

HEALTH & WELL BEING GUIDE

Chinese association gives donation

The Halton Region Chinese Canadian Association has donated \$4,610 to Halton Family Services.

A total of \$9,220 was raised through its Chinese New Year fundraising dinner on February 16, by a combination of ticket sales, karaoke and band pledges, raffles, silent auction and coat check services. This amount was split 50 per cent to Community Living Burlington and 50 per cent to Halton Family Services.

Nancy Brown, executive director of Halton Family Services, said the agency is delighted with this unexpected donation.

"It will be used to help subsidize counselling services for troubled individuals, couples and families in Halton. At a time when Halton United Ways have found meeting their goals challenging, this donation is especially appreciated."

Liberty Tax Service starts hospital fundraiser

Liberty Tax Service Georgetown has started a fundraising effort with the Georgetown Hospital Foundation. Liberty Tax Service opened on February 1 at 106 Guelph Street in Georgetown.

The program has a simple process:

In Brief

every certificate that is brought into Liberty Tax Service, the client will receive \$10 off their personal tax preparation service and in addition Liberty Tax Service will donate \$10 to the Georgetown Hospital Foundation.

Coupons for those interested in taking part in this fundraising are available at the Hospital Foundation Office, located in the Georgetown Hospital or visit the Liberty office in Georgetown.

For more information on this fundraiser contact Liberty Tax Service, 905-873-8236.

Volunteers with boat experience needed

Volunteers needed, especially those with boatbuilding experience! Mahogany Harbour is a kids-at-risk charity based on boatbuilding and restoration of antique watercraft. Currently the group is working on two Shepherd boats at their Glen Williams Boatshop located next door to Beaumont Mill Antiques & Collectibles.

For more information on how you can get involved please contact Paul Gazdik, 905-702-1757 or pgazdik@cogeco.ca. or for more details about the group go to www.mahoganyharbour.org.

Special presentation on April 17

Health expert to motivate listeners to take charge of their health

Let the force be with you!

A leading advocate of the natural health will be talking about discovering your life force in a special event on Thursday, April 17, 7-9 p.m. at Mold-Masters SportsPlex.

Brian Clement, director of the Hippocrates Health Institute in Florida and author of *Life Force- Superior Health and Longevity* and co-author of *Living Foods for Optimum Health*, will motivate the public to take action to improve their health and their lives.

Learn the importance of eating an enzyme-rich diet that can help you lose weight and regain energy. Even if you know all about living foods, juicing, sprouting and other super foods, Clement will push you to the next level of "optimum health", says local organizer Susan Wilson.

For tickets, \$35, contact Wilson at 905-965-3246, 905-877-7697 or healthnut@sympatico.ca. Tickets are also available at Foodstuffs in

Georgetown and Willow Lane in Acton.

A whole organic living food light dinner and dessert will be served.

"Clement's progressive ideas on natural health approaches, coupled with his vast theoretical and practical scientific experience have earned him a reputation as a leading expert in the natural health field," says Wilson.

In recent years, he has been commissioned by government-supported organizations to establish, organize and direct health centres in Denmark, Switzerland, Greece and India. His professional opinion is also highly regarded and much sought after on television and radio shows, print media and personal appearances in North American and



BRIAN CLEMENT

Europe.

"Brian will be speaking on ways to improve and save your own or loved one's health and possibly their lives," says Wilson. "Don't miss this rare opportunity to hear Brian speak."



Halton Healthcare Services invites you to the



Living Healthy Family Wellness Fair

Saturday, April 5, 2008 ♦ 10:00am - 2:00pm
Milton Mall ♦ 55 Ontario St. S ♦ Milton

Come and learn about health programs and resources available to you and your family at Milton District Hospital, Halton Healthcare Services and in the Halton Region.

Highlights

- Free Massages
- How to operate a defibrillator
- Hearing Screening
- Blood Glucose Testing
- Food and Water Safety
- Mental Health
- Women's Health Issues
- Seniors Activities
- And much more

Demonstrations

10:00 to 10:30 am Yoga Kids
10:30 to 10:45 am Cloggers
10:45 to 11:00 am The Kitchen Band
11:00 to 11:30 am Tai Chi
11:30 to Noon Kickboxing
Noon to 12:30 pm Yoga
12:30 to 1:00 pm Step Aerobics
1:00 to 1:30 pm Spinning
1:30 to 2:00 pm Line Dancers

*Demonstrations of programs currently being offered at the Milton Leisure Centre

List of Exhibitors

Alzheimer Society of Hamilton and Halton Bereaved Families of Ontario Breast Cancer Support Services Canadian Cancer Society Canadian Diabetes Association Canadian Mental Health Association Canadian Red Cross Association Choices4Health Colorectal Cancer Association of Canada Community Care Access Centre of Mississauga Halton ConnectCare Crohn's & Colitis Foundation of Canada, Halton Chapter Halton Aphasia Centre Halton Diabetes Program Halton Healthcare Audiology Department Halton Healthcare Obstetrics Department Halton Region Emergency Medical Services Halton Region Health Department - Well Water Safety/Food Safety - Youth Action Alliance - Dental/Older Adults	Halton Region Police Services Halton Women's Place Milton Diagnostic Imaging Milton District Hospital Foundation Milton District Hospital Obstetrics Milton Leisure Centre Milton Massage Therapists Milton Meals on Wheels Milton Seniors' Activity Centre Oakville Distress Centre Ovarian Cancer Canada Rock Reach-out Centre for Kids Schizophrenia Society of Ontario STRIDE (Supported Training & Rehabilitation in Diverse Environment) TEACH (Teach, Empower, Advocate for Community Health) Trillium Gift of Life Network Wellepping Women's Health Alliance of Halton
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The 2008 Wellness Fair is sponsored by the Milton District Hospital Foundation and The Town of Milton Leisure Centre



HEALTH & WELL-BEING

GUIDE

Health E Nut

Certified Living On Live Food Teacher

Susan Wilson


R.N.C.P.

Specializing In:

- Spring & Fall Cleansing Programs
- Diabetes Management
- One-on-one or Group Nutritional Consulting
- Weight Management Programs
- Hormonal Imbalances
- Whole Organic Living Food 2 go
- Live Food Demonstrations
- Educational Retreats

Education not Medication

Sign Up for your Free Spring Cleanse Info Night: April 2,3 or 4th at 7 pm



Call 905-877-7697 or e-mail healthnut@sympatico.ca for your appointment

Beware!

You could be throwing hard-earned money away on Junky multivitamins



Is your vitamin Natural or Synthetic?
How potent is your product? How absorbable is your product? If you are taking a multivitamin, this is something you definitely want to find out.

Synthetic alternatives to whole foods are known as "isolates". **Your body will only absorb a small percentage of an isolate form of vitamins and minerals — and utilize even less.** On top of that, there may be side effects, depending on the quality of the isolate.

Come and discuss your vitamin and look it up in our NutriSearch Comparative Guide to Nutritional Supplements. Then let us give you a **FREE** personal health analysis with our on-line health guidance system.



Heal Thyself Clinic
a Truestar Authorized Partner



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