THURSDAY, JANUARY 14, 2010



# East Wellington Family health

### **Managing Headaches**

12

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 Strat-**<u>egies</u>

Introductory session to **Diabetes** Preventio and Diabetes Manage-

5.5HP - ES-24'

**Great Machine** 

13HP - ES-30"

For the Big Job

TOTAL OF 12 LEFT

Retail \$799

ment.

**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

Retail \$1049 \$975 NOW \$14

**JIM'S REPAIR SHOP** 

105 ALMA ST. ROCKWOOD 519-856-2564

- 24

Start Only

<sup>\$675</sup> \$62

7HP <u>- ES-27</u>

COMBINED

A Real Worker

Are you at risk for ing blood sugars and 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.

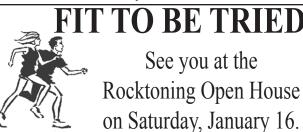
**Essential Skills** 

for Success Learning to Live with Type two Diabetes Learn about monitor-

## dmonton man killed in Erin

A 42-yerar-old Edmonton man was killed in a 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



Margaret Iutzi CPTN - CPT Personal Training 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.

at Main Street and struck

a parked International

tractor and dump trailer.

of Erin firefighters extri-

cated the driver from the

truck. Alan Hilrie Rey-

nolds was pronounced

The police investiga-

dead at the scene.

tion continues.

See you at the

519-831-3221

Police and Township



### Act. **Rockwood teens** busted Three Rockwood teens were arrested by Wel-

lington OPP officers responding to a break-in report at a house under construction on Mac-Lennan Avenue last Wednesday at 5:35 p.m.

124 near the Third Line.

Dodge Charger; was

parked on the south

shoulder with its emer-

gency lights activated

when the eastbound KIA

skidded off the roadway

The cruiser, a 2009

The 14-year-old boys exiting the house through a ground floor window. The house had also been

The teens, charged with in Guelph Youth court on February 10th.

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.



Wellington O.P.P ——Report——

**Cruiser crash** No one was injured had been entering and

**RELUCTANT SKATER: Two-year-old Elliot Ander-**

son-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

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

entered on Monday January 4 when \$300 damage was done. break and enter, appear

**Domestic arrest**