

# Health Care

**The Georgetown Naturopathic Wellness Centre**  
**NOW OPEN SATURDAYS FOR APPOINTMENTS.**  
 Phone: 905-873-2361  
 Suite 102, 16 Mountainview Rd. S., Georgetown  
 Jane Buckler, B.A., N.D. ~ Doctor of Naturopathic Medicine

## IN BRIEF

### Caregiver survival

VON offers a four session family caregiver education series, How to be a family caregiver and survive, on Oct. 10, 17, 24 and 31, 1:30-3 p.m. in Burlington. To register call 905-827-8800, ext. 2310.

### Blood donor clinic

Canadian Blood Services holds a blood donor clinic on Thursday, Oct. 11, at Acton Legion, 15 Wright Ave., 4-8 p.m.

### Divorce workshops

Divorce is not the end of the world. Let us help you rebuild your life. Georgetown Alliance Church is offering a seven week divorce recovery program Saturdays, 9-11 a.m. beginning October 13. Topics will be introduced on video and then discussed in an informal group setting, led by people who have experienced divorce or separation. The fee is \$25 (includes book) and childcare and refreshments are provided. Call Susan, 905-702-1667 to register.

### Dessert Night

The Canadian Cancer Society is recruiting volunteers to assist with its Grand Dessert Night and Silent Auction, Thurs., Oct. 25. Volunteer positions include hostess, hostess recruitment, welcoming and door prize committee, silent auction committee, setup and cleanup volunteers. Call 905-451-4460.

## Hospital conference to help women find balance in life

For many women today, life is like the circus performer whose act is keeping four or five plates on long, thin poles spinning at the same time. Trying to balance work, children, a spouse and parents has many women running faster and faster as they see their wobble on their plates growing.

There's no easy answer to solve this dilemma but there is some help.

The Foundations of William Olser Health Centre, including the Georgetown Hospital Foundation, presents The Prime Time Woman: A Balancing Act. This is their third annual conference on women's health to be held on Sunday, Oct. 13, 8 a.m. to 2 p.m. at The Old Mill in Toronto.

"This is a chance for the women in our community to have at least part of the day for themselves and to learn more about health matters of interest," says Paula Clark, chair of this year's organizing committee. "It's also an ideal

opportunity to enjoy a few of the alternative therapies we will have on hand to heal, soothe and relax our bodies."

Primary workshop topics will include stress management, women's nutrition, osteoporosis, breaking down communication barriers in relationships, and living well with the spirit of loss and grief.

Writer and television personality Dini Petty will also be on hand as the keynote speaker. Her address, "If I knew then what I know now..." promises to be an inspirational message about the triumphs and misfortunes she has faced in life.

Mary Ito, host of *More to Life* on TVOntario, will return for the third year as Masters of Ceremonies. In the morning's open session, Ito will provide participants with a lighthearted look into her life as a working woman who is also caring for a family.

Registration is \$65, with continental



breakfast and lunch included. Space is limited.

For more information or to register call the Georgetown Hospital Foundation, 905-873-0111, ext. 275.

## Are you feeling the effects of CIS? Impact of Sept. 11 explained

The Halton branch of the Canadian Mental Health Association observes World Mental Health Awareness Day this Wednesday, Oct. 10.

To mark the day, a seminar will be held on Critical Incident Stress (CIS). The terrorist attack in the United States is an event that can result in CIS. Most people experienced strong reactions to this tragedy and some may find that their

feelings and reactions have continued for a period of time and affect their day-to-day lives.

Although many are used to the concept of stress, CIS is not as well understood. Because of different life journeys, one person may experience CIS from exposure to a certain event, while someone else may not. It's a normal reaction to an abnormal situation. It's not a sign of weakness or that you are "going crazy."

The one and half hour seminar will cover the difference between stress and CIS, signs and symptoms, and how to manage the impact of CIS.

This seminar will be held in the Trafalgar Room at Oakville Town Hall, 1225 Trafalgar Rd. at 7 p.m. To register call CMHA, 905-693-4270, ext. 4279.

The Halton Hills office of the CMHA is located in the Old Town Hall, 19 Willow St., Acton.

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