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BACK PAIN

If you suffer from **BACK PAIN** then attending this **FREE SYMPOSIUM** may be the most important thing you do this year. You will discover the real cause of this condition and real solutions and options you can use right away. Since having attended this workshop many are now able to do the things they have always wanted to. Dr. Gabor Madarasz author of *Back Pain Relief Report* is a sought after speaker who has presented at numerous venues. He will be presenting a free symposium on **TUES. APRIL 24TH, 7:15 P.M.** at Life Chiropractic Centre, 80 Guelph St. located close to Georgetown High School. Seating limited.

Call 905-873-1871 for reservations

Georgetown Cinemas 3

Playing the week of Apr 20 - Apr 26

Gift Certificates Available for Mothers Day!

DISTURBIA

(PG - Parental Guidance: frightening scenes, mature themes, violence)

Fri, Sat & Tues 7:10 & 9:20; Sun, Mon, Wed & Thurs 7:10; Sat & Sun Mats 2:10

WILD HOGS

(PG - parental guidance; language may offend, not recommended for young children)

Fri, Sat & Tues 7:00 & 9:10; Sun, Mon, Wed & Thurs 7:00

ARE WE DONE YET

(G - General)

Sat & Sun Mats 2:00

PERFECT STRANGER

(14A - course language, nudity, sexual content)

Fri, Sat & Tues 7:20 & 9:30; Sun, Mon, Wed & Thurs 7:20; Sat & Sun Mats 2:20

WELCOME BACK

All seats \$4.20 (limited time only)

905-873-1999

Please email comments to: ibtst@bellnet.ca

GEORGETOWN GLOBE
PRODUCTIONS
proudly presents

Oliver

Music, Lyrics, and Book by Lionel Bart
Produced for the Broadway Stage by
David Merrick and Donald Albery

Director
Gerrard Morrison

Music Director
Diane Murray-Charrrett

May 10, 11, 12, 17, 18, 19 at 8 p.m.
May 13 at 2 p.m.

Choreographer
Diane Spence

John Elliott Theatre,
Georgetown
Box Office: 905-877-3700

PRODUCED IN ARRANGEMENT WITH TAMS-WITMARK MUSIC LIBRARY, NEW YORK

Georgetown hosts free health seminar Wednesday

The Crohn's and Colitis Foundation of Canada, Halton Region Chapter, in partnership with Halton Healthcare Services invites the public to attend a free seminar, *Nutrition and Inflammatory Bowel Disease* on Wednesday, April 25, 7-9 p.m. at the Georgetown Hospital Activity Room.

Displays and refreshments will be available from 6:30 p.m. This event is made possible through an educational grant from Ferring Canada.

The keynote speaker is Julie Robers, Clinical Dietitian at the Mount Sinai Hospital Inflammatory Bowel Disease (IBD) Team. Robers works with Crohn's and Colitis patients on a daily basis, focusing on establishing a healthy diet.

Crohn's disease and ulcerative colitis are the two most common forms of IBD. They are chronic intestinal disorders that cause abdominal pain, cramping, fatigue and diarrhea. Severity of symptoms can vary widely and flare-ups of the disease can occur without warning, sometimes resulting in hospitalization and surgery.

The diseases can strike anyone at anytime. Approximately 100,000 Canadian men, women and children have IBD. People are most frequently diagnosed between the ages of 15 to 25 and 45 to 55.

Diet is of major importance in this

disease and one of the first lines of management with IBD flares is to examine eating habits and nutritional status. Specific foods can have an effect on IBD symptoms, although this is very individual.

With a little knowledge, research and planning you can discover which foods may be helpful and which ones are best to avoid for your specific situation. Eating in a healthier manner will not only help you to manage IBD more effectively but will help to improve your overall quality of life.

For more information call 905-338-4379 or e-mail cpopp@haltonhealthcare.on.ca. If you are unable to attend, but wish more information on this topic, speak to your physician or call the Crohn's and Colitis Foundation of Canada at 1-800-387-1479 (ext. 218) or visit www.cfcc.ca

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PUBLIC INFORMATION CENTRE

RECONSTRUCTION OF TENTH LINE
FROM RIVER DRIVE TO 20 SIDE ROAD

Project: P-2007-C-06011

Date: April 24, 2007

Time: 6:30 p.m. - 8:00 p.m.

Place: Halton Hills Civic Centre
Esquing Room
1 Halton Hills Drive

The Town of Halton Hills is proposing to reconstruct Tenth Line from River Drive to 20 Side Road. The work will include excavation, granular road base, asphalt removal and replacement, replacement of cross drainage pipes, resurfacing of existing paved driveways, repair of concrete box culvert and providing granular to shoulders.

This Public Information Centre will provide you with an opportunity to review the project drawings and to discuss the proposed works with representatives from the Town of Halton Hills.

Interested persons are invited to drop in any time during the above-noted hours to review and comment on the proposed works. If you are unable to attend this Public Information Centre and wish to obtain additional information or provide written comments, please contact:

Ted Drewlo, P. Eng.
Manager Public Works
905-873-2601, Ext. 2602
tedd@haltonhills.ca

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1 Halton Hills Dr.,
Halton Hills, ON L7G 5G2
Tel.: 905-873-2600
Fax: 905-873-2347

FURNITURE LIQUIDATION

AUCTION

ONE DAY ONLY!

ALL ITEMS MUST BE SOLD **SATURDAY, APRIL 21, 2007** **DON'T MISS THIS EVENT**
ACTON ARENA & COMMUNITY CENTRE
415 QUEEN ST. ACTON, ONTARIO
PREVIEW: 12:00 NOON
AUCTION: 1:00PM

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