

# Your Health

## NEWS AND INFORMATION FROM GEORGETOWN HOSPITAL

### Prenatal Breastfeeding Workshop

Halton Healthcare Services (HHS) is offering a two hour **Prenatal Breastfeeding Workshop** at Milton District Hospital to help orient expectant mothers and their families to breastfeeding. Participants learn all about breastfeeding including its many benefits, how to latch and position their baby and how to cope with the changing needs of their growing child.

The Workshop will be offered twice monthly. Participants have a choice of registering for

- the evening session from 7:00pm – 9:00pm on the third Wednesday of each month
- the morning session from 9:30am – 11:30am on the fourth Saturday of each month.

The next workshops will be held on **April 16th** and **April 26th**

**Cost:** \$45.00 per mother and supportive guest (partner, sibling, friend or parent)  
**Workshop Leader:** Jill Hicks, MHE, IBCLC, Lactation Consultant  
**Location:** Milton District Hospital, 30 Derry Road East, Milton  
**Contact Number:** 905-878-2383 Ext.7610

Please call for registration and pre-payment. Classes are limited to 6 couples.

### Thank you!

The Lioness and Lions Clubs of Georgetown have once again shown outstanding support for Georgetown Hospital. The Lionesses contributed \$700 from their 2007 kilometer of coins event and the Lions club recently contributed \$650 as well. Thank You!

The Lions were among the visionary community leaders who raised tens of thousands of dollars to help build the Hospital nearly 50 years ago, and they have been supporting the Hospital in many ways ever since. Their support this year will help us purchase medical equipment that we need to provide the best care possible.

### Walk for Georgetown Hospital

Is your team ready?

The first ever **Walk for Georgetown Hospital** will be held on Sunday June 22nd, 2008.

Individuals, families, local businesses and organizations each have an opportunity to take part.

Registration begins in April so start recruiting your team now!

Event Highlights:

- In an unprecedented display of community support for Georgetown Hospital, hundreds of people will follow a 5 km walk through town, beginning and ending in the Georgetown Hospital courtyard.
- Participants who either join up with a team or go it solo will be encouraged to secure pledges of support for Georgetown Hospital from friends, family and colleagues.
- Exciting prizes will be available. Anyone can win, but the more money participants raise, the more chances they will have to win prizes. Special prizes will be given for kids who really get involved.
- Lunch and an awards presentation with fun family activities will follow the walk. Look for face painting, clowns, play castles, balloons and more fun activities for the kids!



Visit [www.GeorgetownHospitalFoundation.ca](http://www.GeorgetownHospitalFoundation.ca) for more information.

### Foundation Gala Dinner supported by Remington Homes



Our thanks to Remington Homes, Diamond Sponsors of the 2008 Gala Dinner Evening at Scaramouche on Sunday, March 30, 2008.  
 (l-r) K.C. Carruthers and Paul Armstrong accept \$10,000 from Brigitte and Lou Grossi of Remington Homes.



Everyone is invited to attend the following free Health Seminars

#### Cataracts & Cataract Surgery: What You Need to Know

With Dr. Hakim, Ophthalmologist  
 Tuesday, April 8, 2008  
 7:00 p.m.  
 Milton District Hospital  
 30 Derry Road East, Milton

#### Successful Strategies for Coping with Hearing Loss

with John Ford, Hard of Hearing Advocate,  
 Susan Thomsen & Dianne Desmond, Audiologists  
 Thursday, April 17, 2008  
 7:00 p.m.  
 New Life Church  
 824 Thompson Road South, Milton

#### Vaccines & Immunizations: The Facts & Controversies

with Dr. Wei Chu, Family Physician  
 Tuesday, May 20, 2008  
 7:00 p.m.  
 Halton Hills Cultural Centre, Art Gallery,  
 9 Church Street, Georgetown

To reserve a seat for any of these free health seminars please call 905-873-0111, ext. 4379 or email: [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca)

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 1 Princess Anne Drive  
 Georgetown, Ontario  
 L7G 2B8

Milton District Hospital  
 30 Derry Road East  
 Milton, Ontario  
 L9T 2X5

Oakville-Trafalgar Memorial Hospital  
 327 Reynolds Street  
 Oakville, Ontario  
 L6J 3L7