

Taking care of women



Limehouse Women's Institute hosted an evening focussing on Women's Health recently. Public health nurses Diane Roberts and Darlene Sarrow from Halton Region Health Department's Heart, Health and Cancer Prevention Program gave an informa-

tive presentation on breast health. Attending the event were from left, W.I. members Agnes Swinkels, Jean Anderson, Glenda Benton, Audrey Wilton, Kathleen Lawson and public health nurses Diane Roberts and Darlene Sarrow. Photo by Eve Martin

Shoppers Drug Mart to inform customers about the 'silent thief'

Shoppers Drug Mart's Health-watch pharmacists will be hosting Osteoporosis Day on Tuesday, Nov. 14.

Women, 45 and older, are encouraged to book individual consultations with the pharmacists to learn more about osteoporosis prevention and treatment.

Osteoporosis is often called the silent thief, because it steals bone mass without any telltale symptoms from one in four women over the age of 50. Those most at risk often don't think it will happen to them and those diagnosed often

fail to follow prescribed treatment.

As many as 1.4 million Canadians have this disease and it is responsible for as many as 17,500 hip fractures a year, according to the Osteoporosis Society of Canada.

During each appointment, pharmacists will conduct an assessment, educate the patients about the condition, and explain the role of medication. Patients will also receive free take-home information.

To book an appointment call 1-800-363-1020.

Q: Why did the chicken cross the road?



A: To live longer.

By walking across the road, the chicken gained a healthier heart and lungs... and a positive attitude.



ANNOUNCEMENT

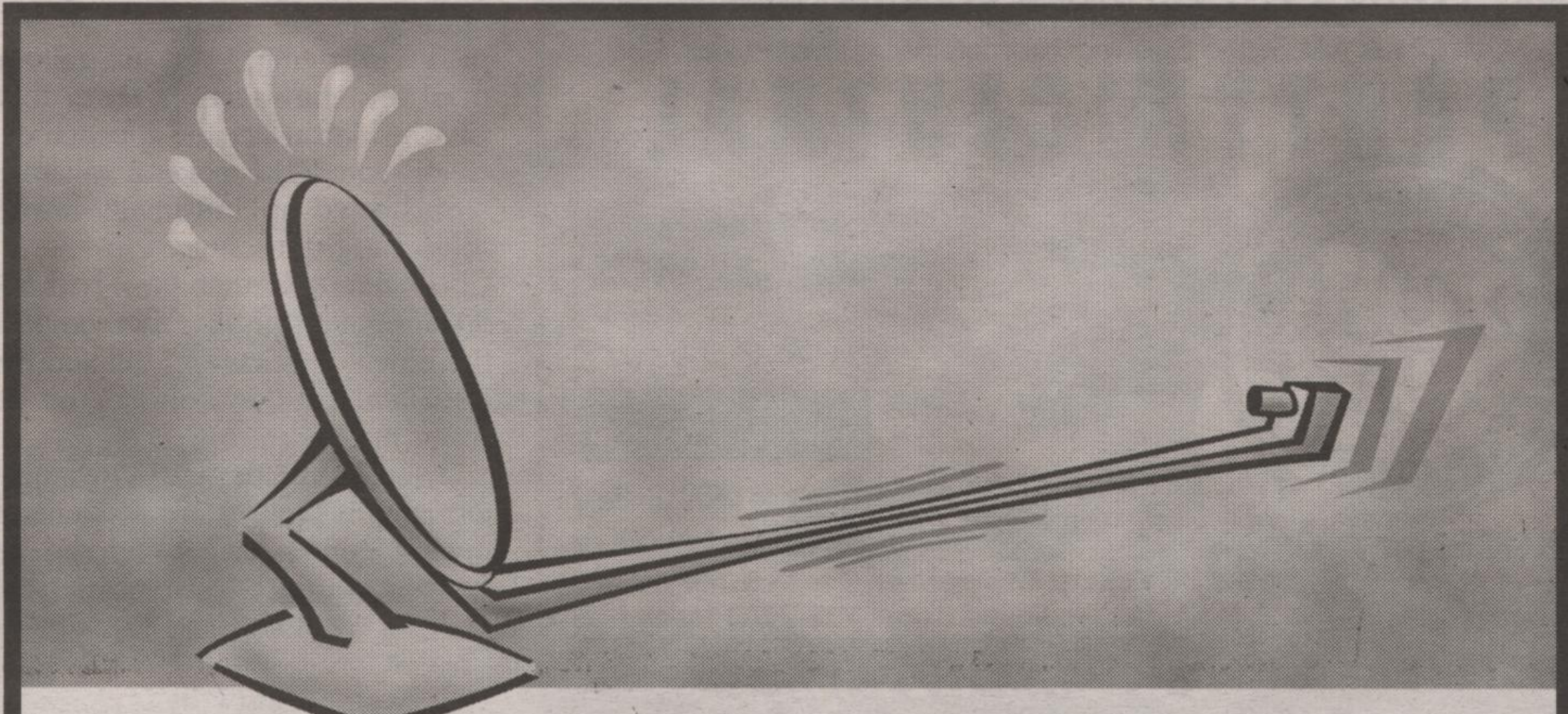
Georgetown Naturopathic Wellness Centre

would like to welcome
Jane Buckler B.A., N.D.
Naturopathic Doctor
Free 15 minute pre-consult available with Jane.

Albert Gregori C.A.T. (C)
Athletic Therapist and third year student of Cranio Sacral and Osteopathy

The Naturopathic Wellness Centre also offers:
Acupuncture
Registered Midwives
Food Sensitivity Testing
Certified Aromatherapist
Certified Reflexologist
Ear Candling
Full Laboratory Services

To book for an appointment please call
(905) 873-2361



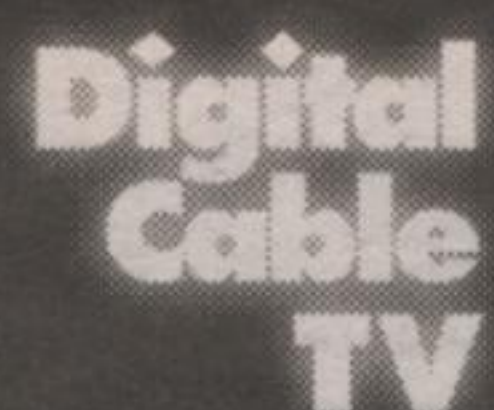
PINOCCHIO'S NOT THE ONLY ONE HAVING TROUBLE TELLING THE TRUTH.

WHEN PEOPLE STRETCH THE TRUTH, it becomes rather obvious. Like the recent claims from Satellite TV companies. The stories keep growing and growing and growing. That's where COGECO Digital Cable TV is different. We think the only thing that should stick out are the facts.

And fact is, with COGECO Digital Cable TV you get tons of channels and oh-so-many choices. Choices that cater specifically to what you want to see. Choose from Variety Paks brimming with a huge selection of specialty channels. Pick from movies galore with numerous Pay Per View channels. Select from exciting new channels (and watch for more on the way). Bundle Digital Cable TV with other COGECO services. Choose from everything we offer—and save money too with our unbeatable value. So you see, the choice really is yours!

COGECO comes out ahead. Honestly.

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| Full customer service 24/7 | ✓ | ✓ |
| All local & community channels | ✓ | |
| Easy installation | ✓ | |
| Fleet of local service vehicles | ✓ | |
| Warranty covers free equipment upgrade | ✓ | |
| Multiple outlets with no extra equipment (up to 65 analogue channels) | ✓ | |



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Not available in all areas. Some restrictions may apply

DISPLAYS - 7:10 pm

WATER CRISIS!!

HEAR **MAUDE BARLOW**

On Thursday, Nov. 16th, 7:30 PM
At Georgetown District High School

BLUE GOLD: THE GLOBAL WATER CRISIS AND THE COMMODIFICATION OF THE WORLD'S WATER SUPPLY

OVER 500 IN GUELPH HEAR MS. BARLOW!!

There is no one else quite like Maude Barlow on the Canadian scene today. Activist, author and policy critic, she is an outspoken crusader for Canadian sovereignty and citizens' rights. In just over a decade, Maude has helped build the Council of Canadians into a non-profit, non-partisan public interest organization of more than 100,000 citizens.

Maude has authored or co-authored 11 books. A dynamic speaker who is fully informed of all the facts, Maude will bring you information about both federal and provincial policies that will affect your water.

At the Annual General Meeting for Protect Our Water and Environmental Resources P.O.W.E.R

Displays at 7:10 p.m.
Adults - \$10
Students - A donation

Tickets at
Beeline Travel Main Street
Select Energy Georgetown Mall
Acton Credit Union
Acton Social Services

• TREES - 2000 • Halton-Peel Field

• Coalition on the Niagara Escarpment • Biosphere Conservancy • Bruce Trail Association • Credit River Anglers • Save our Ravines