

HEALTHY LIVING

Ontario Early Years Centre to offer CPR plus first aid refresher course on March 2

Ontario Early Years Centre on Guelph St., Georgetown will be hosting a Canadian Red Cross CPR/AED certification course with a First Aid Refresher on Saturday, March 2.

The 9 a.m. to 1 p.m. course will teach participants how to prevent injuries before they happen, rescue an unconscious or conscious choking baby, child, or adult. Participants will be certified in baby, child and adult CPR, 2-man CPR and AED (Automatic External Defibrillation). Participants will also receive a review of basic first aid including topics such as, scrapes, cuts, wounds, impaled objects, nose bleeds, seizures, allergies (epipens) and heat burns and how to handle emergencies with confidence.

The certification is in CPR only. Course cost includes CPR/AED booklet written by the Canadian Red Cross, 3-year certification card and handouts.

The cost is \$75, cash only. A minimum of 10 participants is required to run this course. If you are interested in attending this course please call Brigid, Ontario Early Years Centre, Georgetown, 905-873-2960 or Catherine, 905-877-4490 on or before Tuesday Feb 26. Please dress comfortable!

Yogathon will aid Schizophrenia Society

Studio 2 Yoga is hosting a Yogathon on Saturday, Feb. 23, 11:30 a.m. to 3 p.m. with proceeds to the Schizophrenia Society of Ontario.

The public is welcome to join yoga instructors for a day of classes offering various yoga styles, designed to give the maximum benefits of the practice to a wide audience of all ages and levels.

A suggestion donation is a minimum \$15 (although any donation is appreciated). Anyone who cannot attend the Yogathon but wishes to contribute to the cause can drop off their donation throughout the week at Studio 2 Yoga located at 78 Main

St. S. (upper level) in Downtown Georgetown.

Studio 2 Yoga's own teacher Tracy Aerts is participating with the goal to raise \$200 plus.

Throughout Ontario on Saturday the Schizophrenia Society of Ontario (SSO) will bring together a community of like-minded people to promote peace of mind. The goal is to draw attention to mental health and help highlight the healing component of yoga for mental and physical wellness.



Noelle Cormier of Studio 2 Yoga

The Society's provincial goal is \$60,000. Monies raised through the 2013 Peace of Minds Yogathon will go to support the SSO's Youth Programs such as Be The One, a by youth-for youth program that promotes youth leadership around mental health including influencing how mental health is perceived among their peers and promoting early intervention.

Local Equilibrium group's focus is on awareness and support

Equilibrium is a peer support group for individuals and their families who are affected by a mood disorder such as depression or bipolar disorder.

Equilibrium-Georgetown meets the fourth Wednesday of each month 7:30 p.m. (doors open at 7 p.m.) at Norval United Church, 486 Guelph St., Norval. Free admission.

At the Feb. 27 meeting, the presenter will be Ed Castro, Mental

Health and Additions Lead with the Mississauga Halton Local Health Integration Network (LHIN). He will be speaking about current efforts to improve and better integrate services as well as the access to them.

At the March 27 meeting, the presenter will be Sheri Bain, speaking about the health benefits of practising yoga and meditation.

On April 24 the group will welcome

John and Susan, core members of the Equilibrium-Oakville group, who have three adult children diagnosed with bipolar disorder. Their presentation, "Living with bipolar disorder and depression—one family's story" encompasses how they cope to how they navigate the mental health system.

Info: Canadian Mental Health Association, 905-693-4270 or georgetown@equilibrium-oakville.com

Healthy Living

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

- Arnold Schwarzenegger

NEW DERMATOLOGY CLINIC

GT Dermatology medical & cosmetic

318 Guelph St. #14
Georgetown
647-799-3096



Dr. R. Sethi MD CCFP
Family Medicine Practicing in
Medical & Cosmetic Dermatology

University of Toronto Medical School
Graduate and local resident.

Botox is a safe and easy way to treat wrinkles on the forehead, between the eye brows and around the eyes. It lasts 3-4 months and actually helps PREVENT new wrinkles from forming! It can easily be done during your lunch hour!!

www.gtdermatology.com

BOTOX
Cosmetic

(onabotulinumtoxinA for injection)

Botox Special*
\$7.95/unit

*Offer valid for a limited time. **for 2 areas of the face treated.

ZUMBA Fitness

with
Elizabeth Bell

MONDAYS 6 - 7 PM

Halton Hills Christian School - 11643 Trafalgar Road

Session Pass \$60 (8 classes) ~ Drop In \$8

Call 905-230-2103 for more details



BAYNES PHYSIOTHERAPY

* Arthritis * Car Accident Injuries * Sports Injuries

256 MAIN STREET SOUTH GEORGETOWN

905-873-4964

Baynes for your pains.



A little
Birdie told
me...

Follow
Special Feature
Updates on Twitter
@IFP_Community

To place your ad here monthly at very
affordable rates contact

Amy Sykes 905-873-0301 ext. 237
asykes@thelFP.ca