

Healthy Living

R CENTRAL
YOUNG'S PHARMACY & HOMECARE
877-2711
 DOWNTOWN GEORGETOWN



Resource guide is now available for women

The Women's Health Network has launched a new resource for women—Your Health Matters...A Resource Guide and Diary for Women.

Developed by The Women's Centre, in partnership with Halton Regional Health Department, Oakville Trafalgar Memorial Hospital and Liberty Health, this resource guide provides women with up-to-date health information in an easy-to-read format.

The purpose of the diary is to promote wellness by encouraging women to keep track of their own health and to provide information that will help them communicate more effectively with health care professionals. What makes Your Health Matters exciting is its usefulness, not

only for its current information, but also for the portable record keeping booklet located in the back of the diary. Charts are provided to note annual screening tests, medications, health history and concerns to discuss with

health care professionals. Free copies of Your Health Matters... are available to all women in Halton Hills at the Health Department by contacting Maggie Connolly at 877-2238.

A special speaker

Public Health nurse Maggie Connolly spoke to the North Halton District Scouters recently. Her subject was drugs and alcohol and the need to show kids how to make a positive choice. Connolly's presentation was well received by the scouters and she was thanked by District Commissioner John Rothwell. Jean Layman photo

Risky allergies: seminar May 22

On Thursday, May 22, at 7 p.m. the Georgetown Anaphylaxis Support Group in partnership with Georgetown and District Memorial Hospital and Halton Region are presenting an evening on Life-Threatening Allergic Reactions at the Bennett Centre Activity Room. Frances Bonyun, Public Health

Nurse, will present an overview of symptoms of an allergic reaction. Scott Kline will speak on ambulance care and Drs. Elliott Halparin and Nigel Phipps will deal with emergency medical treatment. Teachers, coaches, babysitters, etc. as well as anaphylactics will find this presentation of interest. For free registration call 853-4086.

When you say: **"HEY CULLIGAN"**

Culligan Water Treatment

- Rentals • Sales
- Lease To Own

Georgetown (905) 874-3044
 519 Area code 1-800-463-3622

The Chiropractic & Sports Injuries Centre
 211 Guelph St., Suite 4 of Georgetown

- Early AM, evening & weekend appts.
- Senior, Student & Child Rates
- Workers' Compensation & Private Insurance
- X-Ray Facilities On Premises

New Patients Always Welcome

(905) 877-9996

Dr. Robert Jones, Chiropractor

AQUAFINE YOUR LOCAL WATER SPECIALISTS

HEALTHFUL WATER

To TASTE THE DIFFERENCE
 Please Call 877-6242 or 1-800-265-2857

WAL-MART®

GARDEN CENTRE

Better Every Day Low Prices. *Always*

EVERYDAY LOW PRICE

9⁹⁷ each
10" Hanging Basket

OPEN VICTORIA DAY WEEKEND

Sat.	May 17	7 am - 6 pm
Sun.	May 18	8 am - 5 pm
Mon.	May 19	8 am - 3 pm

At our Garden Centre you'll find a great selection of Nursery Stock, Fertilizer, Lawn Mowers, Garden Accessories, BBQ's and Patio Furniture, at GREAT EVERYDAY LOW PRICES.

LIVE PLANT GUARANTEE
 All live plants purchased at Wal-Mart are guaranteed. If one of them fails to grow, just return it (with your receipt) and we will cheerfully replace it or refund your money. Your Satisfaction Is Guaranteed!

EVERYDAY LOW PRICE

1⁷⁷ each
 9 cm
Perennials

EVERYDAY LOW PRICE

9⁹⁶ each
Potted Roses

2/1⁵⁰
 EVERYDAY LOW PRICE
4 Pack Annuals

EVERYDAY LOW PRICE

97¢ each
 25 L
Plantsmart Topsoil

EVERYDAY LOW PRICE

4⁹⁷ each
Peat Moss
 3.8 Cubic Feet

EVERYDAY LOW PRICE

7⁶⁶ each
Plantsmart Weed 'n Feed
 20-10-5

EVERYDAY LOW PRICE

199⁹⁷ each
Rear Bag Lawnmower

EVERYDAY LOW PRICE

11⁹⁷ 2 gallon
Pyramidal Cedars

EVERYDAY LOW PRICE

2⁶⁸
15" Medium Urns

EVERYDAY LOW PRICE

77¢ each
Geraniums

GEORGETOWN MARKETPLACE MALL - 873-0400
 Garden Centre Hours: Monday to Friday 8 am - 9 pm; Saturday 8 am to 6 pm; Sunday 11 am - 5 pm