

## 11th Annual Stress Management Seminar "The Beliefs That Run our Lives"

The public are invited to attend a free seminar entitled "The Beliefs that Run our Lives" on Wednesday, November 16 at 7:00 p.m. in Oakville. This event has been organized by Halton Healthcare Services in partnership with the Canadian Mental Health Association, Choices4Health, and Heart and Stroke Foundation of Ontario.

David Posen, M.D., Stress Specialist will be presenting this seminar on our belief systems. David Posen has devoted much of his professional life to helping people reduce stress, balance their lives and manage change. As a corporate keynote speaker, he has lectured on these and related subjects. David's ability to listen to his patients, audiences, colleagues, friends and even himself has resulted in three best selling books, "Always Change A Losing Game", "Staying Afloat When The Water Gets Rough", and "The Little Book of Stress Relief". For more information about Dr. Posen, visit his website at

www.davidposen.com

Dr. Posen will tell us what beliefs are, how they run our lives or cause problems, and what we can do about them. With his usual warmth and humour, David will share stories and examples that we can all relate to and learn from.

This is Dr. Posen's 11th annual stress management seminar in Oakville. It promises to be a lively and stimulating event. Copies of Dr. Posen's books will be available for purchase and signing.

The event will be held at the 707 Galaxy Banquet Hall in Oakville on Wednesday, November 16, with displays and refreshments from 6:30 p.m. and the seminar commencing at 7:00 p.m. The Hall is located at 475 North Service Road East, which is just east of Trafalgar before Eighth Line.

To reserve a seat for this free event, please contact 905-338-4379 or elittle@haltonhealthcare.on.ca.

## Canadian Mental Health Association AGM

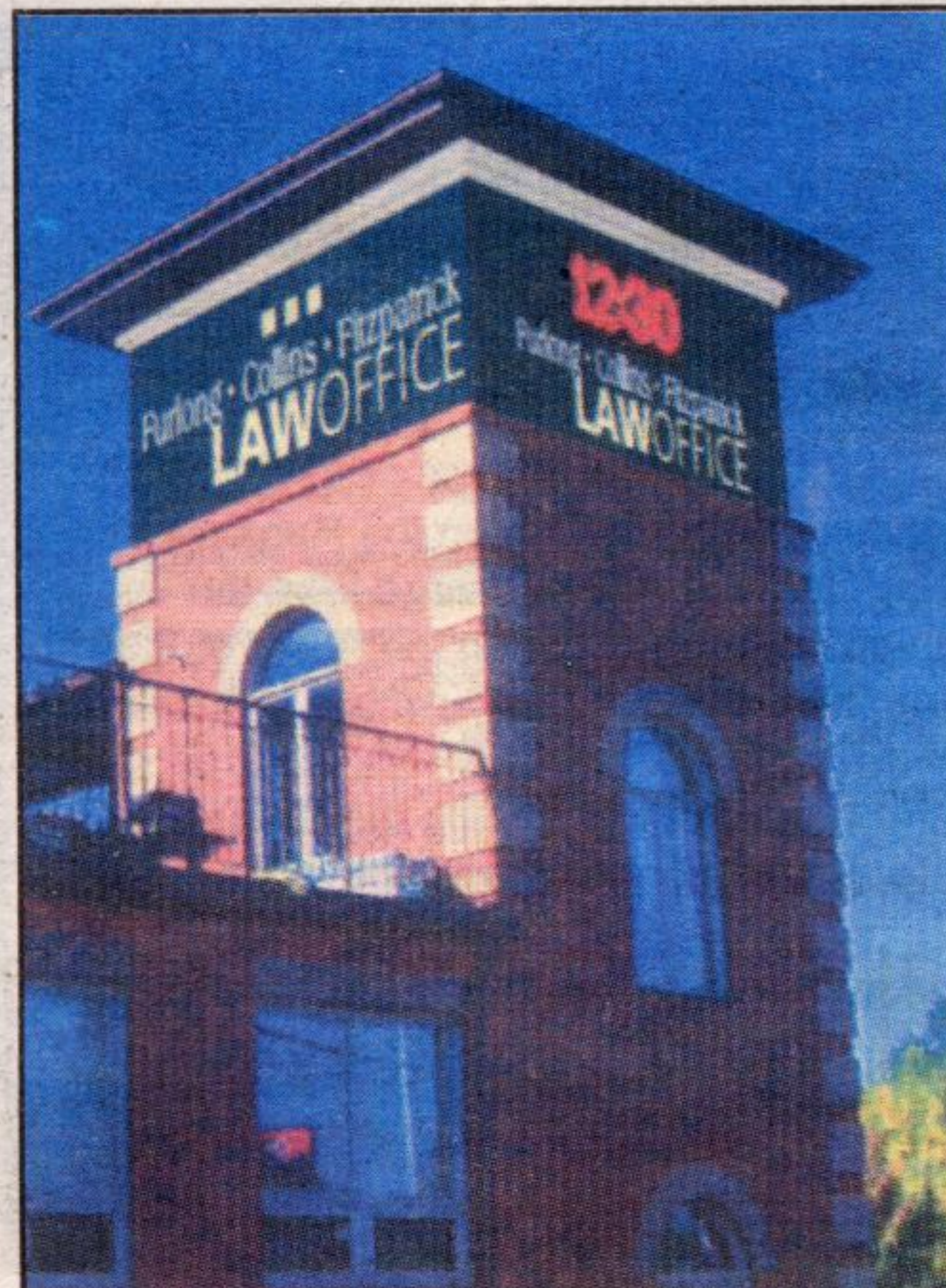
The Annual General Meeting for the Canadian Mental Health Association, Halton Region Branch will be on Tuesday, November 15, 2005 at 6:30 p.m. It is being held at Hugh Foster Hall, 53 Brown St., Milton. Refreshments will be served.

As part of the evening the Marlene Longdon Community Mental Health Award will be given out. This award goes to a person who has contributed significantly to the advancement of community mental health awareness and treatment in Halton. The award is named in honour of Marlene Longdon who served as the Executive Director of the former Halton District Health Council and was Chairperson and a long-time member of the CMHA/Halton Region Branch Board. During her career Marlene served on such prestigious boards as the Clarke Institute of Psychiatry and was Chairperson for the Ontario Mental Health Foundation. Her dedication to persons with Mental Illness has been demonstrated in her involvement in clinical care, advocacy and policy development over the last 30 years.

## Dufferin Aggregates receives award



Dufferin Aggregates Milton Quarry Manager Antonio Mascarenhas (centre right) and Environmental Manager Jason Warren (centre left) receive the Environmental Eagle Gold Award from NSSGA President and CEO Joy Wilson and NSSGA Chairman of the Board Richard Feltes. Only 5 aggregate producers in all of North America received the prestigious award.



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