

Healthy Living

Headache Pain?

Georgetown, Ont. - A free report has been released and is available to headache sufferers that reveals why your headaches may never go away on their own. Local headache sufferers can finally know what to do. To order your free copy, call the toll-free 24 hour recorded message at 1-800-603-3419.

Halton Social Planning Council changes its name

The Halton Social Planning Council and Volunteer Centre has shortened its name to Community Development Halton. However, its activities in the areas of social planning and maintaining a volunteer database will continue under the umbrella name.

Sign up now for the first-ever SuperWalk

The Halton Hills Parkinson Support Group is organizing the town's first SuperWalk for Parkinson's on Saturday, Sept. 20. The SuperWalk, which is also held at locations across Canada, takes place at Georgetown South Community Park.

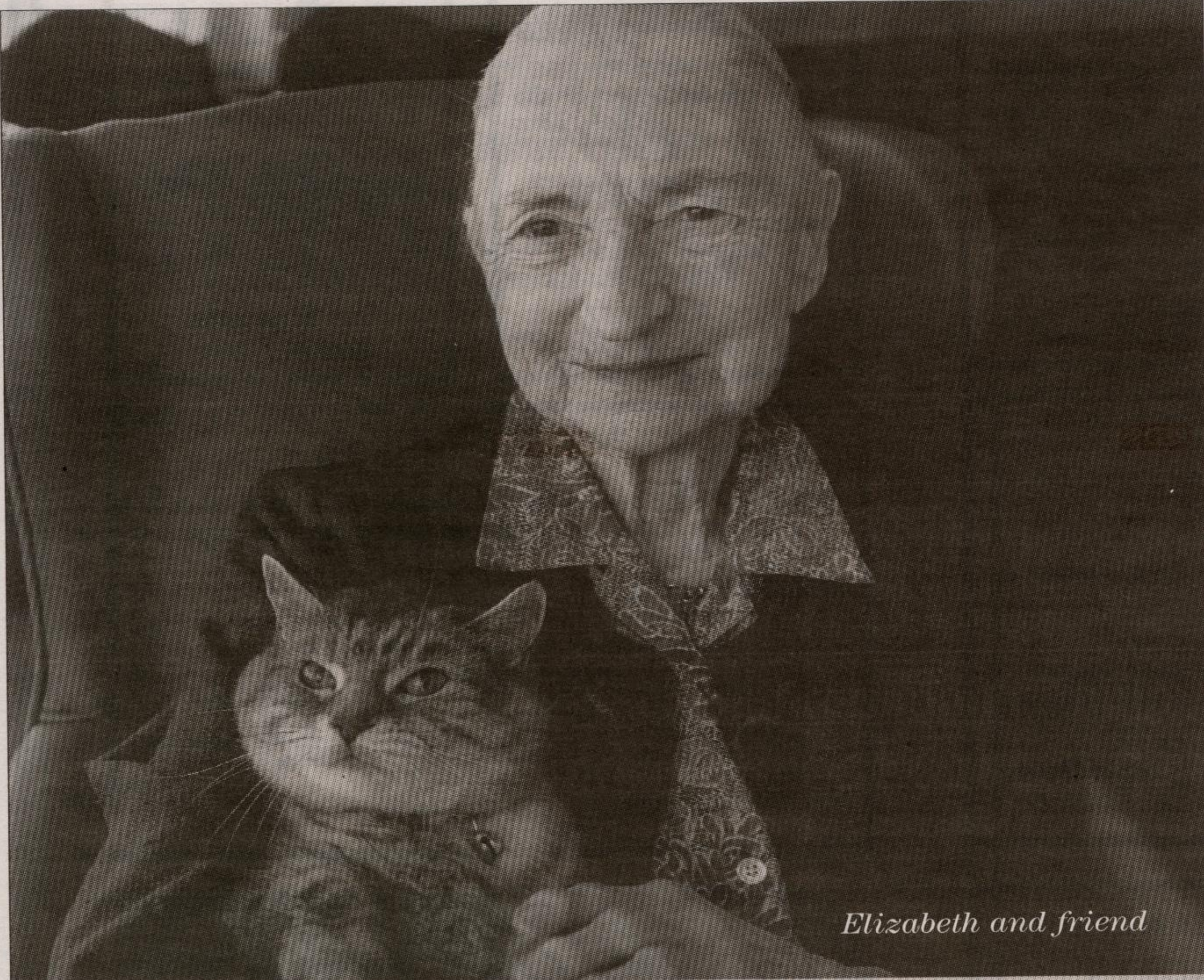
Registration begins at 9 a.m. with a 5 km run starting at 9:50 a.m. and a 2 km walk at 10 a.m.

Pick up pledge sheets and registration forms for individuals or teams of four or more, at local merchants or by calling Lisa Buck, 905-877-4081, lbuck@sympatico.ca or Marion Faulkner, 905-877-5858.

There will be prizes for top pledge collectors as well as free t-shirts for participants collecting a minimum of \$25.

All money collected will go towards Parkinson's Society research, education and support services. Parkinson's is a neurodegenerative disease for which there is no cure. Its most common symptoms are tremors, slowness and stiffness, impaired balance, difficulty walking, trouble writing, fatigue and weakness. It affects nearly 100,000 Canadians from all walks of life.

For more information go to www.superwalk.com



Elizabeth and friend

If you can't live at home, you can still feel at home.

Ontario is adding more homelike long-term care facilities.

Ontario is expanding and modernizing its network of long-term care facilities. New and renovated buildings are going up throughout the province. So if you require 24-hour care, you can get it in a well-run, well-equipped facility that you can call home. The fact is, our population is growing and aging, and Ontario

is working to ensure that all seniors' long-term care needs are met - now and for years to come. Find out more about long-term care in Ontario today. Call **1-877-234-4343** to get a free copy of our *Home and Community Care for Seniors* brochure. Or visit www.health.gov.on.ca and click on *Seniors' Care*.



GEORGETOWN SOCCER CLUB

PUBLIC NOTICE CHANGES TO THE CONSTITUTION

Proposed changes to the constitution must be made in writing, dated and signed by the Proposer and delivered or transmitted by fax to the Club Secretary at least thirty (30) days before an Annual General Meeting.

Georgetown Soccer Club
348 Guelph Street, Unit 7
Georgetown, Ontario L7G 4B5
Fax #: 905-877-4162

HEALTH & NUTRITION WORKSHOPS AT: LE CAFE SOLEIL

With Nancy Desjardins R.N.C.P.
Registered Nutritional Consulting Practitioner
78 MAIN ST. S., GEORGETOWN

FOR THE MONTH OF SEPTEMBER

SEPT. 11, 18 & 25
LUNCH & LEARN - THURSDAYS 12 noon - 1:00 pm
Healthy Eating, Lifestyle Mastery, The Easy & Natural Way!
If you are looking to simplify, rejuvenate and find motivation to live healthier.
Different presentation every week.
* Food samples will be offered*
\$10.00 per session

SEPT. 18-OCT. 30
7 WEEK PROGRAM - THURSDAYS 7:00 - 8:00 pm
LEARN HOW TO:
• Look And Feel Younger
• Be more alert
• Eat for high energy
• Improve digestion and absorption
• Boost your immune system
• Maintain and lose weight naturally
\$99.00 for 7 weeks



TO BOOK A SPACE IN ANY OF THESE WORKSHOPS
PLEASE CALL: 905-873-0194