

Healthy Living

Wellspring offers fall drop-in program

Wellspring Halton-Peel will be offering a full roster of programming this fall.

Wellspring Halton-Peel is part of a network of centres offering emotional and psychological support to individuals and their families living with cancer. It offers 26 programs, including one-to-one and group support for men, women and children, coping skills sessions, information-based programs and other services such as transportation and childcare.

All services are free of charge, and no referrals are necessary. Programs include:

- Caregiver Connection, Tuesdays, 7-8:30 p.m. Every two weeks starting September 16
- Graduate Metastatic SG, Tuesdays, 7-8:30 p.m. Every two weeks starting

September 23

• Graduate Metastatic SG, Wednesdays, 10:30 to 12 p.m. Every two weeks starting September 17

• Journaling, Wednesdays, 1-3 p.m. Every 2 weeks starting September 17

• Ovarian Cancer SG, Thursdays, 10:30 a.m. to 12 p.m. Every three weeks starting Oct. 2

• Relaxation & Visualization, every Friday, 10:30 a.m. to 12 p.m.

All programs are drop-in; no registration is required.

Wellspring Halton-Peel is located at 2545 Sixth Line, Oakville. For more information visit the Web site at www.haltonpeelwellspring.ca, call 905-257-1988 or e-mail: haltonpeel@wellspring.ca

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"The Natural Lunchbox"

Join Nicole Meier, Naturopathic Doctor, to learn about healthy lunch options for your child. This discussion will teach you:

- * What you should be feeding your child at lunch and why.
- * What foods and specific ingredients are sabotaging your child's health.
- * New recipes and lunch ideas.
- * Which "convenience" pre-packaged foods are healthy choices.

~ September 24th, 7:30pm - 9:00pm ~
Georgetown Library (9 Church St.)

- Tickets on sale in advance (\$5) or at the door (\$7). Tickets available at three locations:
- Georgetown Naturopathic Wellness Centre, 16 Mountainview Rd. S. Suite 102 (Carretal Building)
 - Foodstuffs (89 Main St. Georgetown)
 - Willow Lane Natural Foods (15 Willow St. Acton)
- Seating is limited.



Nicole Meier, BSc. N.D.
The Georgetown Naturopathic Wellness Centre
 16 Mountainview Rd. S., Suite 102
 Georgetown, ON, L7G 4K1
 (905) 873-2361

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Nancy Desjardins, R.N.C.P.
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