

Health Care

MASSAGE THERAPY at the HEALTH & WELLNESS Centre of Georgetown
 Sara Cockton, RMT, Richard Lawson, RMT
 Anna Finlan, RMT
873-7679
 106 GUELPH STREET

HEALTHCARE DIGEST

Ladies volleyball

Have some fun at Ladies Volleyball held at Georgetown High School every Tuesday, 7:30-9:30 p.m. Everyone welcome. Register \$25 for the season or \$3 drop-in fee. Info: Martha, 878-6026.

Seniors lecture series

Georgetown Seniors Centre hosts a series of lectures: Nov. 16, 1 p.m. — Dave and Betty Naylor of Naylor's Desert Plants will show a slide show on cacti and other succulents; Nov. 23, 2 p.m. — Joyce Grazier, Therapeutic Touch Network will focus on healthy age and reflexology. Info: 877-6444.

Bowlers wanted

The 4th annual Strike Out Arthritis bowling event comes to Classic Bowl, Mississauga on Nov. 20. Corporate, family and group teams of four to six will raise money for arthritis research and win gifts including tvs and stereos. If you would like to spare a few hours, call the Arthritis Society at (905) 712-2281.

Overeaters Anonymous groups meet

Do you worry about the way you eat? Overeaters Anonymous may have the answer with its 12-step program of recovery. Overeaters Anonymous-Acton meets Thursdays, 10 a.m. at the Acton Christian Reformed Church, Queen St. (Hwy 7). Another group meets Sundays, 7:30 p.m. at Sacred Heart Parish, 238 Main St. Rockwood (side door). Info: 702-8368.

Midwifery information sessions

Did you know midwives attend births in hospitals as well as at home? They provide primary prenatal care including appropriate tests. Extensive postpartum care provides home visits in the first week. All care is fully funded by the Ontario Ministry of Health. Free information sessions are held at Guelph Midwives, 421 Woolwich St. Call (519) 823-9785 for more information.

Diabetes 2000 at the hospital

The Georgetown Hospital Diabetes Education Clinic is hosting a free diabetes information evening, Nov. 23, 7 p.m. in the hospital activity room. Guest speaker will be Dr. J. McConnon, an endocrinologist. The Diabetes Education Team— nurse, dietitian, foot care specialist, pharmacist, physician and patient— will participate in a question and answer session. To reserve a seat, call 873-0111, ext. 294.

Parents can learn how to stimulate their children's brain development

A father is holding his son in his lap. His arms are around him holding up the book with large colorful pictures. He is reading the words and talking about the animals in the pictures.

This father is helping to lay the foundation for early brain development. In the past three years, researchers have given us key facts about how the human brain develops.

Fraser Mustard in his report, The Early Years Study, released earlier this year, brings together a body of research from the past 10 to 15 years on how the brain develops during the first three years of life. Brain development in the period from the time a baby is conceived to six years of age sets the base for learning, behavior and health during the entire life. The challenge is to make sure all of our infants are able to develop to their potential.

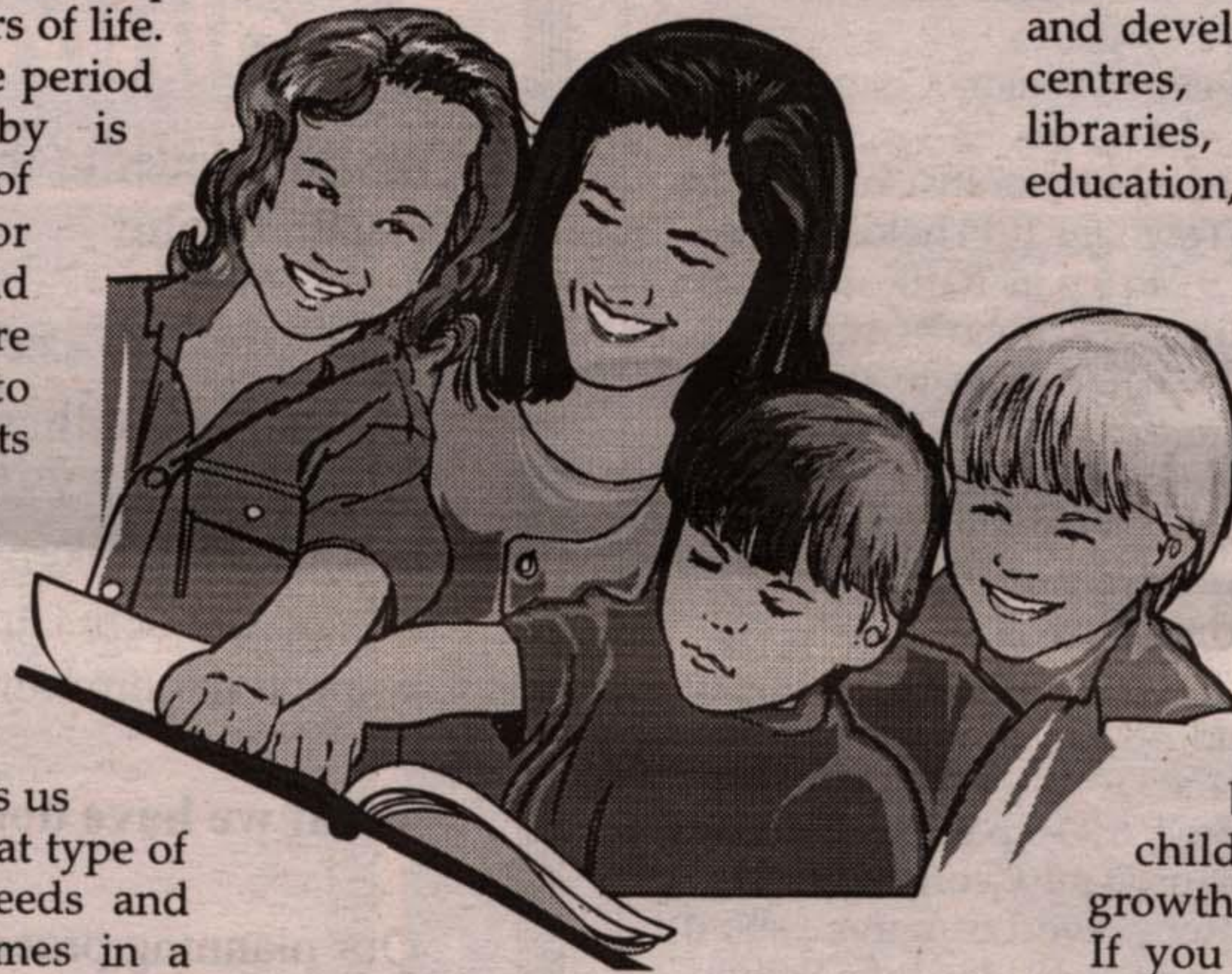
The research confirms what parents have known for centuries, that babies and children need love and care. It also gives us greater direction as to what type of stimulation the brain needs and when. There are key times in a child's life that certain parts of the brain need stimulation.

"Stimulation" can be good or bad; for example, stimulation from a violent home environment can change the course of the child's development resulting in possible

HEALTH NOTES

challenges for the child later on. Brain development impacts on things like the child's ability to see, hear, control their emotions, speak and socialize with others.

But what does this really mean for us as parents, grandparents, aunts, uncles, professionals, caregivers and community members?



A young child's brain develops through their senses... sight, hearing, touch, smell and taste. Breastfeeding, holding your baby, speaking to your baby, reading to your baby are all part of the

essential stimulation a baby needs to develop into a healthy child. Friends and family members can provide valuable support to families with young children through role modeling positive interaction with their children.

Some parents or caregivers may not be able to make this connection with their baby for a variety of reasons. In some cases, help may be required in order to make the connection between a parent and child the best it can be.

In Halton parents are fortunate to have a broad range of resources which help parents in giving their children what they need to grow and development. Family resource centres, prenatal education, libraries, preschools, parenting education, and home visiting are only a few of the local resources.

It takes years to become a pilot. It takes years to become a teacher. It takes a lifetime to become a parent. Take the time to invest in parenting, and learn how to lay the building blocks your child needs for healthy growth and development.

If you would like to find out more about supports available call the Halton Babies and Children line at 853-0501 or 878-8113, or TTY (905) 827-9833.

Health Notes is prepared by staff of the Halton Regional Health Department.



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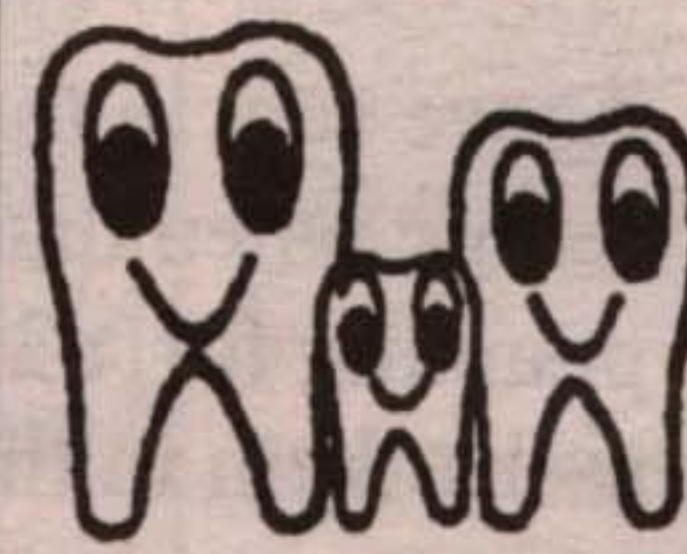
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ANNOUNCEMENT



SUBTLE ENERGY THERAPY

Carol Baltkals, a Subtle Energy Therapist, Reiki Master and Teacher, is pleased to announce her association with The Health and Wellness Centre of Georgetown, 106 Guelph Street.

Carol will be available for appointments on Tuesdays and Thursdays between the hours of 12 noon to 8 p.m.

For further information or to book an appointment please contact Carol at 873-7679.



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Diabetes

1-800-BANTING STOP the epidemic.

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Please call Jeanette or Shantelle at 873-0301

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