

# Healthy Living

## Anger management course offered in Acton

The Halton branch of the Canadian Mental Health Association offers an Anger Management Program on Thursdays, starting Oct. 13.

The six-week course continues until Nov. 17, 7-9 p.m. in Acton.

The course focuses on aware-

ness around anger and provides constructive alternatives.

The cost is \$95/participant. To register or for more information, call 905-693-4270.

The course will re-run in Burlington on Wednesdays starting Nov. 9.

In November, starting Nov. 7, a four-week Stress Management course will be offered in Milton. This course examines the sources of stress in our lives and looks at practical solutions. To register or more information call 905-693-4270.

## Red Cross branch needs volunteers/drivers

The North Halton branch of the Canadian Red Cross Society is looking to recruit volunteer drivers for the Georgetown and Acton area.

Volunteer drivers are needed to take local elderly and frail members of the community to their medical appointments. The clients are on their own normally without friends or family to take them, and desperately need help.

A clean driver's licence, reliable vehicle (gas reimbursement is provided) and police check are required—first aid training is provided.

If you have just a couple of hours per week to spare, please call the transportation

co-ordinator Judith Dobbs at the Milton branch, 905-875-1459 for more information.

The North Halton branch of the Canadian Red Cross Society is also looking to recruit two or three part-time paid drivers, to take part in a new transportation project (six-month position, possibly to be extended).

These drivers need a valid F licence and police check. The branch will provide first aid training and the vehicle. Drivers would be working with the elderly, supportive housing and mental health clients—patience and a great attitude are required.

If you are interested in these opportunities, contact Dobbs, 905-875-1459.

**FUTURE SHOP**  
CORRECTION NOTICE  
Sony SXRD AND XBR LCD TVs 10065459/89/7084/. These TVs are not available for sale in all stores as advertised on p. 2 and 3 of our September 30th flyer. They are available for sale in select stores only. See futreshop.ca/sonyxbr for details.  
We sincerely apologize for any inconvenience this may have caused our valued customers.

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To register call: 647-208-3488 or e-mail at hadad@cogeco.ca

36 Armstrong Ave., Georgetown  
(beside Halton Hills Gymnastics Centre)

**... Lend Me Your Ears**

By Cory Soal  
R.H.A.D.

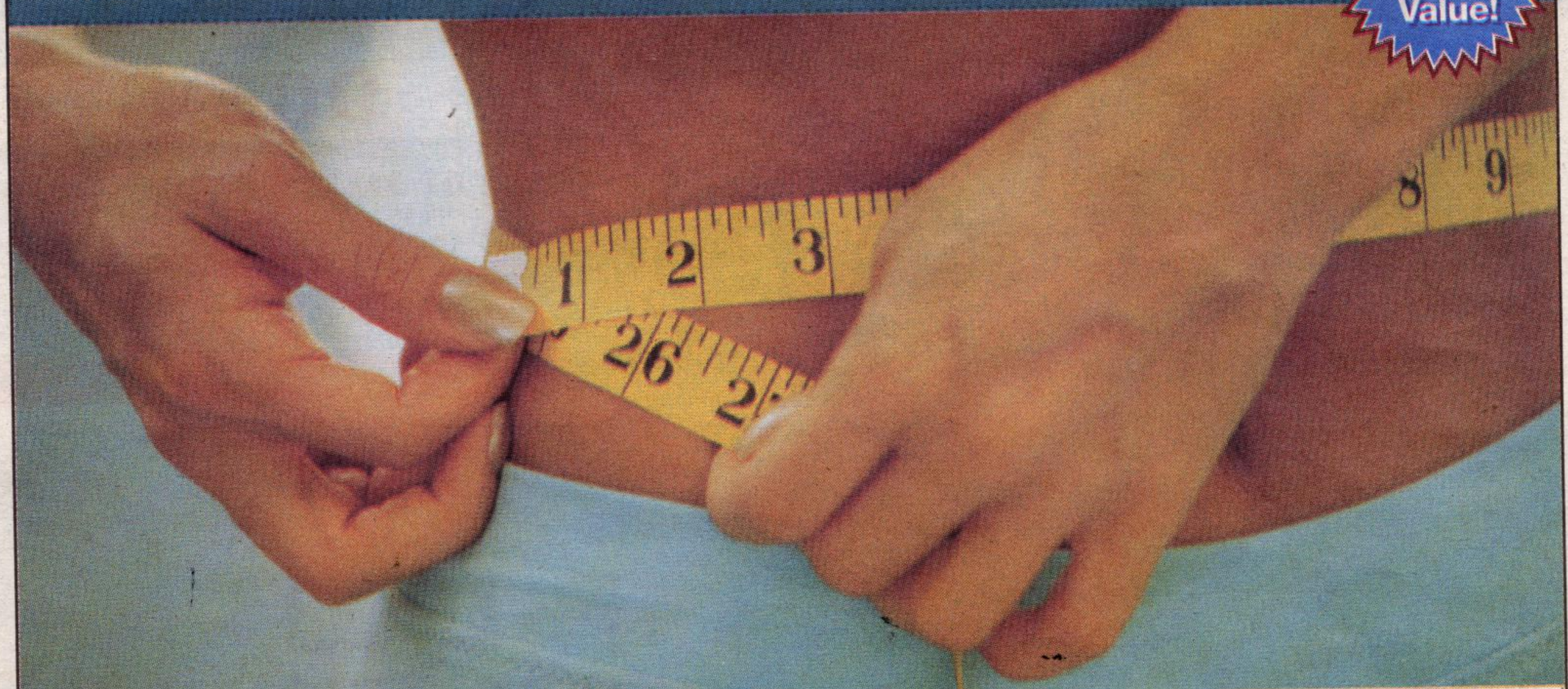
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