

# Healthy Living

**ACADIAN LEISURE & POOLS INC.**  
 55 Sinclair Ave.  
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## Dance at the Ball and support the hospital

For more than 30 years, a Christmas Ball has been part of this community's yuletide season, benefiting the Georgetown hospital.

This year it will be held on Saturday, Dec. 6 at North Halton Golf and Country Club. The dress code is black tie optional. The evening starts with complimentary photographs taken between 6-6:30 p.m. A four-course meal will be served at 7 p.m. Bert and Kathy Nowak will serve as deejays for the evening of dancing.

Hosted by an independent committee, the proceeds this year will go towards needed equipment for the local hospital. Admission is \$100 per person with \$50 donated to the Hospital Foundation. Charitable tax receipts will be issued. Make cheque payable to Annual Hospital Christmas Ball.

For tickets, call Graeme Goebelle, 905-877-5155; Barbara Phipps, 905-877-8555 or Shelley Phipps, 905-873-2252.

## Register for winter programs

Ontario Early Years and Georgetown Parent-Child Centre Programs will hold registration for its winter programs next week.

Registration for Kids Have Stress Too!, Mother Goose, Networking Together, Nobody's Perfect, Toddler Shimmy & Shake, as well as Preschool Shimmy & Shake is available from December 1-5, during all Adult and Child Together drop-in times at the Acton, Georgetown or Glen Williams Ontario Early Years Satellite Centres. For more information call 905-873-2960.

### Winter Wonderland Craft Show

The Children's Program will be hosting its first annual craft show. Join us on Saturday, Dec. 6, 10 a.m. to 3 p.m. at the Ontario Early Years Centre, Georgetown Satellite, 96 Guelph Street. A variety of vendors will be available, as well as a poinsettia sale, a penny table, bake sale and lunch counter. For more information, call 905-873-2960.



Kellie Hayward



### FIT TIP

Do you spend a great deal of time sitting at a desk, working on a computer, standing on your feet, or lifting heavy objects? Most injuries that occur are often due to the repetitive motions that are being performed throughout the day, not because of the action at that moment. Tips to prevent these injuries from occurring:

- Monitors should be positioned straight in front of you during computer work - avoid bending your neck to view a screen too far away or too low.
- When moving heavy objects always push rather than pull. Keep the load close to your body while you lift. Always bend your knees when you are lifting.
- Change standing positions often or alternating between sitting and standing. Also try installing a foot bar or short step to rest one foot on. This will vary your low back posture over a period of time.

Take mini breaks (several seconds long) every 15-30 minutes to prevent muscle fatigue. Periodic stretches such as hugging one leg at a time to your chest, leaning forward in your chair to touch your toes, rotating each ankle in both directions, and clasping your hands behind your back and pulling the shoulders back will help.

Exercise will definitely help to improve posture, flexibility, mobility, and circulation. Regular exercise combined with workplace adjustments will help you to prevent injury and get on with your everyday activities!

**Save \$130 in initiation fees:** sign up before our doors open in early 2004! Our presale office will be open on Tuesdays & Thursdays from 1:00 pm to 8:00 pm and Saturdays from 10:00 am to 3:00 pm - located in the same building.

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



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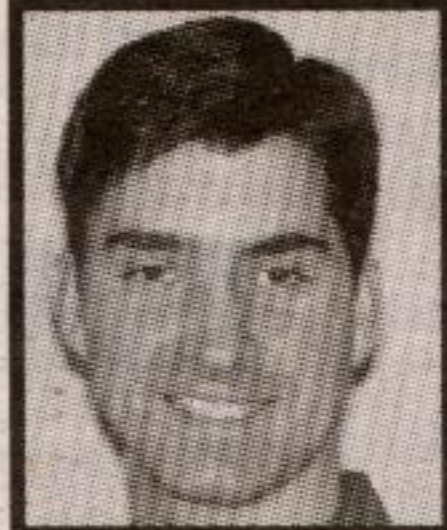
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By Cory Soal  
 R.H.A.D.

... Lend  
 Me  
 Your  
 Ears

### 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!*

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 99 Sinclair Ave., Suite 210  
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## WANTED

### 9 HOMES THAT NEED ROOFING

9 homes in your area will be given the opportunity of having an INTERLOCK metal roofing system installed on their home year-round, at a reasonable cost. This lifetime product is capturing the interest of homeowners across the country, who want to know this will be the last time they will have to re-roof their home. Our product is environmentally friendly and comes with a lifetime, transferable warranty with an excellent choice of colours to compliment your home and is being introduced to your local market. Your home can be a show place in your neighbourhood and we will make it worth your while, if we can use your home. For an appointment, please call:

**1-888-999-6902**  
 Ask for Margaret



**South  
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 Medical  
 Clinic**

**NOW  
 OPEN!!**

Walk-in:

**Monday - Friday**

**10 am to 8 pm**

**Saturday & Sunday**

**10 am to 3 pm**

**(905) 873-4742**

**333 Mountainview Road South  
 Georgetown**