



... Lend Me Your Ears

By Cory Soal
R.H.A.D.

WHAT FINANCIAL ASSISTANCE IS AVAILABLE WHEN PURCHASING A HEARING AID?

The Ministry of Health's Assistive Devices Program (ADP) provides some assistance to both children and adults. For further information you may contact 1-800-268-6021 or ask your hearing Instrument Practitioner for the Assistive Device Pamphlet.

Medical plans through employers, Workers Compensation, Veterans Affairs Canada, and private Insurance Companies cover many Ontario residents for hearing aids. Your Hearing Instrument Practitioner will be pleased to assist you in determining what coverage your might have.

For further information, feel free to call...

The HEARING CLINIC

We care about your hearing!

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



Kellie Hayward

THE POWER Zone

FIT TIP

Are you working out regularly but find that you are not seeing changes in your body? If you are always doing the same workout - make a change! Here are some small suggestions that will ensure that you see encouraging health results:

- Try doing all of the your regular exercises that you always do (shoulder presses, bicep curls, etc.) but try them while sitting on an exercise ball or standing on a wobble board while performing them. An unstable surface that challenges your balance will enhance the exercise and recruit more muscles (abdominals and spine) to keep you steady.
- Change one thing in your eating habits - drink more water, switch from 2% milk to skim milk, eliminate bread from one meal, or try to snack on only healthy foods after dinner.
- Vary your exercise program frequently. If you use the treadmill or exercise bike for cardio training try a group fitness class or the elliptical machine. Try something new!

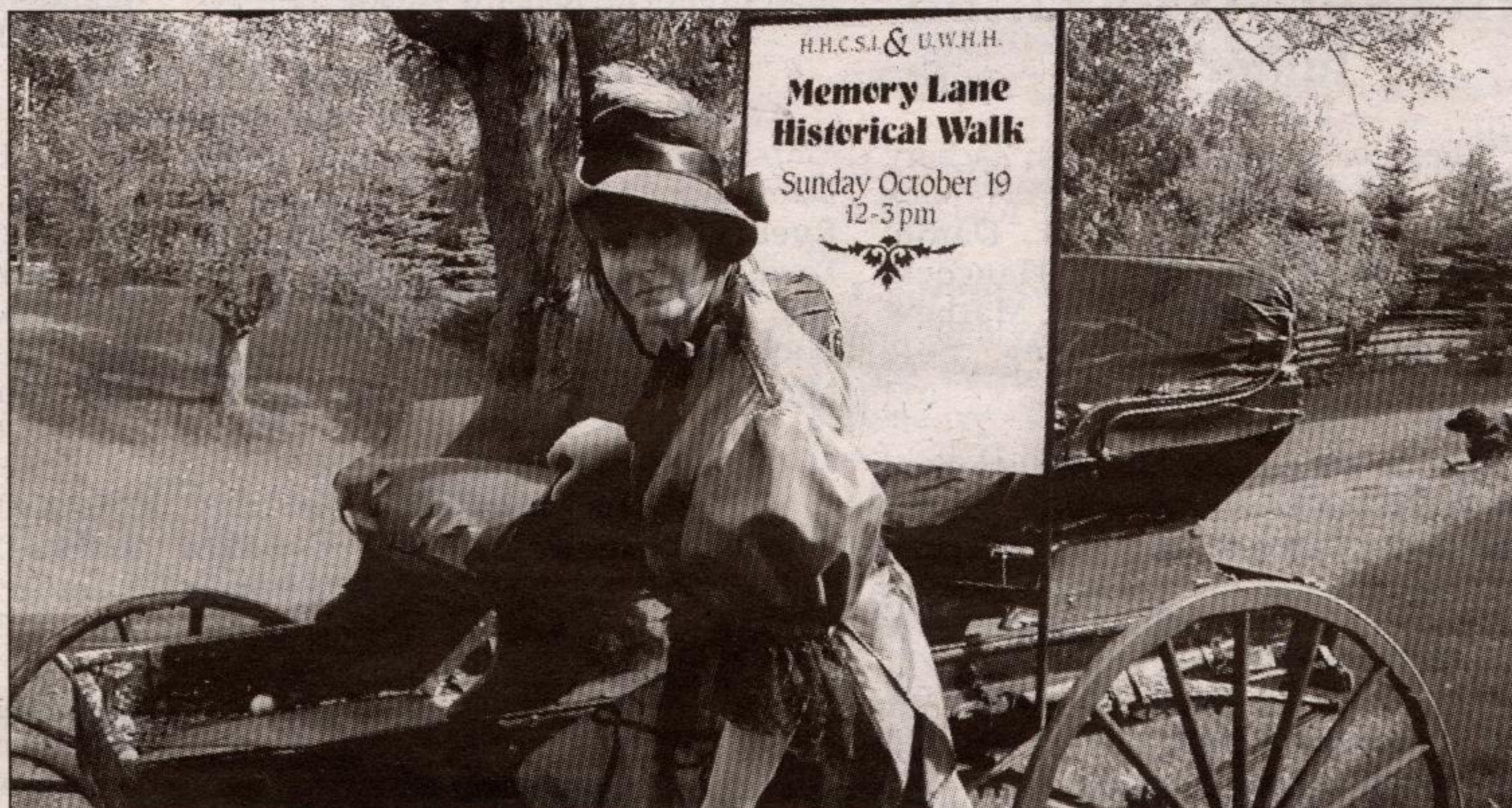
Just one or all of these small changes in your life will be rewarding and return positive results. The Power Zone Fitness Centre is a new upscale co-ed fitness club located on Hwy #7 between Tim Horton's and Swiss Chalet. The Power Zone offers the best quality strength training and cardio equipment as well as Pilates, Yoga, group fitness classes, and customized sports conditioning programs. We will be opening in early 2004! Hope to see you there!

Kellie Hayward, B.A.,
CanFit Pro FIS, NESTA Yoga,
Certified General Manager and
Group Fitness Coordinator at:

THE POWER Zone

CALL 905-702-1774

Healthy Living



H.H.C.S.I. & U.W.H.H.
Memory Lane Historical Walk
Sunday October 19
12-3 pm

Step back in time

Halton Hills Community Support and Information's development co-ordinator Joanne McKie takes a step back in time to promote HHCSI & United Way of Halton Hills' Memory Lane Historic Walks in both Acton and Georgetown on Sunday, Oct. 19, from 12 p.m. to 3 p.m. Pick up your pledge sheets or call to book a guided tour at either office. Guided tours are \$10 per person and \$20 per family with a tour leaving each hour, on the hour. The last tour leaves at 3 p.m. Win a prize for the most number of pledges or the most amount of pledges if you want to walk at your own pace. For more information, to book a tour (space is limited), or to be part of our volunteer team assisting with this event, call HHCSI, 905-873-6502 or UWHH, 905-877-3066.

Photo submitted

Halton Health Department flu clinics begin

Halton Region Health Department is running community clinics throughout the region to offer free flu shots to all residents over the age of six months.

Influenza causes fever, headaches, general aches and pains, fatigue and cough. It usually last five to 10 days, but the fatigue and cough may last for weeks longer.

A flu shot is 70-90 per cent effective in preventing the flu in healthy adults and is even more effective in children.

For those who have a chronic medical

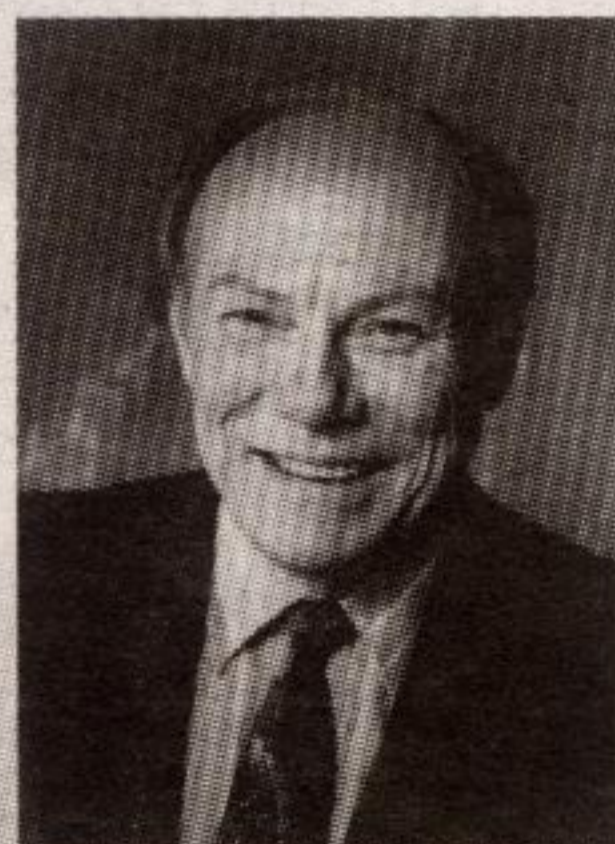
condition such as heart or lung problems, and for those over the age of 65, getting a flu shot is important.

Halton Hills clinics will be held Oct. 22, 1-7 p.m. at the Acton Arena and Community Centre; Nov. 4, 3:30-8 p.m. at Christ the King High School on Guelph St.; Nov. 12, 4-8 p.m. at St. Brigid's School, 73 Miller Dr. and Dec. 10, 4-8 p.m. at Christ the King High School.

For more information call Flu Info Line at 1-905-825-6158; toll-free 1-866-442-5866 or www.region.halton.on.ca/health

A "Must-Attend" Free Seminar

FINANCIAL SURVIVAL FOR THE 21ST CENTURY



Graydon Watters
B.Comm., FCSI, CFP

President
FINANCIAL KNOWLEDGE INC.

Author of
Lifestyle Pursuit:
New Choices for a
Dynamic Future

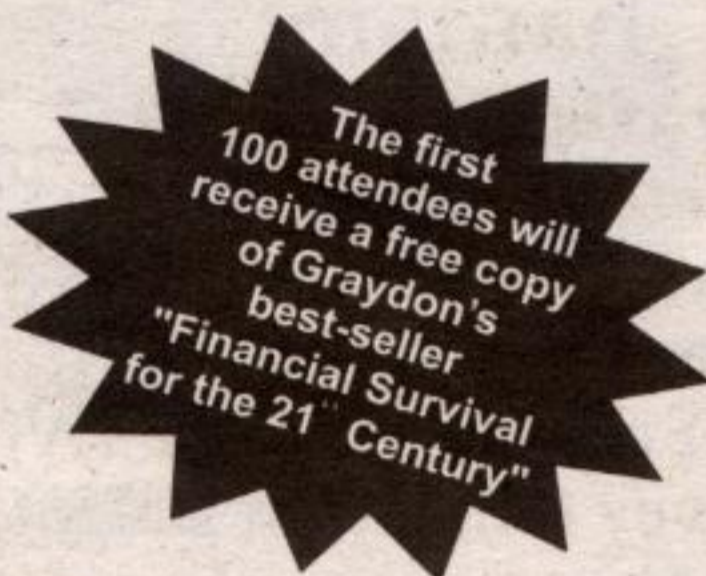
Financial Pursuit:
Canada's Working Guide
to Personal Wealth

Financial Survival
for the 21st Century
From Work to Eternity

GUEST SPEAKER

Join Graydon Watters Canada's preeminent Financial Educator, Retirement Specialist, Life Coach, Author, and Inspirational Speaker as he shows you:

- How to build a Portfolio that let's you sleep at night
- The 5 Must Do Tax Tips before 2003 is over.
- The 6 Major Resources for Retirement and How to Use Them
- How to Manage Volatility in Turbulent Times



FREE SEMINAR

Wednesday, October 22nd, 7:00 p.m.
Holiday Inn Select
Brampton, ON (Dixie & Queen)

For details on upcoming events in the Oakville, Scarborough and Richmond Hill areas, call 1 800 301-6745



Dundee Securities Corporation
21 Queen Street East, 9th Floor
Brampton, ON L6W 3P1
Web: <http://teamsammy.dundeewealth.com>



Presented by:

Kris Sammy, CFP, FMA, CIM, FCSI
Senior Vice President
Associate Portfolio Manager
Senior Investment Advisor

To Register Call (905)450-6766 ext. 237
Seating is Limited!! Everyone Welcome!

ACCEPTING NEW PATIENTS

DR. DEBORAH HEAMAN

905-702-1072

EVENING AND WEEKEND APPOINTMENTS
REFERRALS NOT NECESSARY
WALK-INS WELCOME

Cameron Chiropractic Clinic
Suite 308, 99 Sinclair Avenue, Georgetown

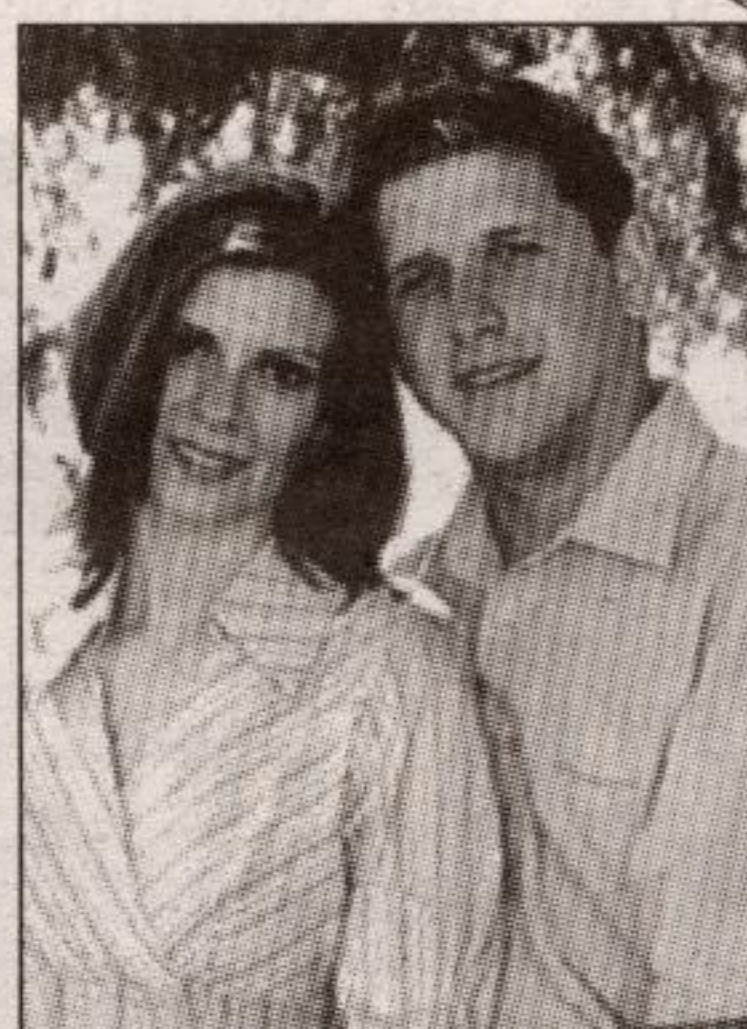
60th Wedding Anniversary Celebration



FOR DON & JOYCE GOSLING.
To be held in the Gallery at the Halton Hills Cultural Centre, 9 Church Street, Georgetown on Sunday, October 19th, 2003 from 1:00 to 4:00 p.m.
Best wishes only. See you there.



Bruce and Theresa McEachern of Georgetown and Montrose and Pauline Canning of Birch Bay, Newfoundland are pleased to announce the forthcoming marriage of their children
LISA CATHERINE
&
EVAN MONTE.
The wedding to take place October 25, 2003 at Norval United Church. Reception to follow at Stage West, Mississauga.



HAPPY 55TH ANNIVERSARY
JOHN & CECILIA
October 16, 1948
St. Helens Church, Toronto
Lots of love from the family.