

Healthy Living

Recycle your closet on No Diet Day

The Halton Body Image Network, in partnership with the Salvation Army, invite people to participate in the sixth annual International No Diet Day.

The purpose of the day is to raise awareness of the dangers of dieting and to point out the many better ways to good health through eating for energy and focusing on self-esteem rather than weight loss. Dieting, usually undertaken by women and girls, undermines emotional and physical well-being and is often the first step toward more serious eating disorders.

The 1997 campaign addresses the reality that confronts many who have dieted for years. They have a closet of clothing that doesn't fit and it haunts them every time they get dressed. Recycling those clothes that no longer fit and donating them to a local charity will produce many positive effects. Others will benefit; and the donor will experience a feeling of freedom from diets and size prejudice.

Clothing donations can be made in Acton at the Salvation Army Thrift Store, 120 Mill St., phone 519-853-5610.

Drop off your clothing donations during May 3 to 11.

Further background to International NoDiet Day can be found on the Internet at www.hugs.com by clicking on the International No Diet Day button. International No Diet Day is sponsored by HUGS International Inc. and local contact is Hilda Seyler, Registered Dietitian, 905-815-0260.

Be active



Walk a mile in these shoes...

Your feet take more abuse than any other part of your body. Are ill-fitting shoes making you miserable? Try Birkenstock Sandals and shoes. Birkenstock offers sturdy footwear with complete support and comfort. Remember, happy feet, healthy body!



Willow Lane Natural Foods
15 Willow St. Acton 853-3051

Vitamins, Cosmetics, Herbs, Seeds, Spices, Baking Goods

Fire WON'T WAIT!
Plan Your **ESCAPE**

Develop a home fire escape plan now and practice it regularly. Make sure that every family member knows two ways out of every room.

The Re-elect Julian Reed M. P. Committee presents...

1997 BREAKFAST

with the Honourable

Paul Martin P.C., M.P.
Federal Minister of Finance

FRIDAY, MAY 9TH, 1997
7:30 - 9:00 am

ERNEST C. DRURY
SCHOOL FOR THE DEAF

Main Cafeteria
255 Ontario Street, Milton

Tickets: **\$50.00** (tax receiptable)



Paul Martin P.C., M.P.

For Tickets and Information Please Call **(905) 878-6665**

Acton Meadows Golf Club presents

1997 Tuesday Night Ladies League:
Ladies League Membership: \$250.00**

STARTS MAY 13

- *Recreational Fun League
- *Tee Reserved Weekly from 5:00 - 6:00 p.m.
- *Foursomes prepared by club
- *Great way to meet new friends
- *Weekly Prizes

Membership includes:
Ladies League Green Fees for 1997
Ladies League Prize Fund for 1997
Handicapping and Scoring
Pro Shop Merchandise and Green Fee Discounts

****Please forward by May 7**

ACTON MEADOWS GOLF CLUB
853-0631

NOTICE OF THE ANNUAL MEETING OF THE

GEORGETOWN & DISTRICT



MEMORIAL HOSPITAL

The Annual Meeting of the Georgetown & District Memorial Hospital will be held at the Georgetown and District Memorial Hospital in the Chronic Care Dining Room at 7:30 p.m. on June 26, 1997.

ALL WELCOME!! AGENDA

1. Opening Remarks
2. Minutes of the Annual General Meeting held on June 27, 1996
3. Report of the Chair/Office of the Chief Executive Officer
4. Report of the Chief of Staff
5. Report of the President of the Hospital Volunteers Association
6. Auditor's Report
7. Report of the Treasurer
8. Appointment of Auditors for 1997-98
9. By-Law #1 Amendments (if any)
10. Guest Speaker - Topic to be announced
11. Election of Directors
12. Adjournment

D. LAWSON
CHAIR OF BOARD



GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

83 Mill St., Suite B
Georgetown, Ontario L7G 5E9
Tel./Fax: (905) 877-8668

Basim Mokhtar, D.Phil., B.Sc.(PT), M.C.P.A.
Marta Masley, B.Sc.(PT), M.C.P.A.

We are pleased to announce the opening of our private physiotherapy clinic:

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

83 Mill St., Suite B
(Downtown Professional Building)
Georgetown, Ont. L7G 5E9

We provide treatment for injuries related to
•Work •Sports •Motor Vehicle Accidents
With emphasis on active rehabilitation

OTHER SERVICES INCLUDE:

- Industrial Rehabilitation
- Injury Prevention
- Homecare

Services are covered by the Workers Compensation Board, Car Insurance and employee Extended Health Care Plans.

Early, evening and weekend appointments as well as home visits are available.

Please call 877-8668

THE OWNERS

BASIM MOKHTAR graduated from the University of Ulster in Northern Ireland with a Bachelor of Science of Doctor of Philosophy degree in Physiotherapy.

MARTA MASLEY graduated from the University of Toronto with a Bachelor of Science degree in Physiotherapy.

Both Basim and Marta have developed special interest in sports injuries and orthopedic rehabilitation, and have solid clinical experience in Ontario and overseas.