

Healthy Living

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YOUNG'S PHARMACY & HOMECARE AND Medical Centre Pharmacy

present their Healthcare Seminar on:

Arthritis Your Medicines And You

Thursday October 15, 1998
 Young's Pharmacy and Homecare Seminar Room

This is another in a series of free health care clinics presented by Young's Pharmacy & Homecare and Medical Centre Pharmacy pharmacists.

- Evening format: - Program 7:30 - 9:30 PM
 - Lecture information session
 - Refreshments
 - Demonstrations and question and answer period

Call 877-2711 for information and registration.
 Please register early to confirm your seat

Next Evenings: *Diabetes for persons using insulin* November 12
Diabetes for persons not using insulin November 19



Relax with reiki Local woman takes away stress

By LISA TALLYN
 Staff Writer

Joyce Caldwell-Grozier would like everyone to be stress-free. The Terra Cotta woman, whose company is called Touch of Harmony, has several stress-relieving treatments she provides for her clients. They include therapeutic touch, reflexology, reiki, ear coning and guided imagery.

"If you're stressed and you want rid of it, I'll do my best to help you," said Caldwell-Grozier.

Clients come to see her in her Terra Cotta home or she visits them in their home or office.

During a recent visit to Caldwell-Grozier's home I was treated to a sampling of reiki and through guided imagery a tranquil walk through the woods without even leaving the chair. I drove back to the office feeling relaxed and peaceful.

Reiki, which is believed to have originated in Japan in the mid 1800s, is a hands-on treatment in which the practitioner places their hands on the recipient's fully clothed body to exchange energy. Caldwell-Grozier said it is said to "invite a mind/body wholeness, that in turn channels total relaxation."

"We act as a conduit for the energy coming from above," she said. Reiki is supposed to



Joyce Caldwell-Grozier performs reiki on Wanda Komorowski, who is also a reiki practitioner. A reiki treatment is supposed to relieve stress and tension, cleanse toxins from the body and speed the healing process.

cleanse toxins from the body and speed the healing process. Benefits from it are to include stress and tension relief and it is to help remove blocks to open and align chakras (energy force centres) to maintain good health.

"You have to be totally a giver," said Caldwell-Grozier about someone who practices reiki and some of the other alternative therapies. "Everything is geared to help that person to improve."

See REIKI, pg. 17

HALTON HILLS SPEECH CENTRE

PARENT SEMINARS

CHILDHOOD STUTTERING: What Should I Do?

A one hour parent information session addressing common questions and concerns about childhood dysfluency. Questions to be addressed include: Why is my child stuttering? What causes stuttering? What is the difference between normal and abnormal stuttering? How can I help my child?

DATE: Saturday, October 24, 1998 TIME: 10:00 a.m. - 11:00 a.m.
 or Saturday, November 14, 1998



COMMUNICATING WITH YOUR INFANT

A one hour parent workshop that will address early speech and language development (newborn to 2 years old). Learn simple strategies that will encourage your child's communication skills.

DATE: Tuesday, November 3, 1998 TIME: 7:00 p.m. - 8:00 p.m.

TALKING TO YOUR TODDLER

Explore the development of your toddler's (2-4 years old) communication skills. Learn helpful techniques that will facilitate your child's speech and language development.

DATE: Tuesday, November 10, 1998 TIME: 7:00 p.m. - 8:00 p.m.

PHONICS AND THE PRESCHOOLER

Give your child a head start in the areas of oral language, reading and spelling. Learn how you can develop your child's sound awareness at home to songs, stories, rhymes and simple games.

DATE: Tuesday, November 24, 1998 TIME: 7:00 p.m. - 8:00 p.m.



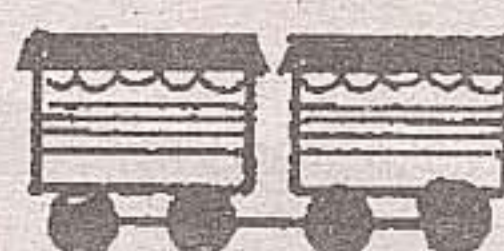
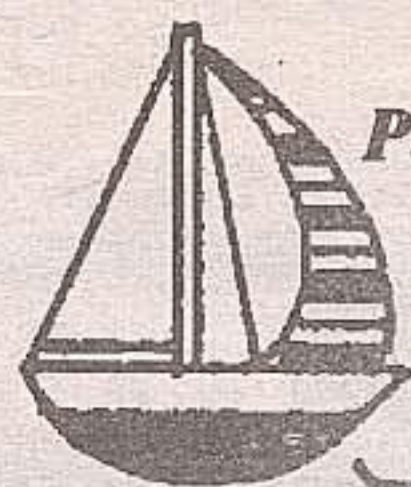
THE HEALTH & WELLNESS CENTRE OF GEORGETOWN

106 Guelph St.

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FEE: \$15.00 per session

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