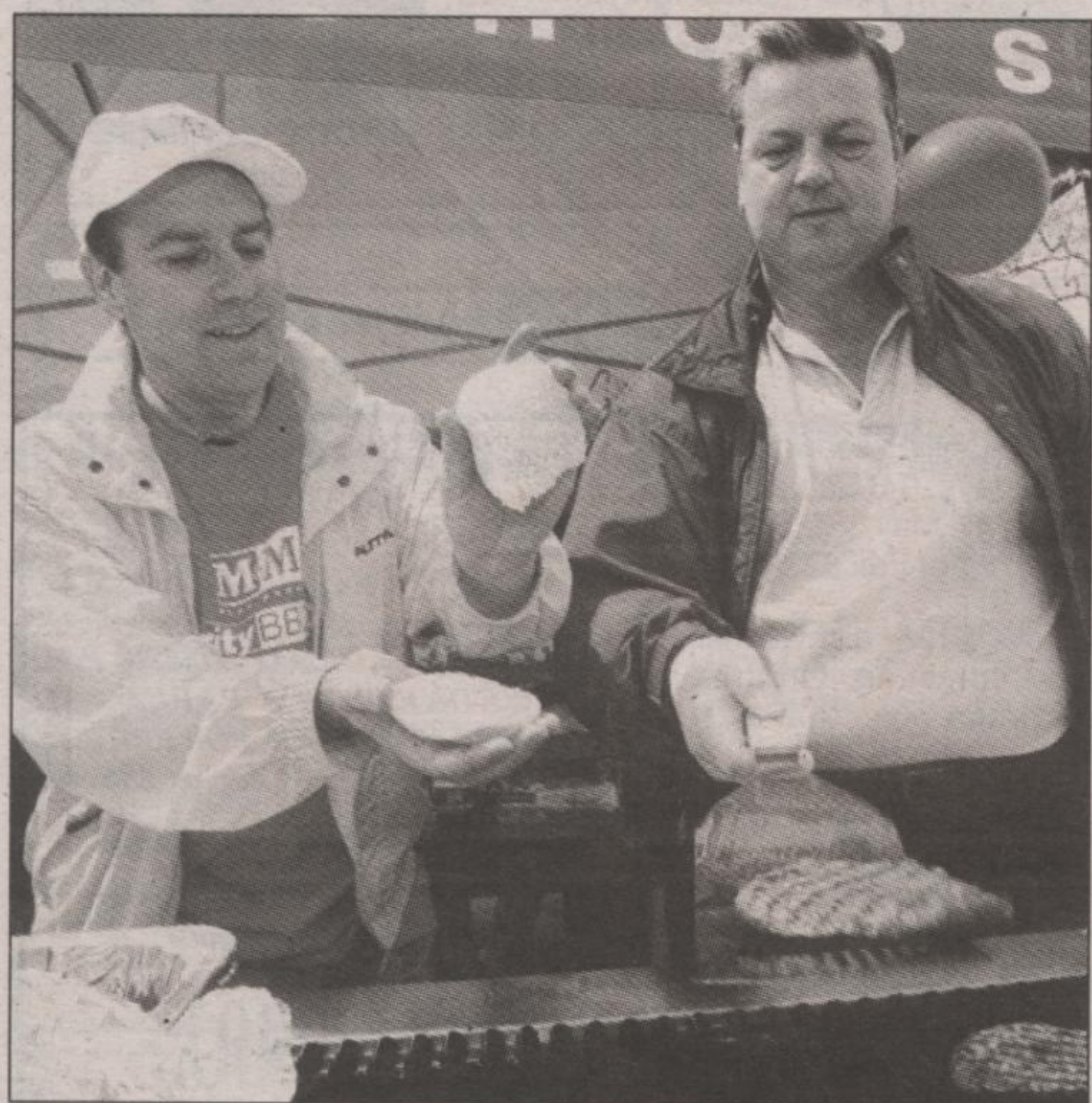


# Business

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## Flipping for charity

There was a steady flow of hungry people at the recent Acton M&M Meats' annual barbecue to raise money for Crohn's and Colitis Foundation of Canada. Above, Tom Waller, operations manger for Mac's Milk, flips burgers while John Jackson, Mac's Milk food service representative, waits with a bun. M&M Meats is located within the Mac's Milk Store on Queen St. in Acton.

Photo by Christine Smyth

## Women's conference to look at career options

Women who are unemployed, looking for work or wanting to learn new skills, can find out where to begin at Options: The Conference that Works for Women.

This two-day conference takes place on Tuesday, May 29 and Thursday, May 31, 8:30 a.m. to 3:30 p.m. at the Holiday Inn, 3063 South Service Rd. in Burlington.

The conference is open to Halton women at no charge and assistance with transportation to the conference is available. However space at the conference is limited, so women must preregister by calling 1-866-4HALTON (1-866-

442-5866), ext. 4170.

At the conference women will learn about job prospects for the future, local training programs, resources available in your community and tips on balancing work and family. Working in small groups, the participants will also spend

time identifying their skills, strengths and interests to help find the type of job that suits them best.

The conference is organized by Halton Region, Human Resources Development Canada and The Centre for Skills Development and Training.

## Non-profit groups invited to goal seminar

Halton Region is offering a training workshop, Revenue Mapping: The Road To Success, to give non-profit organizations the skills to ensure their future, at the Halton Regional Building, 6-9 p.m. on Monday, May 28.

Groups will learn how to identify resources, write proposals, establish partnerships, recruit volunteers and secure corporate donations.

The cost is \$35 per person. To register call Ann Harvie, 1-866-442-5866, ext. 7135. Space is limited.

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## Learn to speak with confidence

Come to the Halton Hills Toastmasters Club, every Monday, 7:30 p.m. in St. Alban's Hall, Glen Williams. For more information call Margaret Teasdale, 877-1052 or Judy Robertson, (905) 877-1922.

## Tooth Chatter



by  
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 DENTURIST**

### RELINING DENTURES

Loose dentures on a resorbed jaw bone causes the distance between the nose and chin to become too short. As a result, the mouth and lip muscles sag, therefore causing the skin to become wrinkled and lined. The answer to this problem is either new dentures or "relining". If your dentures are under 5 years old, relining is probably the answer.

With relining, impressions are taken of the gums and bone as they are now. New plastic is added inside the dentures so they adapt to the new jaw contours. This makes the lips and cheeks fuller, therefore some of the wrinkles actually become "ironed out". It also makes the dentures fit more snug to the gums, so that the dentures become tighter.

Your gums are constantly changing and shrinking of the gums can create sharp ridges forming because of the pressure of the denture. This can cause considerable discomfort, and can lead to permanent gum damage. Relining your denture is a quick inexpensive way of giving you much needed comfort. Your denture and mouth tissues should be checked once a year, as ill-fitting dentures can lead to various health problems.

Consultations are always free. You do not need a referral; simply call our office direct.

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