

NEW STAFFER: Heather Coleman is ready for clients as a new member of the staff at The Wellness Centre.

New therapist

The Wellness Clinic on Main Street South has a new message therapist.

Heather Coleman of Guelph is a recent graduate of the three year course for registered message therapists at Sir Sanford Fleming College in Peterborough.

For the present Coleman will be at the clinic Tuesday and Thursdays and some Fridays. When the clinic relocates she will be working five days a week.

Her training, based on Swedish massage, is designed to offer therapeutic treatment for various conditions. She takes a "whole body" approach to treating

the whole patient instead of just treating the client's condition.

In addition to the regular uses, messages to relax the client's nervous system as a prelude to a chiropractic treatment is also a good idea.

"When the patient is relaxed there is less resistance to adjustments," she explains.

A Guelph native, Coleman already knows Acton indirectly because her father is an Acton elementary school teacher and she used to visit the school with him as a child.

She enjoys working out, sports, camping and is heavily into instrumental music.

SENIORS' REC. CTR.

By Dot Redekop

Hopefully I am back on track for a while now.

We have had a few mooners lately; Edna Nellis had two, Ruth Burke, Elma Braida, Jean Jackson and Mae Milton head one each.

The 50/50 draws were won by Pat Thompson and Robert

Snyder.

Don't forget our trip to Rama on Wednesday, Aug. 30. We leave at 8:45 a.m. and the cost is two for \$5. Quite a bargain.

On Wednesday, Sept. 6 there is a trip to the Old Mill restaurant to see a Mystery: "Who Wants to be a Dead Millionaire?" The cost includes lunch and the show. Sounds like it could be fun. We leave at 8:45 and return at 5 p.m. Seating is limited so just phone 853-5951.

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LEGION NEWS BRANCH No. 197

By Joyce Buchanan Br. 197 Secretary

Sadly, once again I have to report the passing of another of our vets. Norm Price passed away Tuesday, Aug. 15. Our sympathy goes out to his family. Thank you to those who turned out for the tribute on Thursday evening; the turn out was good.

I heard from Dobbie Frizzell, and crib players are needed. If you are interested you can leave your name and telephone number at the bar, or call Dobbie at 853-2021.

The Corn Roast is this Friday, Aug. 25 at 8 p.m. It's free, so bring your friends.

The Legion Masters is on Sept. 9; you should be registered now. If you are lucky

and can shoot a hole in one at the 18th hole you could win a car, courtesy of Guelph City Mazda. Don't forget the 8:30 a.m. shotgun start. Dinner will be served at the branch between 3 and 4 p.m.

I am working on updating the telephone listing, so if you have changed your telephone number or changed your address I would appreciate hearing from you. Also John Dunn on Membership.

Don't forget to give Jim Thornhill a call if you can work on a bar crew. His number is 853-3564 or sign your name on the sheet he has on the bulletin board.

THE WELLNESS CENTRE

CHIROPRACTIC Dr. Tom Thompson D.C. MASSAGE THERAPY

- Mark Weidner R.M.T.
- Heather Coleman R.M.T.

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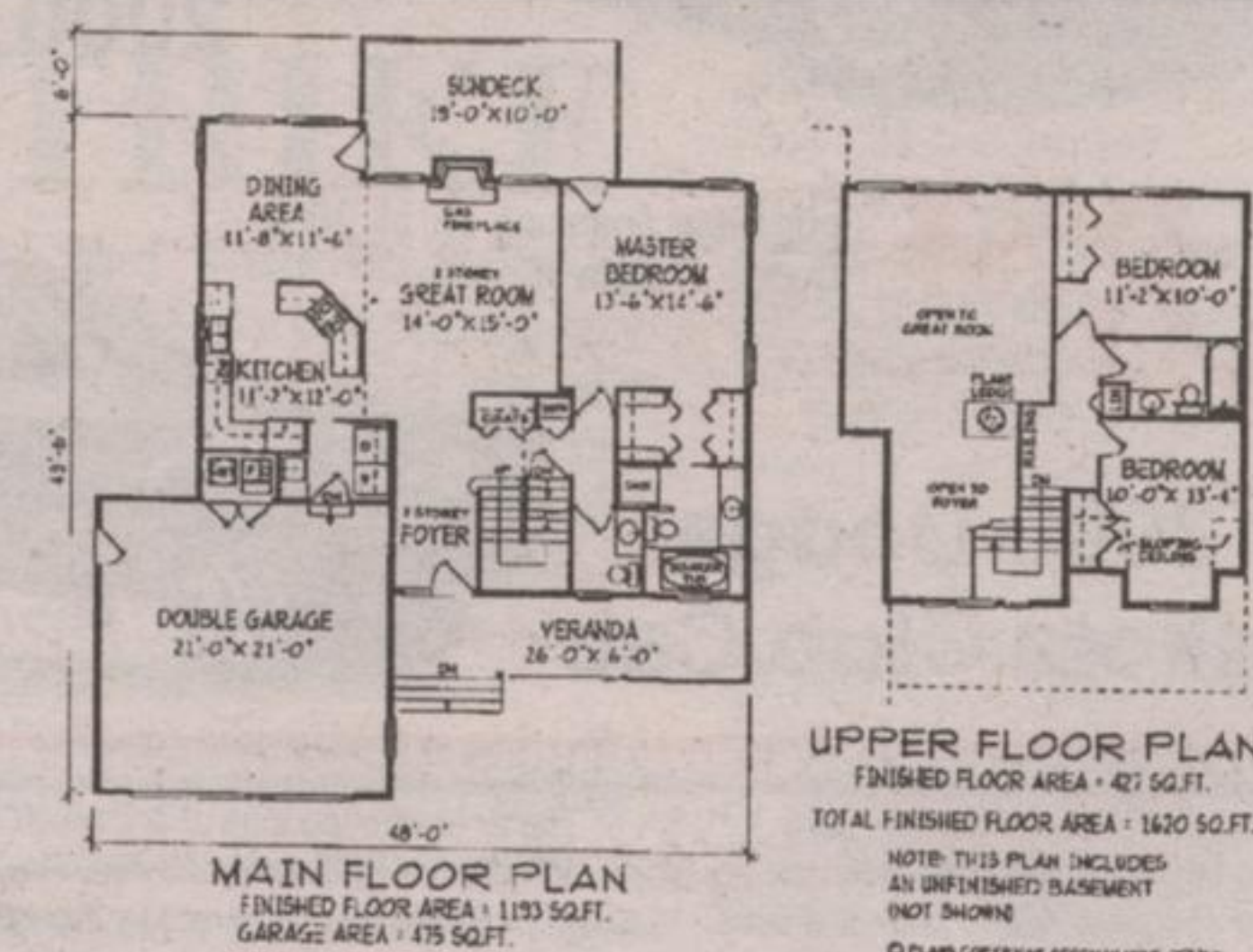


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