# regional nections

# COMDOASSweeting dining

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Monday - Friday 9am - 5pm or Email: production@haltoncompass.com

CLASSIFIEDS are \$15 minimum + GST. Ads must be paid in advance by VISA. Deadline is Tuesday at noon.

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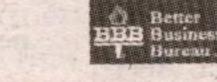
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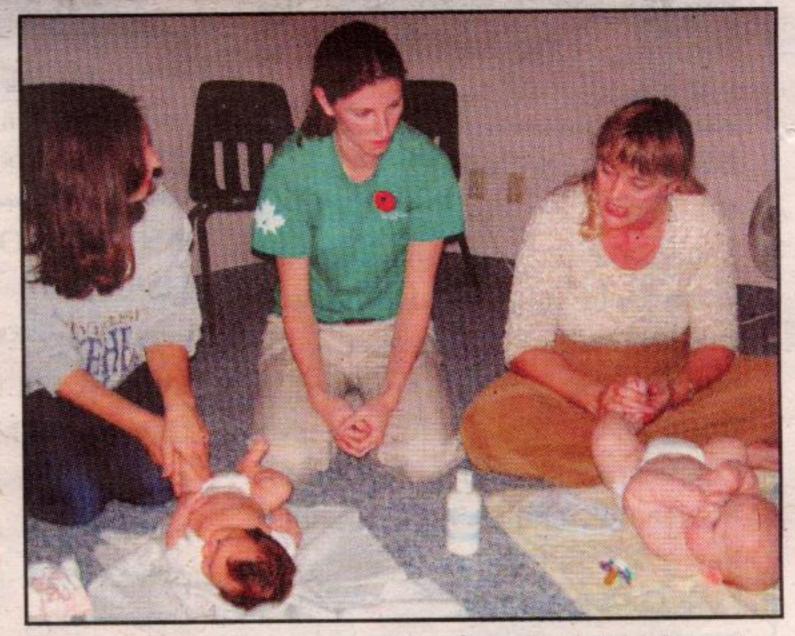


#### **VOLUNTEER OPPORTUNITIES**

CANADIAN MENTAL **HEALTH** Association in Acton is looking for Volunteer Drivers to provide clients transportation to and from social recreational activities in the Acton and Milton areas. Drivers are used both for regular activities (generally daytime) and for special events. For more information, please call 519-853-9793. (TFN)

THE MUSEUMS OF BURLINGTON could use your help as Museum Tour Guide or Program Education Assistant. Training is provided. For more information on this and other interesting volunteer opportunities, contact the Volunteer Program > Administrator, (905) 332-9888. (TFN)

#### Pre-natal Health Seminar



PHOTOS BY ANN KORNUTA

Kim St-Pierre with baby Chloe and Tere Wendover with baby Izak get a briefing from massage therapist Sarah Stephen during one of the many mini consultations set up at the Pre-Natal Health Seminar. The Pre-Natal care event took place recently at the Inner Sanctum Yoga Centre located at 400 Main Street.



The Pre-Natal Care consultants are: (back row left to right) Tabitha from "Enjoy Not Cooking", Pam Price, Reflexologist, Dale Ho, Pre Natal consultant, Sara Bingham from Wee Hands, Fionna Webster from the Soap Merchant and Carolyn Barrera, Lactation Consultant; (front row) Wendy Sammut Yoga instructor from Inner Sanctum, Susan Coulter, Doctor of Naturopathic Medicine, Sarah Stephen, massage therapist and Heather Whitney, Trained Doula.

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