



Artist's work donated to Bennett Centre

Artist Florence Smart recently passed away at the age of 91 at the Bennett Health Care Centre and to show their appreciation to Centre staff for the care they afforded their mother, the Smart family donated one of her paintings to the Centre. On hand for the dedication were, from left, Bennett Health Care Centre receptionist and ward clerk Barb Allen, Centre restorative care co-ordinator Paul Parks, Smart's daughters Pat Ono and Linda Baynes, Centre director of care Shihana Rumzi and Centre administrator Mark Ewer. *Submitted photo*

Spa day for women only tomorrow

The Feminine Affair Outdoor Spa Day is designed to invite women to come and relax, rejuvenate and regenerate their life. It will be held tomorrow, Saturday, 9 a.m. to 12 p.m. or 1-4 p.m. Tickets are \$150 for two.

Natural health and wellness is not a new concept to the world; our ancestors depended on it for their survival. Most of the ancient healing arts have been passed down through generations because they work! Some of the most ancient of these is Reflexology, Massage and Ear Candling. They date back to the early times of Egypt and Asia.

This day was designed to offer a wide range of therapies, modalities and experts on achieving

the ultimate in relaxation and wellness. Over 15 various ways of experiencing that are being offered and shared by some of this community's alternative therapists, doctors and practitioners—women who live locally and work passionately to help women heal.

Various speakers will cover the newest and latest ways of addressing women's issues such as breast care, hormonal balance, distressing yourself and how to maintain wellness in simple way. Hear inspirational ways of caring for your body, mind and spirit in today's busy world.

For tickets call Donna Hamilton, 905-877-8992.

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