

Bring your own lunch, coffee/tea provided. Space is limited. To register contact Marilyn, 905-529-7030 or 1-800-343-1017.

## New videos to help families of teens to see promise— not risk

New videos released by Our Kids Network (OKN) will give parents insight and ideas to help at a time when their teenage children seem to be changing so much and less in control.

The videos, accessed [www.ourkidsnetwork.ca/Public/Parents-and-Families](http://www.ourkidsnetwork.ca/Public/Parents-and-Families), take parents through the stages of development from 10 to 16 years when teens experience dramatic emotional and physical changes.

Featured in the videos, renowned child psychiatrist, Dr. Jean Clinton takes parents through the different stages of development using easy-to-understand language. She discusses the connection between behaviour

and how the brain works. Parents will learn ways to nurture and maintain positive, supportive relationships with their children as they become teenagers.

"It's important to remember that children are growing and developing during this period. Teens' brains are still 'under construction'," said Dr. Clinton. "Building and maintaining strong and positive relationships helps that construction. Parents need to look at their children as being at promise, rather than at risk. It's a new kind of parenting."

When trying to cope with their children's behavior, parents can also

feel embarrassed, overwhelmed and may not know where to go for help. More information about services can also be accessed on the OKN website.

"The 'New Kind of Parenting' videos are based on research and common concerns that both parents and teens have identified," said Elena DiBattista, director of Our Kids Network. "We wanted to give families practical advice and information that will help them not just make it through the teen years, but thrive together."

Our Kids Network is a Halton-wide partnership of organizations and agencies serving children and youth.



*Integrated Wellness and Detox Centre opens*  
Dr Oksana Sawiak of the Integrative Wellness and Detox Centre recently hosted an open house at her 528 Guelph St (Norval) location, to officially open her facility. The centre offers a host of different services, all in the interest of detoxifying and wellness practices. The centre is open Monday, Tuesday and Friday, 12 to 6 p.m. and Thursday 12 to 8 p.m.  
*Photo by Ted Brown*

## Healthy Living

### Breakfast Clubs of Canada feed the future

(NC)—Roughly 697,000 Canadian children are living below the poverty line and risk starting their day without a nutritious breakfast. Providing breakfast to these children is just one way to give them an equal chance to reach their full potential to grow and learn.

Some of the short-term benefits of starting the day with a good meal include increased concentration, improved behaviour and social skills, a renewed interest in curriculum subjects, and confidence. But it is more than just eating breakfast. Organizations like Breakfast Clubs of Canada offer children a place where they can express themselves and develop their self-esteem too.

A testament to this is Sabrina, who as a child often ate breakfast at the club. She remembers it as a happy place to go in the mornings where she could meet new people and learn to be proud of herself. Today, Sabrina volunteers at her local breakfast club and is studying medicine.

"Every child deserves to have the same start to the day and the same opportunities," says Daniel Germain, president and founder of Breakfast Clubs of Canada. "It is a great feeling to watch these children and see the eyes of possibility open as they go into their day."



Together with Breakfast Clubs of Canada, Coca-Cola is helping to ensure that children have a balanced breakfast in a safe and stimulating environment. Coca-Cola donates Minute Maid 100% fruit juices as part of a nutritious breakfast, to help give children an equal chance to grow and learn. There are currently 1,167 established Breakfast Clubs of Canada programs in Canada serving 18 million breakfasts every year.

To help children in your local neighbourhood or to learn more about what is being done visit us at [www.livepositively.ca](http://www.livepositively.ca).

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Julia Fountain, BSc, ND

**Q:** What can I do to boost my metabolism?

**A:** To boost metabolism we need to understand why metabolism is slow. As part of our metabolism program we do a full lab profile to uncover stumbling blocks such as low thyroid function, low blood counts and low iron levels. Other causes of slow metabolism include:

- 1) Too much body fat.** Muscle cells are more metabolically active than fat cells. When weight increases over the years but muscles don't keep pace, metabolism slows down.
- 2) Metabolic issues such as insulin resistance.** These are evaluated with bloodwork and are effectively addressed through our healthy&active metabolism program and three specific supplements to help re-sensitize insulin receptors.
- 3) Food intolerances or digestive problems** affect metabolism by impairing nutrient absorption.
- 4) Sleep deprivation.** If you have sleep problems that run deeper than just not getting to bed early enough, a Naturopathic Doctor can help address other causes such as hormonal imbalance (especially through menopause).
- 5) Don't underestimate the importance of attitude** when it comes to matters of energy, vitality and metabolism. When feeling overburdened, unhappy or dissatisfied the world is an exhausting place. When feeling empowered, optimistic and supported, life is energizing and engaging.

Visit [www.healthspan.ca](http://www.healthspan.ca)

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