

EVENTS

FRIDAY, SEPTEMBER 20

Acton Fall Fair

WHEN: 10:00 a.m - 8:00 p.m
WHERE: Prospect Park, 30 Park Avenue, Halton Hills **CONTACT:** 519-853-4699 **COST:** \$9 for adults, \$8 for youth (13-17) and seniors, \$4 for kids
 A Fair for All Seasons, the 106th annual Acton Fall Fair poultry and cattle shows, light and heavy horse shows, popcorn tasting contest, popcorn bingo, live musical entertainment, tractor pulls, Miss Acton pageant, exhibits, midway and food.

Citizens' Rally for Climate Action

WHEN: 3:30 p.m - 5:00 p.m **WHERE:** Dominion Gardens Park, 135 Maple Avenue, Georgetown, Halton Hills **CONTACT:** Jane Fogal, 905 877 5806, jane.fogal@gmail.com
 Gather at Dominion Gardens Park shelter to express concern for Climate Change and demand action to address it. All ages encouraged to attend, especially



CONTACT: Margaret Yahiro, 9058774482, standrewsoffice@cogeco.ca, http://www.standrewsuc.ca/

The St. Andrew's United Church Outreach Team is offering a FREE Community Dinner. These dinners are being offered on the third Friday of each month except during the summer months. Doors open at

Visit theifp.ca/events for more! **Fall fairs in the area** goes live on Sept. 1.



For October, we'll be featuring **Things to do for Halloween.** Visit theifp.ca/events and hit the POST YOUR EVENT button to submit these or any other community events!

students. Peaceful march on sidewalk after speeches. Bring signs.

St. Andrew's United Church FREE Community Table Dinner

WHEN: 6:00 p.m - 7:00 p.m
WHERE: St. Andrew's United Church - Georgetown, 89 Mountainview Rd. S., Halton Hills

6:00 p.m. All are welcome!

SATURDAY, SEPTEMBER 21

25 years Celebration at the Williams Mill

WHEN: 12:00 p.m - 6:00 p.m
WHERE: Williams Mill Visual Arts Centre, 515 Main St., Halton Hills **CONTACT:** Berna Kilic, 9056278756, bernaklc2003@yahoo.ca, http://www.williamsmill.com/

So much to Celebrate at Williams Mill ! 25 fantastic years of creativity. Join us September 21 and 22 beginning at noon on each day for special events. Some of our alumni artists are coming back for the pop-up show. Sat 12.00 - 8.00 ,Sun 12.00 - 6.00

MONDAY, SEPTEMBER 23

Adult Learning Centre Programs Information Session

WHEN: 1:30 p.m - 2:30 p.m
WHERE: Adult Learning Centre, 72 Mill Street, Suite 206, Halton Hills **CONTACT:** 905-873-2200, http://www.inhadultlearning.ca **COST:**

Contact the Adult Learning Centre for more information on upgrading your skills in reading, writing, or math from the basics to the grade 9 level; computer/digital skills for work; upgrading for college (Sheridan ACE) and GED test preparation.

WEDNESDAY, SEPTEMBER 25

Knit Night - Georgetown

WHEN: 6:30 p.m - 8:30 p.m
WHERE: Halton Hills Public Library - Georgetown, 9 Church Street, Halton Hills **CONTACT:** 905-873-2681, https://calendar.hhpl.on.ca/georgetown/Detail/2019-01-02-1830-Knit-Night

COST: This relaxed, casual environment is the perfect place to meet fellow knitters and work on your latest project. Knitters of all skill levels are welcome.



FREE. Drop-in.

THURSDAY, SEPTEMBER 26

Halton Hills Lecture Series - Forest Meditation

WHEN: 10:00 a.m - 11:00 a.m **WHERE:** John Elliott Theatre, 9 Church St., Halton Hills **CONTACT:** 905-873-2681, https://calendar.hhpl.on.ca/default/Detail/2019-09-26-1000-Halton-Hills-Lecture-Series-Forest-Meditation **COST:**

Local meditation instructor and nature lover Chantal Gameau will explore the link between our environment and mental health crises, and share some nature-inspired meditation techniques to help you feel calm and grounded. FREE.



film The Caregivers' Club. View the film and share your thoughts. Limited space. Registration required at www.acclaimhealth.ca/caregiversclub

Acton Farmers Market

WHEN: 4:00 p.m - 7:00 p.m **WHERE:** Acton Town Hall, 19 Willow St N, Halton Hills **CONTACT:** Michael Braithwaite, 519-853-9555, events@downtownacton.ca **COST:**

A fun and fresh market for the whole family!

Starry, Starry Night

WHEN: 7:00 p.m - 8:00 p.m **WHERE:** Halton Hills Public Library - Acton, 17 River Street,, Halton Hills **CONTACT:** 905-873-2681, https://calendar.hhpl.on.ca/default/Detail/2019-09-26-1900-Starry-Starry-Night **COST:**

Norm Elliott of the North Halton Astronomy Club will teach you how to identify stars and constellations and introduce the mythology around them. Bring your binoculars for an outside observation session after the presentation (rain date Thurs, Oct 3).

Screening of The Caregivers' Club

WHEN: 1:00 p.m - 3:00 p.m **WHERE:** Acton Arena and Community Centre Hall, 415 Queen Street East, Acton, Halton Hills **CONTACT:** 905-847-9559, vnair@acclaimhealth.ca **COST:** September is World Alzheimer's Month. Acclaim Health is hosting a screening of the documentary

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 @ HealthSpan Wellness

Georgetown
 905-873-8729
www.healthspan.ca



BPHE, RAC, RTCMP

Q: What is "Traditional Chinese Medicine"?

A: Traditional Chinese Medicine (TCM) is one of the oldest medical systems in the world (2500 years old) and has been used to treat any and all health complaints.

The main modalities used in TCM include Acupuncture, Chinese Herbal Medicine, Tui Na Massage, as well as Diet, Exercise, and Lifestyle counseling. TCM was introduced to North America in the 70s and 80s. Both Acupuncture and TCM became a regulated health profession 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 living balanced lives we are disease and symptom free. However when we become unbalanced - physically, mentally, or spiritually - over time, illness and disease can 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 TCM, please go to www.carolyndew.ca