

HEALTH CARE



Cancer campaign kicks off

Halton Hills Mayor Rick Bonnette and Halton Hills Wards 1/2 Regional Councillor Clark Somerville lent a hand last Wednesday night as they served Acton Branch volunteers Nadine Eaton (centre) and Campaign chair Liz Bailey at the kickoff of the campaign for the Canadian Cancer Society, held at Knox Presbyterian Church in Acton. The Acton Branch of the Canadian Cancer Society is looking for interested volunteers to canvass in Acton at various locations this month. Please call 519-853-0585 to volunteer.

Photo by Ted Brown

Storytelling to aid persons with aphasia

The Halton Aphasia Centre and Storylines and Halton Hills Speech Centre are launching their unique Storytelling Program for Adults with Aphasia this month.

Aphasia is a communication problem that results from an injury to the "language centre" of the brain, most commonly a stroke. Aphasia affects a person's communication abilities NOT their thinking abilities. Aphasia can make it difficult to talk, understand what others say, read or write. It can limit people's social interactions and participation in life as well as erode their self-confidence, self-esteem, and their connection to their community. Over 30,000 people in Ontario have aphasia yet most people do not even know what it is!

The Halton Aphasia Centre (HAC) has a 22-year history of helping people with this frustrating disability. Currently it runs a weekly social-communication program in Burlington and Georgetown serving people in Halton. In this program people with aphasia interact in small and large group activities run by a speech-language pathologist, communicative disorders assistant and trained volunteers.

Storylines is an organization that promotes

personal self-worth through the development and delivery of memoir writing, storytelling and intergenerational programs.

The Halton Aphasia Centre and Storylines are teaming up to create a dynamic and innovative program to benefit people with aphasia. Their Adult Storytelling Program will offer a bimonthly, entertaining, aphasia-friendly storytelling session led by storyteller extraordinaire, Nora Zylstra-Savage with the assistance of HAC staff and volunteers. Participants will discuss, retell, relate to, dramatize and enjoy the stories using aphasia-friendly materials with the assistance of our well-trained volunteers.

This program starts in April and strives to recapture the joy and fun of storytelling for our adults with aphasia.

Those interested in finding out more about the Halton Aphasia Centre or the Storytelling program or who want to volunteer can phone 905-702-5312 (Georgetown) or 1-866-204-4044.

This program is made possible through a generous grant from the New Horizons for Seniors Program, Human Resources Development Canada, Government of Canada.

Recreation Dept. offers adults healthy alternative lifestyle

Always wanted to learn how to swim but haven't gotten your feet wet yet? Swim for life in a comfortable learning environment at Adult Swimming Lessons offered by the Halton Hills Recreation and Parks Department.

Three levels are offered at both the Acton and Gellert pools. For more experienced swimmers, the Masters Swim Program provides a qualified coach who will work with you to design a personal workout whether you are a seasoned athlete or looking to get fit.

If you are looking for that extra attention to achieve your fitness goals, try aqua fitness Personal Fitness Training program. New this summer is Lifesaving Fitness teaching the importance of being physically fit when faced with handling a lifesav-

ing emergency. Learn how to measure, monitor and maintain personal physical fitness and build your confidence to respond effectively in an emergency!

Tennis/golf lessons

Brush off those tennis rackets and golf clubs for quality instruction in technique and game play at tennis and golf lessons. A specialized Short Game Golf Clinic is also offered by our certified golf pro.

Become a fitness leader

Are you physically fit, and a motivator looking for a new challenge? The role of the Fitness Instructor Specialist has evolved far beyond being a basic 'aerobic instructor'. The Can Fit Pro Fitness Instructor Specialist Training program teaches anatomy, physiology and how the body moves. Learn how to use music in a

group setting, keep current on the latest fitness trends and give generalized advice about healthy living. Not to mention this training could lead to a fun new career!

Visit www.canfitpro.com or call 1-800-667-5622, ext. 224 to inquire further and to register with Can Fit Pro directly for this program only.

Learn coaching skills

Have you taken it a step further and are sharing your skills and life experience volunteering with a local sports group?

This spring, Recreation and Parks is providing training support to coaches in the role they play with children in an organized sports environment. Justplay Sport Services Inc. is an independent body providing services aimed at resolving issues of violence, harassment and abuse

facing youth sport today. Sports groups are invited to attend a free presentation,

Justplay Sport will demonstrate how studies conducted of your sport group would help you gain a better insight and control within your organization, and introduce a more pre-emptive approach in dealing with potential high-risk situations.

A second program, Coaching for Character focuses on putting 'play' back into youth sports and emphasizes the importance of a coach's impact on creating a positive sport experience for children.

For information on how to register now for these programs and more, visit the Town of Halton Hills website at www.haltonhills.ca or call the Program Information Hotline at 905-873-2601, ext. 2275.

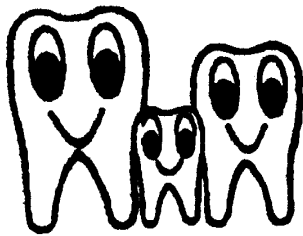
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Yoga with SHERRY LAWSON

Terra Cotta Community Centre

High Street, Terra Cotta

Starts Monday, April 17th, 2006

and ends Monday, June 26th, 2006

*Monday	7:30- 9:00 pm	- 10 wks
Tuesday Meditation	9:15- 9:55 am	- 10 wks
Tuesday	10:00-11:30 am	- 10 wks
Tuesday	7:30- 9:00 pm	- 10 wks
Wednesday	7:30- 9:00 pm	- 10 wks

*There will be no class Monday, May 22nd
(Victoria Day Weekend)

Rampulla's Martial Arts

211 Armstrong Ave. (at Sinclair)

Starts Tuesday, April 18th, 2006

and ends Friday, June 23rd, 2006

Tuesday	1:00- 2:30 pm	- 10 wks
Thursday	10:00-11:30 am	- 10 wks
Thursday	Moms and Babes	
	1:00- 2:15 pm	- 6 wks
Thursday	7:45- 9:15 pm	- 10 wks
*Friday	7:30- 9:00 pm	- 9 wks

*There will be no class Friday, May 19th (Victoria Day Weekend)

For details and registration call: **519-833-9402**

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