

WISDOM OF WOMEN

Seminar Series

Sept. 20th

\$39
per seminar

Take in one seminar or the entire season. Reward yourself... you deserve it!

2008 Season
Seminar #1
September 20th
Seminar #2
November 15th
9:00-11:30 am

"Smash the Glass Ceiling"
by Dawn Frail

What is it that holds women back in their careers? Does the proverbial 'glass ceiling' exist? Find out the answer once and for all and learn the strategies for dealing with those obstacles that seem to get in our way. Find out why women are natural leaders and how we will be a necessary part of any successful company's talent strategy.

"What Rich People Know and Banks Don't Tell"
by Erin Magee

Did you know that there are very simple and specific tools that people who are 'well off' use consistently? Did you also know that they are simple enough for ALL of us to use? Enjoy the benefits of the knowledge that help the wealthy get, and stay, wealthy and learn how you can do the same.

"Freedom and Power"
by Frank Teravich

We can only have power when we have freedom, and we can only have freedom when we are free to be who we truly are. It is with this freedom that we then have the power to become what we are meant to become and to live the lives we choose to live. Understanding the relationship between these two forces creates an energy in our lives that gives us hope and allows our dreams to take flight.

Holiday Inn Select Brampton
30 Peel Centre Drive
(Bramalea City Centre, Dixie & 410)

We promise you'll leave refreshed and ready to embrace whatever comes your way.

TICKET INFORMATION:

Donna Murray (519) 927-1730
donna@dawnfrail.com

Book early to avoid disappointment

Hospital health seminar to focus on osteoporosis treatment options

Do you have osteoporosis? Halton Healthcare Services is offering a free health education seminar, *New Treatments for Osteoporosis: What You Need to Know* in 2008, to be held on Tuesday, Sept. 30, at 7 p.m. at the Halton Hills Cultural Centre's Gallery at 9 Church Street in Georgetown.

This informative seminar, which is supported by an education grant from Eli Lilly Canada Inc., will feature keynote speaker Dr. Aliya Khan. Dr. Khan is a leading expert in osteoporosis and is Professor of Clinical Medicine, Divisions of Endocrinology and Geriatrics at McMaster University. Dr. Khan will discuss the growing concern over osteoporosis and the new treatment options available for those living with the disease.

"This seminar will be an excellent opportunity for the public to be updated about new

treatment options for osteoporosis and to meet an outstanding specialist in this area of health," explains Julie Barr, Public Relations Officer, Halton Healthcare Services.

Osteoporosis is a common condition affecting one out of every four women and one out of every eight men. Osteoporosis affects the skeleton resulting in fragile bones, which may fracture with limited or no trauma. One in five people with hip fractures will die within a year of the fracture. One in two of those who do survive will require assistance with their day-to-day activities.

The seminar is part of the Living Healthy series of seminars offered by Halton Healthcare Services and is free and open to the public. If you are interested in attending, please call 905-873-0111, ext. 4379 or e-mail elittle@halton-healthcare.on.ca to reserve your seat.

Spare change to help ALS fight

In September, LCBO customers can drop their spare change in coin boxes at all 600 LCBO locations across Ontario. Proceeds will benefit the ALS Society of Ontario. Donation boxes will be displayed at checkout counters until September 30.

ALS, better known as Lou Gehrig's disease, is a rapidly progressive and fatal neuromuscular disease affecting close to 1,000 Ontarians. Approximately one-third of people with ALS are diagnosed by the age of 45. Eighty per cent of those affected die within two to five years of

diagnosis.

"ALS is a devastating disease physically, emotionally and financially," says ALS Society of Ontario President & CEO Maureen Sheahan. "We appreciate this opportunity to raise funds and awareness to assist people living with this disease."

The ALS Society of Ontario is a non-profit organization committed to providing equipment and support services to people with ALS and their families. The Society thanks the LCBO for providing this fundraising vehicle.

SIDEROADS

of Halton Hills



Take a Trip Along the

SIDEROADS

of Halton Hills

Welcome to Sideroads,

Sideroads magazine focuses on the beauty of country living. It features stories on North Halton County's interesting history, people in our community, local events, outdoor activities, plus much more. This high-quality magazine targets the people who matter the most, your customers.

You can now place your advertising messages into four Sideroads publications which includes Dufferin County, South Simcoe, Caledon/Erin and well as Halton Hills, reaching over 75,000 homes as well as local Bed & Breakfasts and Resorts.

Published seasonally, readers look forward to the next issue of Sideroads, ensuring the previous issue stays in their home until the next issue arrives.

Also, the longevity of Sideroads guarantees excellent value for your advertising dollar.

NEXT ISSUE - SEPTEMBER 24, 2008

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INFORMATION SESSION
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