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Open Grief Support Group: If you are dealing with grief, be it recent or long term, you are invited to attend this open twice monthly meeting, 7-8:30 p.m. at Norval United Church, 486 Guelph St. Learn about grief, find ways of dealing with grief, hear the stories of others. Info: Paul Ivany, 905-877-6122, paul@norvalunited.ca, www.norvalunited.ca.

TOPS (Take Off Pounds Sensibly): 6:15-7:15 p.m. St. Joseph Church, (back entrance), 64 Church St E, Acton. TOPS offers tools and programs for healthy living and weight management, with group fellowship and encouragement at a low cost. You're welcome to attend your first meeting free of charge bring a friend if you like. There's no obligation. Info: www.tops.org, 519-853-1189.

Halton Hills Toastmasters: meets every Monday (excluding holidays), 7:30 p.m. at St. Alban's Church in Glen Williams. Info: http://haltonhillstm.toastmastersclubs.org or contact-5260@toastmastersclubs.org.

Georgetown Yarn Monday Morning Drop-In: Every Monday from 10 a.m. to 12 p.m. we have a drop in social. This is open to yarn crafters of all skill levels. Bring your current project and come for a fun morning of coffee, stitching and socializing. Always free. 170 Guelph St.

TUESDAY, JUNE 28
The Palette and Pencil Guild of Credit Valley Artisans: meets on the last Tuesday evening of the month at 7 p.m. at The Cottage

Come and paint in your favourite medium with other local artists. For more information please email: sheila@creditvalleyartisans.ca.

WEDNESDAY, JUNE 29

Acoustic Jam: at the Shepherd's Crook on Wednesdays, 8 p.m. Players, singers of all levels welcome. Laughing Yoga: 10 a.m. with Mary Haggarty at Hillsview Active Living Centre, 318 Guelph St., Georgetown. Please sign-up at Centre.

Georgetown Yarn Sip N Stitch: Every Wednesday from 1 p.m. to 3 p.m. we have a drop in social. This is open to yarn crafters of all skill levels. Bring your current project and come for a fun afternoon of stitching and socializing. Always free. 170 Guelph St.

THURSDAY, JUNE 30

Optimist Club Bingo: every Thursday. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is located on Hwy. 7 between Georgetown and Acton, just west of 22 Sideroad.

English Conversation Circle: 6:30 to 8:30 p.m. at the Hillsview Active Living Centre, #9-318 Guelph Street, Georgetown. For Syrian refugees to practice english, meet new friends, learn about programs and services and find volunteer opportunities. For more information, please contact Shinobu Yajima at (905) 842-2486 ext. 241 or email syajima@hmcconnections.com.

FRIDAY, JULY 1

Canada Day in Norval: 7 p.m. Come celebrate Canada Day with a BBQ and fireworks at Norval United Church. Cost is \$5 per person or \$15 per family. Hot dogs and burgers are supplied. Please bring a salad, chips, dessert, or whatever to share. Please also bring something to drink as well as your lawn chairs. If you can help at the BBQ contact Paul Ivany at paul@norvalunited.ca. Lots of fun, lots of food, and the most amazing fireworks in Norval!



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Q: What is Traditional Chinese Medicine?

A: Traditional Chinese Medicine (TCM) is a system of medicine that has developed in China over the past 3000 years. These therapies include Acupuncture, Chinese Herbology, Tui Na Massage, as well as Diet, Exercise, and Lifestyle advice. TCM was introduced to North America in the 70s and 80s. Both Acupuncture and TCM became regulated in Ontario in 2013.

The foundational theories of TCM are based on the concepts of balance (yin yang theory) and nature (five element theory). It sees our health as a reflection of our surroundings and the environment. When we are not in a state of balance - physically, mentally, or spiritually - illness and disease will develop.

The TCM approach to treatment is based on your specific group of signs and symptoms, not your western medical diagnosis. This is why TCM is unique and demonstrates one of its strengths. For the same reason, one does not need a diagnosis in order to treat symptoms. Therefore TCM works well for those suffering from chronic conditions and multi-system health problems.

For further information regarding Acupuncture and TCM, please take a look at www.carolyndew.ca



Annette,



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