

Take a tour of a grocery store

Nutrition Services of the Halton Regional Health Department is offering two new programs.

Nutrition Expedition is a 1 1/2 hour supermarket tour focussing on how to get more nutrition for fewer calories. Jessica MacKay, a nutrition educator, leads small groups of consumers on an aisle-by-aisle tour, providing information on how to read labels, trim the fat and eat more fibre.

Nutrition Expedition is offered on Tuesday evenings at the Burlington Supercentre. There is no fee.

The Healthy Weight Program is an eight week support

program for women preoccupied with food and their body weight. Participants learn to enjoy healthy eating and physical activity, plus develop a positive body image through information sharing, journal keeping, goal setting and nutrition education.

The Healthy Weight Program will be offered in Milton and Oakville during the winter.

Call 416-639-5141, ext 764 for more information.

Expectant parents

Halton Regional Health Department offers a series for expectant parents. They will gain more benefits by attending as early as possible. If your due date is in June, July or August, register now for the early series by calling 877-2238.

Literacy volunteer

A series of three workshops is being offered for people who are considering becoming a tutor. They will be held Feb. 21 in Georgetown, March 7 in Milton and March 21 in Acton. General literacy and program information will be included as well as hands on tutoring techniques. For more information, call Ave Edington at the North Halton Literacy Guild, 873-2200 or 876-4756.

La Leche League

The LA Leche League of Acton and Georgetown welcomes women for breast feeding information. The next meeting is on Monday, Feb. 11 at 7:30 p.m. at 11 Pennington Cr. in Georgetown. For more information, call 878-4732.

Historical meeting

Esquering Historical Society welcomes guests to its meeting on Wednesday, Feb. 13 at 7:30 p.m. at Knox Presbyterian Church in downtown Georgetown. Guest speaker Bruce Harding will present "Georgetown Vignettes". For more information, call Karen Hunter at 838-2109.

Lottery

The North Halton Association for the Developmentally Handicapped is selling "Shop 'til you drop" lottery tickets. Prizes are gift certificates of up to \$35,000 for the Bay or Simpsons. Tickets are a dollar each or \$10 for 11 tickets. For more information, call Anne Sidebottom at 877-5557.

Recreation volunteer

To those of you who resolved that 1991 would be the year you'd make a difference, Canadian Mental Health Association, Halton Region Branch would like to offer you the opportunity to keep that promise. Volunteers are urgently needed for recreation programs on Tuesday, Wednesday and Thursday evenings in Acton. Just two or three hours per month will make a big difference. For information, please call Laura McCallum at 845-5044.

Free information

Information about cancer can be obtained free of charge by calling the Cancer Information Service at 1-800-263-6750.

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