

Healthy Living

Decorating Tips:
Hang Draperies as high as possible to heighten the room and enlarge small windows.


Bring your decorating dilemmas to my booth at the FALL HOME SHOW
OCT. 22 - 26
MARKET PLACE MALL



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The Colourful Store That Comes To Your Door



... Lend Me Your Ears


By Cory Soal
R.H.A.D.

CHANGES AND ADJUSTMENTS

It may be necessary from time to time to have changes or adjustments made to your hearing aids or molds.

Your hearing can change slightly; you can gain or lose weight; develop circulation problems; develop an allergy...the list is long.

Hearing Instrument Practitioners will want to see you on a regular basis to ensure you are receiving maximum benefit from your aids. No problem is "too small" to have checked. Your hearing is too precious not to receive the best possible attention.



The HEARING CLINIC
We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210
Georgetown
(905) 873-6642

CMHA marks special week with numerous activities

Mental illness affects everyone. According to Health Canada, approximately 20 per cent of individuals will experience a mental illness during their lifetime, and the remaining 80 per cent are likely to be affected by mental illness in family members or friends.

October 5 to 11 is Mental Illness Awareness Week and the theme this year is *Mental Illness and the Family: Resources for Recovery*. Family is defined in its broadest sense to include friends, mental health workers, psychiatrists, community agencies, as well as family members.

To celebrate Mental Illness Awareness Week, a coalition of Mental Health organizations in Halton has organized two free evenings of information and inspiration:


Gord Singer is featured on Tuesday, Oct. 7, 6:30 p.m. at the Lion's Club Auditorium, 471 Pearl Street in Burlington. Singer is a peer support specialist for CONTACT Mental Health Outreach at St. Michael's Hospital. He received the "Courage to Come Back Award" from the Centre for Addiction and Mental Health in 1999 and was nominated for the Governor General's award for Meritorious Service in 2000.

Sherri Deschambault is the featured guest on Thursday, Oct. 9, 6:30 p.m. in Milton at the Seniors Activity Centre, 500 Childs Drive. Deschambault is the co-ordinator of the Family Mental Health Initiative Simcoe County and is dedicated to public awareness to help remove the stigma of mental illness and addictions. She is in recovery from a current disorder and believes strongly that recovery takes time and is made up of many different faces and people. She received the "Courage to Come Back Award" from the Centre for Addiction and Mental Health in 2003.

The talks will be followed by a panel discussion on how different aspects of "family" assist in promoting recovery and health. There will also be displays by local mental health organizations. If you are interested in attending call 905-693-4270.

Other events during the week include: a display at the Georgetown Market Place on Saturday, Oct. 4 and the distribution of information to commuters at all Halton GO train stations during morning rush hour on Monday, Oct. 6.

For more information, contact the Canadian Mental Health Association Halton at 905-693-4270 or visit www.cmha-halton.ca.



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EVENING AND WEEKEND APPOINTMENTS
REFERRALS NOT NECESSARY
WALK-INS WELCOME

Cameron Chiropractic Clinic
Suite 308, 99 Sinclair Avenue, Georgetown




Happy 1st Anniversary
Sept. 28th
Kerri & Jeff

Love
Dad, Mom, Kristin,
Jenny, Mike and Paul

Randall Brandford Design

Inspired Interiors
905 877 8390

Call for your consultation today!



Cancer Assistance Services of Halton Hills (CASHH)

Is holding its
ANNUAL GENERAL MEETING
on October 20, 2003
at 26 Hall Road at 7:00 p.m.

All CASHH volunteers and CASHH members are invited to attend.


The Board of Directors of CASHH will present reports at this time.

A state of mind.

Every fishing line ever cast.

What a wish gives a child who is sick.

hope



If you know a child with a life-threatening illness, call toll free 1-877-669-5777 or visit www.makeawish.ca

MAKE-A-WISH

Wish kid Cody age 8

STAG & DOE

for
Lisa McEachern & Evan Canning



Saturday October 4, 2003
7 pm - 1 am
Lions Club Hall
Mill Street, Georgetown
(Behind the old arena)

For tickets call Tanya at 905-702-4005 or Carolyn at 905-877-0379
TICKETS ALSO AVAILABLE AT THE DOOR.
\$15.00 person / \$20 a couple