

Attitude key to body image

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up to 15 per cent have many of the symptoms of an eating disorder.

"The range of food and weight problems must be taken seriously because they can affect an individual's physical health, contribute to feelings of powerlessness and perpetuate her experience of oppression," Ms Bear said.

"It is hoped an increased awareness of weight issues will help to decrease their prevalence in the future."

The Halton Regional Health Department offers the following tips to give your body

image a boost:

- Be positive about yourself and others.
- Give and receive compliments that point out strengths and abilities instead of focusing on appearance.
- Respect people's differences. Accept and recognize that healthy bodies come in a variety of shapes and sizes.
- Eat well. Choose foods that will make you healthy and strong.

For more information, contact the Halton Regional Health Department at 825-6060.

For in-depth coverage of local sports read **Steve LeBlanc** twice a week -- **Tuesdays and weekends**

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at 878-2341 or fax your team reports to 878-4943.

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PUBLIC NOTICE

INTERSECTION IMPROVEMENTS AT TRAFALGAR ROAD (REGIONAL ROAD NO. 3) AND DERRY ROAD (REGIONAL ROAD NO. 7) TOWN OF MILTON
PR-1327(C)
PR-1424(B)

Notice is hereby given pursuant to Sections 297 and 300 of The Municipal Act, R.S.O. 1990, Chapter M.45 as amended, that the Council for the Regional Municipality of Halton proposes at its meeting on Wednesday, April 1, 1998 at 9:30 am to pass a by-law for the intersection improvements at Trafalgar Road (Regional Road No. 3) and Derry Road (Regional Road No. 7), Town of Milton.

Plans showing the proposed work may be inspected at the Planning & Public Works Department, Halton Regional Centre, 1151 Bronte Road, Oakville.

On Wednesday, March 25, 1998, at 9:30 am in the Halton Room at the Halton Regional Centre, 1151 Bronte Road, Oakville, Ontario, Council through its Planning and Public Works Committee will hear in person, or by his/her Counsel, any person who claims that his/her lands will be prejudicially affected by the said by-law and who applies to the Regional Clerk no later than Friday, March 6, 1998 to be heard.

For further information, please contact Mr. J. Choi, P. Eng., Manager of Design Services at extension 7610.

From Milton/Oakville 825-6030
From Halton Hills 878-8113
From Burlington 639-4540

Joan A. Eaglesham
Regional Clerk

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Dateline

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The Milton Children and Youth Centre, 917 Nipissing Rd., invites parents and children to **Family Time**. The activity is held Monday, Wednesday and Friday from 9 to 11 a.m. The cost is \$40.

The **Osteoporosis Support Group** of the Oakville Bone Centre meets at St. Michael's Church, 181 Sewell Dr., in Oakville at 1:30 p.m. The guest speaker is Faith Brown, dietician. For more informa-

tion, call Kay Duncan at 827-6750.

Mothers Against Drunk Driving (MADD) Halton hosts a volunteer awareness event at Oakville city hall, 1225 Trafalgar Rd., at 7:45 p.m. The purpose of the meeting is to offer information to members of the public who are interested in participating as a volunteer, but are uncertain as to where their time and talents can be best utilized. For more information, call 844-0096.

Dateline listings are free to local non-profit groups to promote their upcoming events. We guarantee one listing closest to the day of the event but often it is published twice. Please send requests for inserts in early so we can serve you better. Fax info about your upcoming event to 878-4943.

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