

# Healthy Living

With Osteoporosis a fractured hip could be a life sentence.



Osteoporosis Society of Canada

Call 1-800-463-6842 for more information.

## Learn to love your stress in free Nov. 28 seminar

Individuals wishing to learn how to deal with stress at home and the workplace are invited to attend a free seminar, Stressed Out and Loving It.

The speaker for the evening will be Sharron Stasuik, who has spoken about stress for the last 20 years to varied audiences ranging from teachers and nurses to government and business people. Stasuik combines humour and common sense with every day life issues and shows people a positive and healthy approach to managing life.

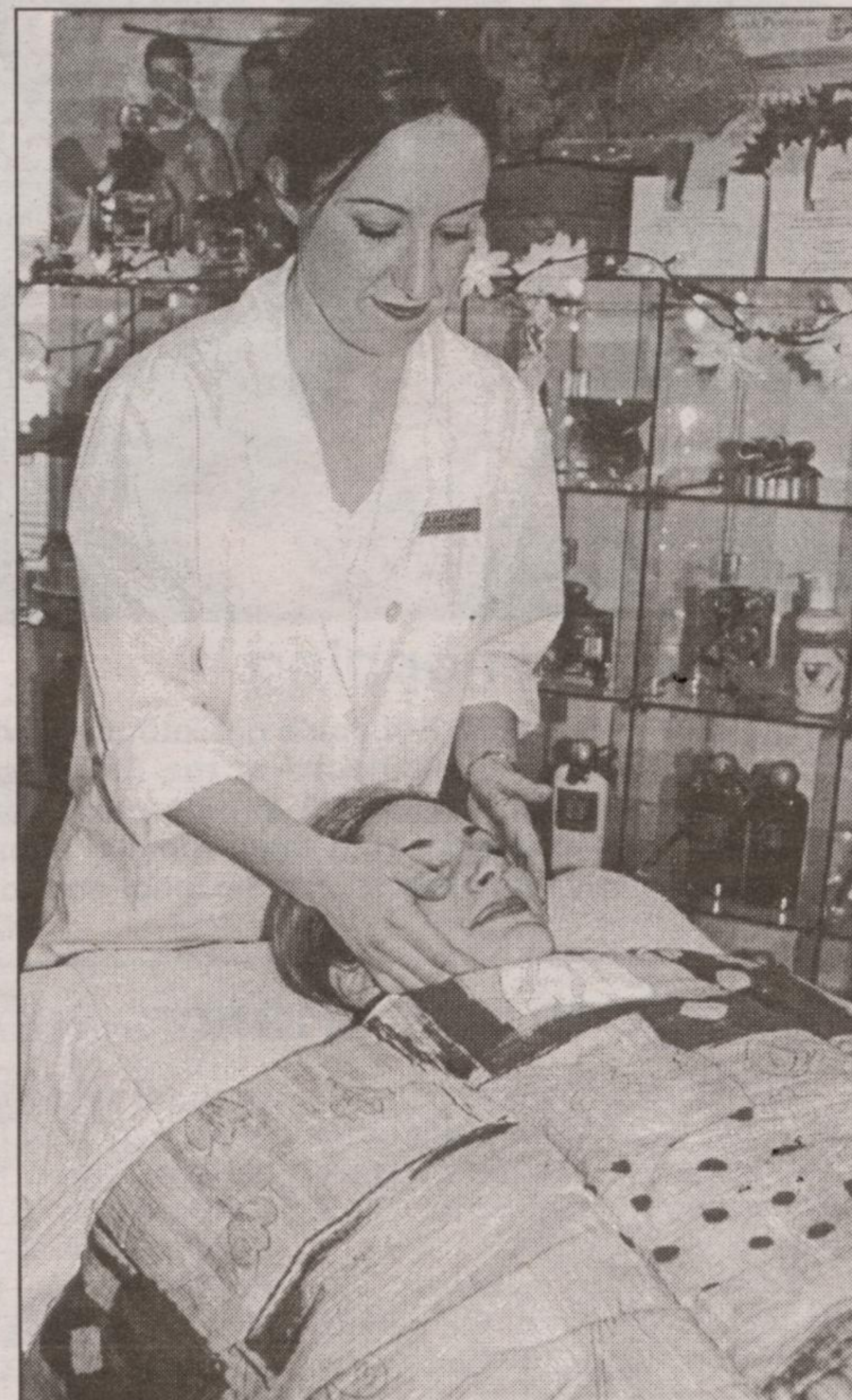
Stress is something everyone faces as a part of living— it's a state of mind that can make or break a day. Stress can be useful when it causes people to take positive action. However, too much unmanaged stress can make people feel tired, overwhelmed and even ill. Stress comes from change

and the pressure of too many demands. These often come from outside sources or from personal thoughts. No one can avoid stress but everyone can learn how to deal with using a variety of methods to keep stress from building to the breaking point.

This free seminar is presented by the Halton Healthcare Services (Milton District Hospital), in partnership with the Canadian Mental Health Association and the Heart and Stroke Foundation of Ontario.

It will be held at Milton District High School, located at 396 Williams Ave. in Milton. Displays and refreshments will be available between 6:30 and 7 p.m. The presentation will begin at 7 p.m.

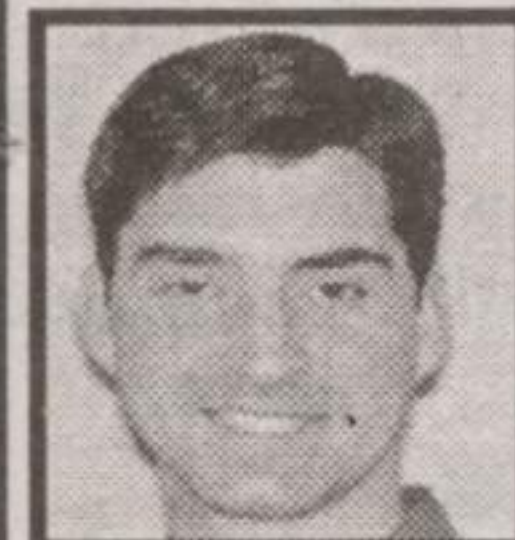
To reserve a seat, call (905) 338-4379. ASL interpreter services for the deaf will be arranged if requested, call 876-7045 or e-mail cpopp@otmh.on.ca.



### Facial fun

Esthetician Charlene MacDonald demonstrates the benefits of a facial to Jamie De Petrillo during Downtown Spa and Relaxation Centre's anniversary celebration on Saturday. Visitors were able to tour the Main St. Georgetown facility and check out their services such as full body seaweed wrap.

Photo by Eve Martin



By Cory Soal R.H.A.D.

### ... Lend Me Your Ears

A diminished social life is one of the most difficult aspects of age related hearing loss. Many people avoid drawing attention to their hearing loss by having fewer social contacts when it becomes difficult understanding what is being said.

The result is an altered and lonely existence that family and friends may mistake for dementia.

Learning new strategies to cope with hearing loss could go a long way to restoring confidence and improving communication. The Hearing Clinic recommends the following: Inform people of the hearing loss so they may modify their speech; eliminate background noise; watch the speaker carefully and sharpen natural lip-reading abilities; ask the speaker to repeat what was said if necessary, and above all else: Have your hearing thoroughly tested and properly fit with one of today's modern hearing instruments. Contact The Hearing Clinic if you or someone you know needs assistance.



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Professional Arts Building  
99 Sinclair Ave., Suite 210  
Georgetown  
(905) 873-6642

### HHCSI accepts Christmas donations

Applications and donations are being accepted at Halton Hills Community Support and Information (HHCSI) for the Christmas Needs Program.

Each year, many community members donate practical items and money to HHCSI during the holiday season. Financial donations enable the HHCSI to purchase such items as track suits and pajamas for children

of financially-limited families. HHCSI will also accept donations of clothing, toys and knitted items.

If Christmas might be difficult financially this year for your family, feel free to drop by HHCSI office at 45 Mill St., E., Acton to apply for the Christmas Needs Program. All applications are kept strictly confidential. For more information call Cathy at 853-3310.

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- Migraine
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This service is available with a Computerized Electro-Dermal Screening  
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- Identify environmental allergies to heavy metal, such as lead, aluminum and other types of allergies to yeast fungus, molds and parasites
- Determine the energetic level of each organ/body system and how well they are functioning.

To book an appointment for your food and allergy screening please call 905-873-0194.

**Nancy Desjardins R.N.C.P.**  
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