



DR. ANOOP SAYAL & ASSOCIATES

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THINGS TO DO

10 EVENTS IN HALTON THIS WEEKEND

Looking for something to do this weekend? Get out and about with a host of events across Halton.

OAKVILLE SANTA CLAUS PARADE

When: Saturday Nov. 17 at 9 a.m.

Where: Downtown Oakville (Lakeshore Road, Oakville, Ont., L6J1H4)

More Info: The route begins in downtown Oakville at Lakeshore Road East and Reynolds Avenue. This year's theme: Celebrating 70 Years!

UNITED WAY 2018 HOLIDAY HOUSE TOUR

When: Saturday, Nov. 17 from 10 a.m.-4 p.m.

Where: 885 Lower Base Line Rd. W., Milton, Ont., L9T 8C3

More Info: Get the latest holiday design, decor and entertainment ideas as you experience five beautiful properties all professionally decorated for the holidays. Tickets are \$35 and can be purchased at uwhh.ca/events.

ACTON SANTA CLAUS PARADE

When: Saturday, Nov. 17 from 1-3 p.m.

Where: Downtown Acton, Halton Hills, Ont.

More Info: The parade route runs from Queen Street and Acton Boulevard through town ending at Prospect Park.

GEORGETOWN SANTA CLAUS PARADE

When: Saturday, Nov. 17 from 5-7 p.m.

Where: Downtown Georgetown (Main Street,

Halton Hills, Ont., L7G 3T6)

More Info: The parade is an evening parade featuring over 80 bands, floats and marchers decked out with thousands of lights. The parade starts at Sinclair Avenue and travels west on Guelph Street, ending at the Georgetown Fairgrounds Park.

ROTARY BURLINGTON MUSIC FESTIVAL GRAND FESTIVAL CONCERT

When: Saturday, Nov. 17 at 7-9:30 p.m.

Where: The Burlington Performing Arts Centre (440 Locust St., Burlington, Ont., L7S 1T7)

More Info: The Rotary Burlington Music Festival is celebrating its 20th anniversary this year. Tickets: \$35.

ONES: BEATLES' #1 HITS

When: Saturday, Nov. 17 at 8 p.m.

Where: FirstOntario Arts Centre Milton (1010 Main Street St. E., Milton, Ont., L9T 6H7)

More Info: Tickets: \$47.50
CREDIT VALLEY ARTISANS CHRISTMAS SALE 2018

When: Saturday, Nov. 17 from 10 a.m.-5 p.m. and Sunday, Nov. 18 from 10 a.m.-4 p.m.

Where: Cedarvale Cottage (Cedarvale Park - corner of Maple and Main streets, Halton Hills, Ont.)

More Info: This is an annual sale - run entirely by the artists who have created professional quality items - paintings, weaving, ceramics, stained glass, jewelry and more to show and sell. Come

and find your unique Canadian-made Christmas gifts.

CANADIAN REP THEATRE: HELEN'S NECKLACE

When: Saturday, Nov. 17 at 7:30 p.m. and Sunday, Nov. 18 at 2 p.m.

Where: The Burlington Performing Arts Centre (440 Locust St., Burlington, Ont., L7S 1T7)

More Info: Plot summary: After attending a conference in Beirut, Helen, a Canadian, refuses to leave this chaotic war-scarred Middle Eastern city. Instead she stays on in the hopes of finding a precious necklace she has lost. Tickets: \$35 (regular) and \$30 for members.

MILTON SANTA CLAUS PARADE

When: Sunday, Nov. 18 from 1:30-3:30 p.m.

Where: Downtown Milton (Main Street, Milton, Ont., L9T 1P1)

More Info: The 2018 Milton Santa Claus Parade theme is "The Next Generation" celebrating how Milton is flourishing into a bigger community.

THE WELL HOLIDAY MARKETPLACE

When: Sunday, Nov. 18 from 8:30 a.m.-4:30 p.m.

Where: Oakville Conference and Banquet Centre (2515 Wycroft Road, Oakville, Ont., L6L 6P8)

More Info: Enjoy a huge shopping marketplace featuring hand-picked vendors and artisans. It's the perfect place to find that special something just in time for the holidays. \$5.

Ask the Professionals



Find local professionals here every Thursday!

For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

Carolyn Dew

Acupuncture & Traditional Chinese Medicine
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BPHE, RAC, RTCMP

Q: How does Acupuncture relieve STRESS?

A: Stress is a healthy response to events in our lives that may feel beyond our control. When we are healthy and the stress is short-lived, we are able to recover. When the stress is extreme or lasts a long time, our emotional and physical health begin to suffer. This is particularly true for men and women at this busy time of year.

When we find ourselves in a constant state of "fight or flight", chronic stress takes its toll on our health. The body's stress hormone Cortisol elevates, blood pressure increases and our immune function is suppressed. Over time, these symptoms become worse and can develop into anxiety, depression, fatigue, digestive problems, and tension headaches.

Research explains that acupuncture reduces stress and its ill effects by releasing natural pain-killing chemicals in the brain called endorphins. In addition, acupuncture improves circulation of blood throughout the body, which oxygenates the tissues and cycles out cortisol and other waste chemicals. The calming nature of acupuncture also decreases the heart rate, lowers blood pressure and relaxes the muscles. Acupuncture is extremely effective at down-regulating an over-stimulated nervous system.

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