Wellspring offers fall drop-in program

Tellspring 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 12p.m. Every two weeks starting September 17

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

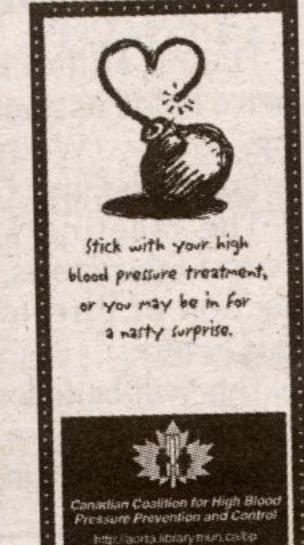
• Ovarian Cancer SG, Thursdays, 10:30 a.m. to 12 p.m. Every three weeks starting Oct. 2

· 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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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.

"The Natural Lunchbox"

Join Nicole Meier, Naturopathic Doctor, to learn about healthy lunch options for your child.

This discussion will teach you:

~ September 24th, 7:30pm - 9:00pm ~

Georgetown Library (9 Church St.)

• Foodstuffs (89 Main St. Georgetown)

Seating is limited.

* What you should be feeding your child at lunch and why.

* Which "convenience" pre-packaged foods are healthy choices.

* What foods and specific ingredients are sabotaging your child's health.

Happy Birthday Jer ... FROM THE BOYS!!

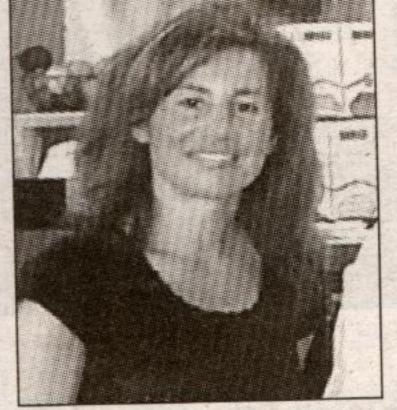
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Nancy Desjardins, RNCP

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Nancy Desjardins, R.N.C.P. Registered Nutritional Consulting Practitioner Private Nutritional Counseling available Call 905.873.0194

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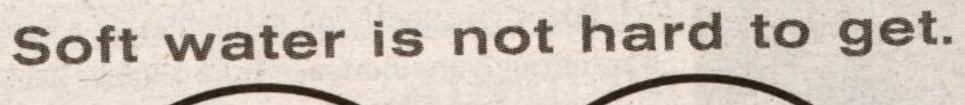
· LAMAZE · ROKENBOK · GAMES ·



* New recipes and lunch ideas.

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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** When compared to a Culligan Medallist Series 8" with Soft Minder Meter.