

Health groups need volunteers

The Georgetown Hospital has a volunteer opportunity waiting for you. Volunteers are needed for positions such as coffee kiosk, lobby desk and lunch program. For more information please contact Janice Cowen, co-ordinator of Volunteer Services at 905-873-0111, extension 8153 or by e-mail: jcowen@haltonhealthcare.on.ca.

Acclaim Health (formerly VON-Halton) needs caring men and women to visit seniors for as little as two hours per week. Volunteers are matched on a one-to-one basis. For further information, please call 905-827-8800 ext. 2317, or e-mail: volunteering@acclaimhealth.ca, or visit www.acclaimhealth.ca

Literacy Guild offers new adult upgrading opportunity

Local residents looking for academic upgrading now have the opportunity to do so.

Literacy North Halton in partnership with Sheridan Institute of Technology and Advanced Learning is offering evening classes in Math and English upgrading.

- Do you need extra courses to gain admission to a college program?
- Do you want to register as an apprentice but did not finish high school— or completed high school



Literacy Matters

905-873-2200

some time ago and need to review

- Do you need your "Grade 12 equivalency" to be considered for employment advancement or promotion?

The sessions starting January

16th, will be offered in the evenings from 7 to 9.30 p.m. at the Literacy North Halton office in downtown Georgetown.

Applicants will be asked to take an admissions test. Those applicants who do not qualify for the ACE program may have the opportunity to access the Read*Spell*Write literacy upgrading program.

For more information on how to access these programs, call 905-873-2200.

OPEN HOUSE
to celebrate
DR. ASHENURST'S
YEARS OF SERVICE TO THE COMMUNITY
Sunday, January 21, 2007
2:00 - 5:00
at the Gallery
in the Georgetown Library
Best Wishes Only
For information call 905.873.2402



Doug and Pat Fuller are proud to announce their son Todd's induction to the Mississauga Fire & Emergency Services. *A career goal achieved.*



Suffering from Depression, Grief, Anxiety?

Georgetown family counsellor wants to help.

3 weeks to a more joyous you - or don't pay!

HOPE CONNECTION
COUNSELLING SERVICES
Stress & Burnout a Specialty

416-577-HOPE (4673)
hopeconnection@gmail.com

WINTER REGISTRATION


TO ADVERTISE IN THIS DIRECTORY PLEASE CALL MICHELLE AT 905-873-0301 or email features@independentfreepress.com

OPEN HOUSE
Date: Sunday January 21, 2007
Time: 1-4 pm 117 Eaton St.

Health Wellness Beauty

YOGA
PILATES
HOLISTIC HEALTH
AESTHETICS
HAIRSTYLING
Something for your pets too!

Contact Noelle: 905-702-1160

 **Two New Alpha Courses Starting January 25, 2007**

Do you and your partner want to strengthen your relationship?
Consider the 8 week Alpha Marriage Course
Introductory supper, information session & registration Jan. 25 ~ 7 p.m.
Call: Cindy Little at 905-873-0249 ext. 109.

Time to rethink the big questions of life?
Consider The Alpha Course
"Check-it-out" supper & introductory video Jan. 25 ~ 7 p.m.
Call: David Pett at 905-873-0249 ext. 105.


Both courses hosted by Georgetown Alliance Church, 290 Main St. S.
Email: alpha@agrowingfamily.org

 **Core Essentials**
pilates & movement studio

Presents:
YIN YOGA
Yin Yoga stretches the connective tissues by using postures that are held for 3 to 5 minutes. It is opposite to the Yang style of yoga that is more muscular in nature. The benefits are a deep sense of relaxation, improved flexibility and also to better prepare oneself for meditation.
Monday evenings at 8:10 pm
Starts January 29th for 8 weeks, \$115

Still Space available in the following classes: Pre-Natal Yoga - Wednesday 8:10 pm Mixed Hatha Yoga - Thursday 8:10 pm Beginner Pilates - Tuesday 7pm and Saturday 11am Call or email for details	Starting in February, Yoga for Runners and Active People Bridal Bootcamp Yoga for Teens Partner Yoga Workshop - perfect for Valentines Day	Please call or email for further details and to get on our email list for upcoming workshops.
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130 GUELPH STREET, GEORGETOWN 905-702-2744 (leave a message)
Email: coreessentials@cogeco.ca
Core Essentials Studio is available to rent. Please call for further details.

 **GEORGETOWN SCHOOL OF HIGHLAND DANCING**
- New Winter Session -
- New Dancers welcome -

Highland, National, Choreography and Competition Classes
Primary, Beginner, Novice, Intermediate, Premier Levels
New Beginner Classes - ages 5 years and up
commencing Tuesday Feb. 05 2007 at 6:30 p.m.

For information call 905-873-4106 or email smccarrol@cogeco.ca

Overwhelmed with Stress? Get Your Life Back Today....
Classic YOGA

10 week series starting January 30/31 2007:
Tues. AM class 9:30 - 11 am, Wed. Evening 7:30 - 9:00 pm
NEW! "Learn to Meditate" classes
Starting Monday January 29th 7:30 - 8:30 pm

HEALTH COACHING
We are currently accepting new clients wishing to quit smoking, loose weight, reduce everyday stress or manage a chronic health issue.
Call us for your **Complimentary Coaching Demonstration** and decide for yourself if coaching is the right strategy for you.

 **Heal Thyself Clinic - 519.853.8950**
www.healthyself.ca