

Georgetown Hospital hosts evening workshop on stress

Families. They can provide you with a sense of comfort and fulfillment, but can also be sources of stress.

To examine the issue of family relationships more closely, Georgetown & District Memorial Hospital is pleased to present an evening workshop on Stress, Tuesday, November 29. This two-hour session will be held in the Bennett Centre Activity Room, 7-9 p.m., and will include a variety of informative presentations and displays.

Shirley Andrechek, manager of Georgetown Hospital's Ambulatory Care explains, "The event is designed to help individuals and families deal with the various aspects of stress, and make them more aware of the resources available in our community."

The session will be made up of two components. The first will be the speaker presentations by three health professionals; and the second — a display and information-exchange area.

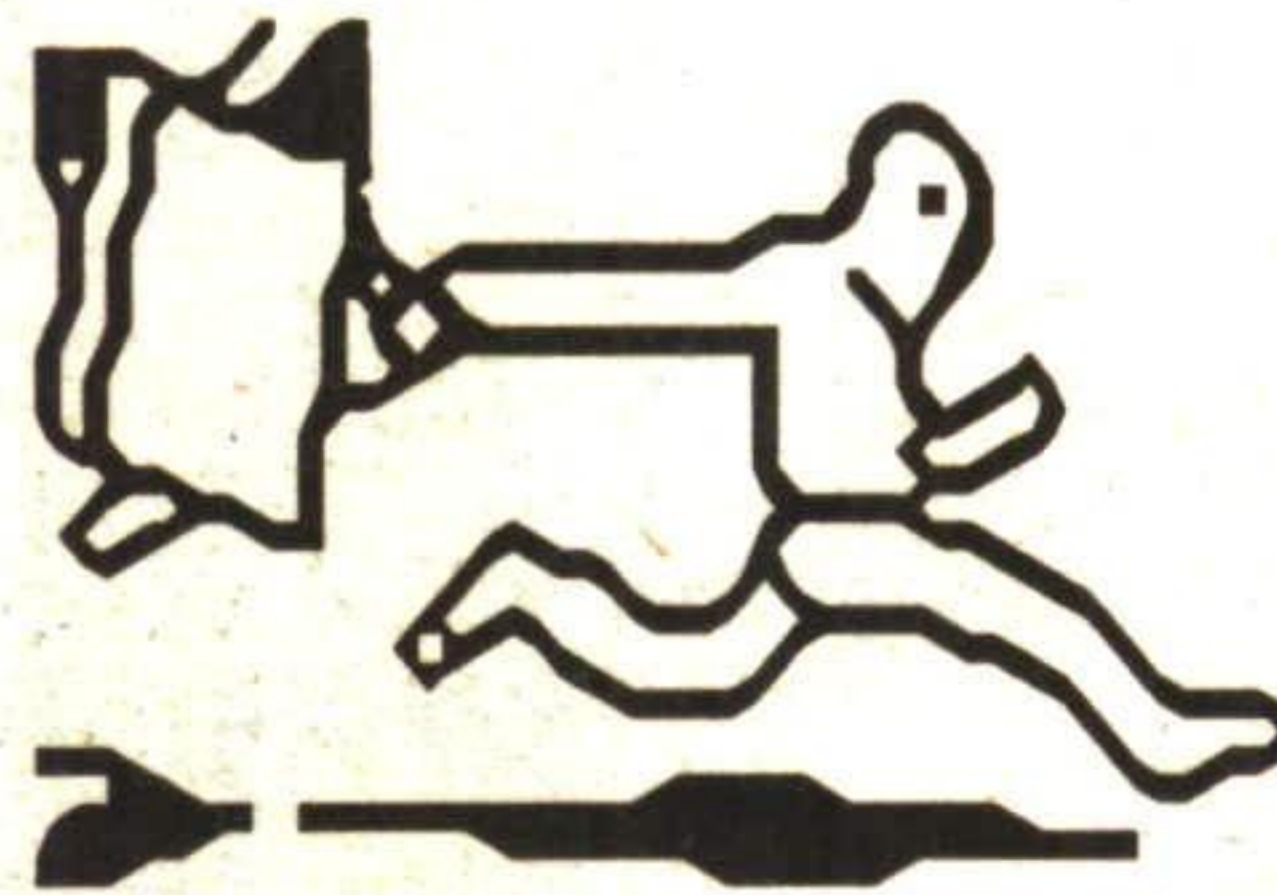
Guest speaker, Shirley Routliffe from the Canadian Mental Health Association, will lead off the workshop with, My Family — Myself: Stress in Relationships. Routliffe, formerly a school teacher and now a psychotherapist with her own practice, will speak about relationships within the family and how they can

'The event is designed to help individuals and families deal with various aspects of stress ...'

Shirley Andrechek

impact self-esteem. She will also examine the issue of stress as it relates to the different stages of the family lifecycle.

Change your Mind — Change your Body will be the focus of Edith Burch's presentation. She has a



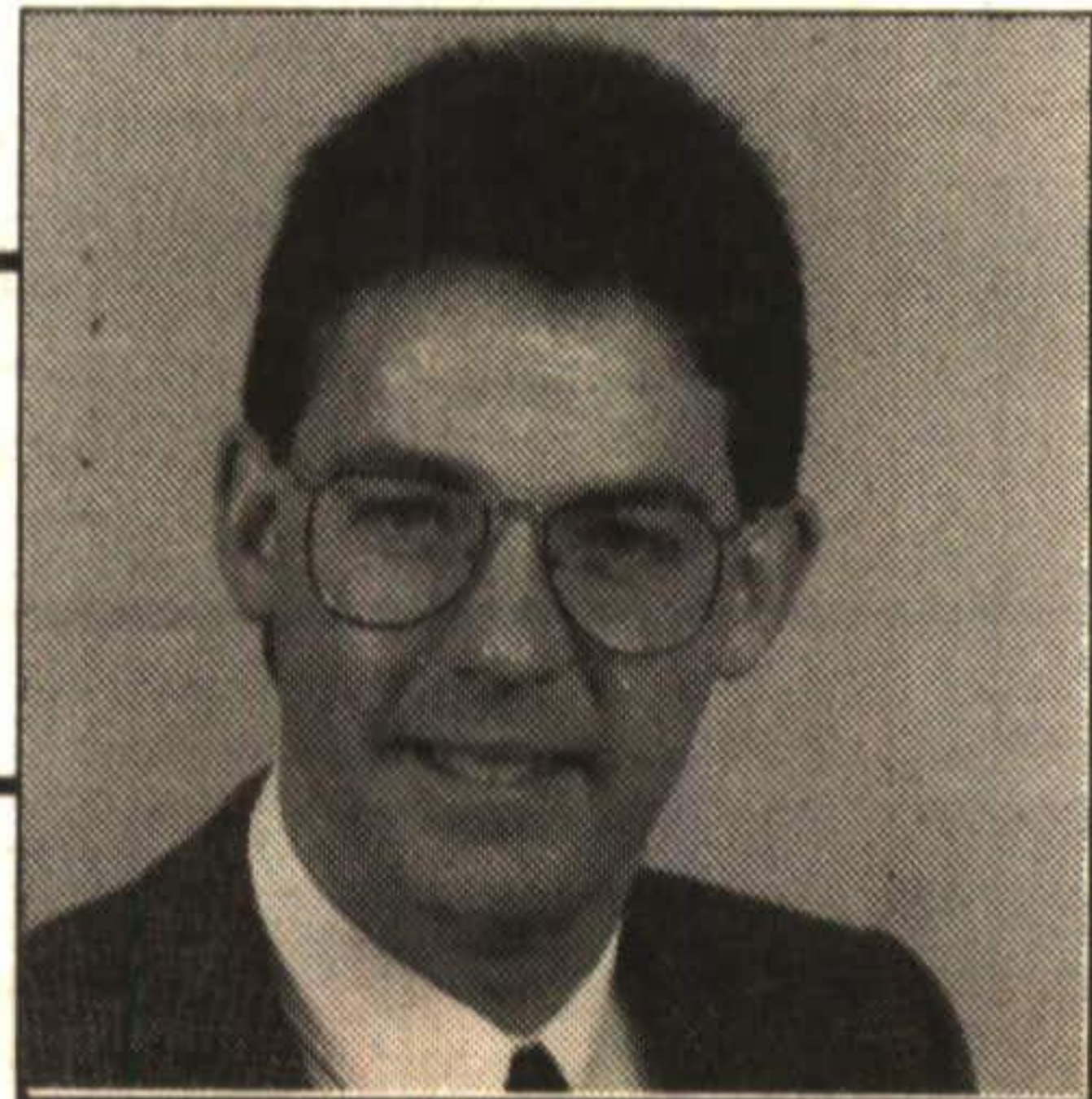
degree in Food, Nutrition, Family and Consumer Studies from Ryerson, and is a dietitian at Georgetown Hospital. Burch will explore the physiological effects of stress hormones and emotions, and look at some of the techniques that can reverse stress.

Also on the panel from Georgetown Hospital will be Linda Robinson-Edwin, a physiotherapist whose experiences includes work in acute care hospitals and sports medicine. At the upcoming Stress workshop, Robinson-Edwin will present Stress

and Exercise, which will examine the benefits of exercise as stress relievers. Robinson-Edwin is a graduate of the University of Alberta, with a Masters degree in Physiotherapy.

"This is only one of a number of workshops provided to the community through Georgetown Hospital's out-patient services," notes Andrechek. "During the past year, the hospital has hosted two sessions on breast health and an educational evening on diabetes, provided CPR training, and introduced three exciting new programs: Heart-to-Heart for cardiac patients and their families, and the diabetes and asthma clinics."

The upcoming stress workshops is free, and seating is limited. To reserve your space, call Georgetown Hospital at 873-0111, ext. 294.



The Chiropractic & Sports Injuries Centre of Georgetown

ANNOUNCEMENT

Dr. Robert M. Jones announces the opening of the Chiropractic & Sports Injuries Centre, located in the Northview Centre at 211 Guelph Street in Georgetown. (opposite Canadian Tire)

Dr. Jones has practised in Toronto for the past four years, treating a variety of musculoskeletal conditions, such as low back and neck pain, headaches, and job-related injuries. He has also served as team doctor for several gold medal winning hockey teams, playing at the provincial, national, and world championship level. He authors the monthly sports medicine column, "ASK DR. BOB!" in the *Sporting Scene*, an amateur sports newspaper.

The Chiropractic & Sports Injuries Centre of Georgetown will welcome new patients beginning Monday, November 7th, 1994. Early morning, evening and weekend appointments are available, with special rates for children, students and seniors.

For an appointment, please call (905) 877-9996.

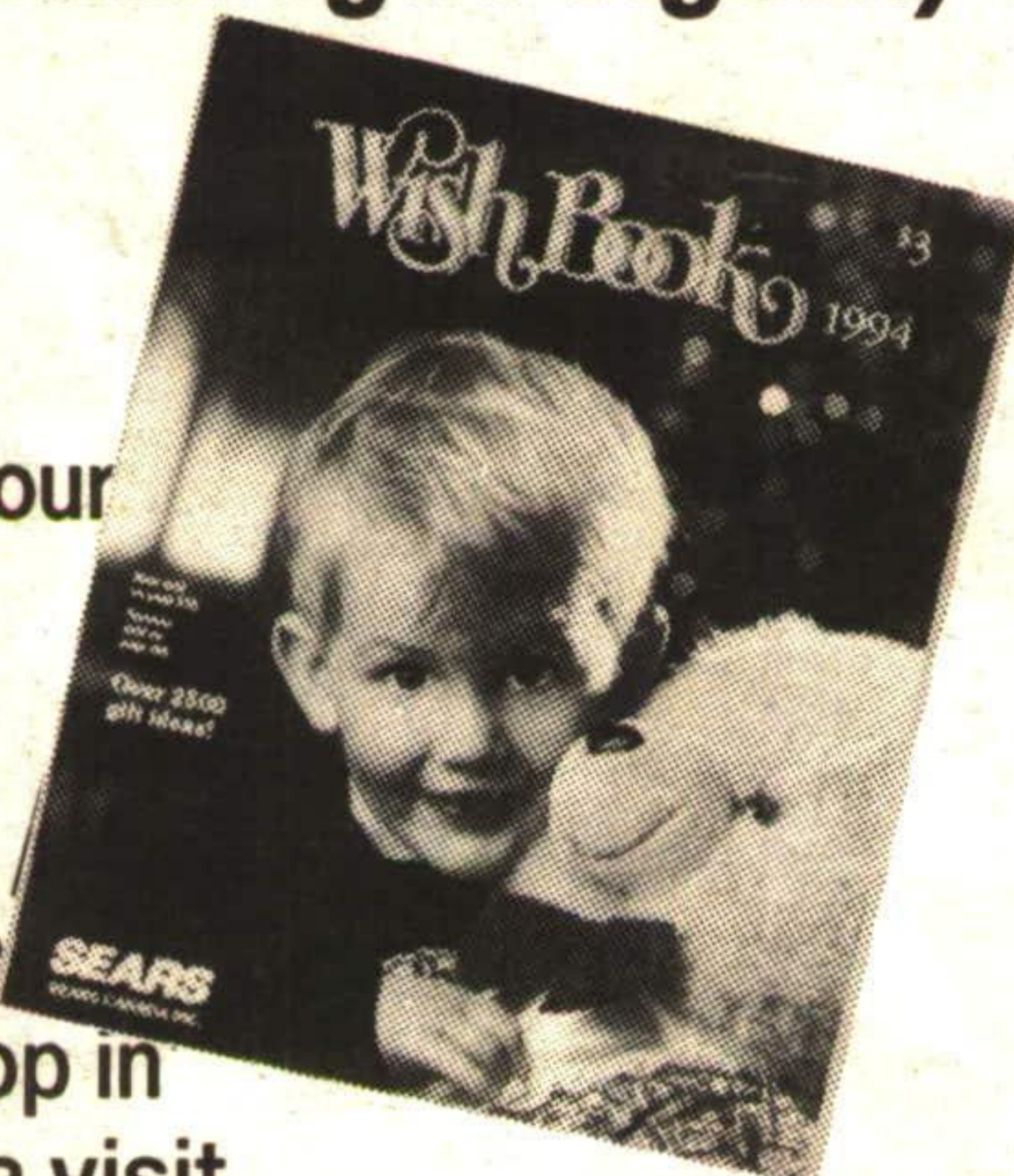


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