

The ROCKWOOD Miller

East Wellington Family health

Managing Headaches

Learn about headache prevention tips and daily steps you can take to prevent or reduce headaches, including exercise, sleep, posture, diet, breathing patterns, emotional stress, and addressing other common headache factors.

2-hr. introductory session – Monday, February 22, 7 to 9:00 p.m., Eramosa Community Library, Rockwood.

4-wk. series: April 8th, 15th, 22nd, & 29, 7 to 8:30 p.m., Eramosa Community Library.

Stop Worrying

Learn about the key characteristics of worry, two approaches proven to decrease worrying, the most

common worries and the link between worry, perfectionism, and workaholism, shifting from destructive/unproductive worry to more constructive worry, five pitfalls that perpetuate worry and make it difficult to break out of worry spirals, brain training exercises and a variety of other techniques to curb worrying tips for bedtime worriers.

March 8, 7 to 9:00 p.m., Centre 2000, Erin.

March 22, 7 to 9:00 p.m., Eramosa Community Library.

Healthy Living Strategies

Introductory session to Diabetes Prevention and Diabetes Management.

Are you at risk for diabetes? Do you have pre-diabetes? Need a refresher on lifestyle management of diabetes? Would you like basic information on diabetes? Learn about eating strategies to stay healthy, active living goals to get you started, myths and answers to some common questions about diabetes. Facilitated by Registered Dietitian and Certified Diabetes Educator, Pat White.

Erin:

Tuesday, February 2; 3:30 to 5:30 p.m.; East Wellington Family Health Team office.

Wednesday, February 24; 9 to 11:00 a.m.; East Wellington Family Health Team office.

Rockwood: Thursday, February 4; 10:15 a.m. to 12:15 p.m.; Guelph/Eramosa Medical Centre.

Thursday, March 4; 6:00 to 8:00 p.m.; Guelph/Eramosa Medical Centre.

Essential Skills for Success

Learning to Live with Type two Diabetes
Learn about monitor-

ing blood sugars and looking for patterns, effects of various foods, carbohydrates on blood sugars and meal planning, about the benefits of activity as well as the precautions, recognizing complications and how to prevent them.

Tuesday, January 19; 3:30 to 5:30 p.m.; East Wellington Family Health Team office, Erin.

Tuesday, March 22; 6:45 to 8:45 p.m.; East Wellington Family Health Team office.

Meal Planning

Learn to choose foods that meet your nutrient and energy needs, learn how your hunger and appetite fit into the healthy eating picture; hands on practice with planning some of your own weekly meals and menus.

Tuesday, February 9; 6:45 to 8:45 p.m.; East Wellington Family Health Team office, Erin.

There is no cost for these sessions. To register, call (519) 833-7576 ext. 224 or register online at www.ewfht.ca.



RELUCTANT SKATER: Two-year-old Elliot Anderson-Witte of Rockwood was not impressed with his first attempt at skating with his grandparents at the outdoor rink at Lloyd Dyer Park. – Marie Shadbolt photo

Wellington O.P.P. Report

Cruiser crash

No one was injured when a the driver of a 2002 KIA slammed into the rear of an OPP cruiser last Tuesday, about 2:49 p.m. on Wellington Road 124 near the Third Line.

The cruiser, a 2009 Dodge Charger; was parked on the south shoulder with its emergency lights activated when the eastbound KIA skidded off the roadway slammed into the rear of the cruiser, causing light damage.

A 21-year-old Orangeville woman was charged with Fail to Proceed with Caution for an Emergency Vehicle contrary to the Highway Traffic Act.

Rockwood teens busted

Three Rockwood teens were arrested by Wellington OPP officers responding to a break-in report at a house under construction on MacLennan Avenue last Wednesday at 5:35 p.m.

The 14-year-old boys had been entering and exiting the house through a ground floor window. The house had also been entered on Monday January 4 when \$300 damage was done.

The teens, charged with break and enter, appear in Guelph Youth court on February 10th.

Domestic arrest

A 19-year-old Rockwood man has been charged in connection with a domestic assault incident in Eramosa Township. Wellington OPP were called to an Eramosa address at 9:14 on Saturday night by an 18-year-old woman who said she'd been harassed and assaulted by her former boyfriend.

Police arrested the Rockwood man and charged him with uttering threats, criminal harassment, mischief under \$5,000 and assault.

He appears in a Guelph court on February 22.

Edmonton man killed in Erin

A 42-year-old Edmonton man was killed in an accident on Sunday evening on Wellington Road 124 at the south end of the village of Erin.

OPP report that a 1998 Ford pickup truck was northbound on 124 when it left the roadway

at Main Street and struck a parked International tractor and dump trailer.

Police and Township of Erin firefighters extricated the driver from the truck. Alan Hilrie Reynolds was pronounced dead at the scene.

The police investigation continues.

Rocktoning Family Fitness
RAPID CIRCUIT FOR MEN, WOMEN & TEENS

NEW YEAR OPEN HOUSE
Saturday, January 16th 8am - 11am

NOW OFFERING PERSONAL TRAINING

EVERYONE WELCOME!

Rocktoning Family Fitness
160 Main St. S Rockwood
519-856-4842

SNOW BLOWERS

6HP - 24" Pull Start Only Retail \$675 NOW \$620	5.5HP - ES-24" Great Machine Retail \$799 NOW \$750
7HP - ES-27" A Real Worker Retail \$1049 NOW \$975	13HP - ES-30" For the Big Job Retail \$1699 NOW \$1450

COMBINED TOTAL OF 12 LEFT

JIM'S REPAIR SHOP
105 ALMA ST. ROCKWOOD 519-856-2564

FIT TO BE TRIED

See you at the
Rocktoning Open House
on Saturday, January 16.

Margaret Iutzi
CPTN - CPT
Personal Training

519-831-3221

Gord & Karen Scott of Acton are pleased to announce the engagement of their son Derrek Gordon Scott to Katherine Jane Hillis daughter of Pat & Wendy Hillis of North Bay