

You're Invited to "Experience Works"

Experience Works in Halton! A workshop series that gives a fresh approach to the world of work. It is focused on the needs of people over the age of 45 and it is FREE.

Looking for . . .

- Career fulfillment?
- A little extra cash?
- Self-Employment?
- Volunteering in the community?

"Experience Works" will . . .

- Match your skills and interests with opportunities
- Get you thinking about your future
- Open the door to local positions and much more.

Next Session Starts
Wednesday, July 7th
Canada Employment Centre
310 Main Street East (T.D. Building)
Reserve your spot or call us for more information.
1-800-350-8361

In Partnership with EduService Inc.

Financially Supported by:



Human Resources
Development Canada

Développement des
ressources humaines Canada



Taste of Scotland

The Milton Scottish Festival was a celebration of dancing and music at Rotary Park Saturday. Joe Chant (top left) with his two-year-old daughter Meghan were on hand to take in all the action, while 1992 world juvenile dance champion Carleigh Leighton (top centre) performed. Above, members of the Queen's York Rangers marched down Mill Street to the park, and (at right) all the festivities eventually tired little four-year-old dancer Abigail Cook.

Photos by
Graham Paine



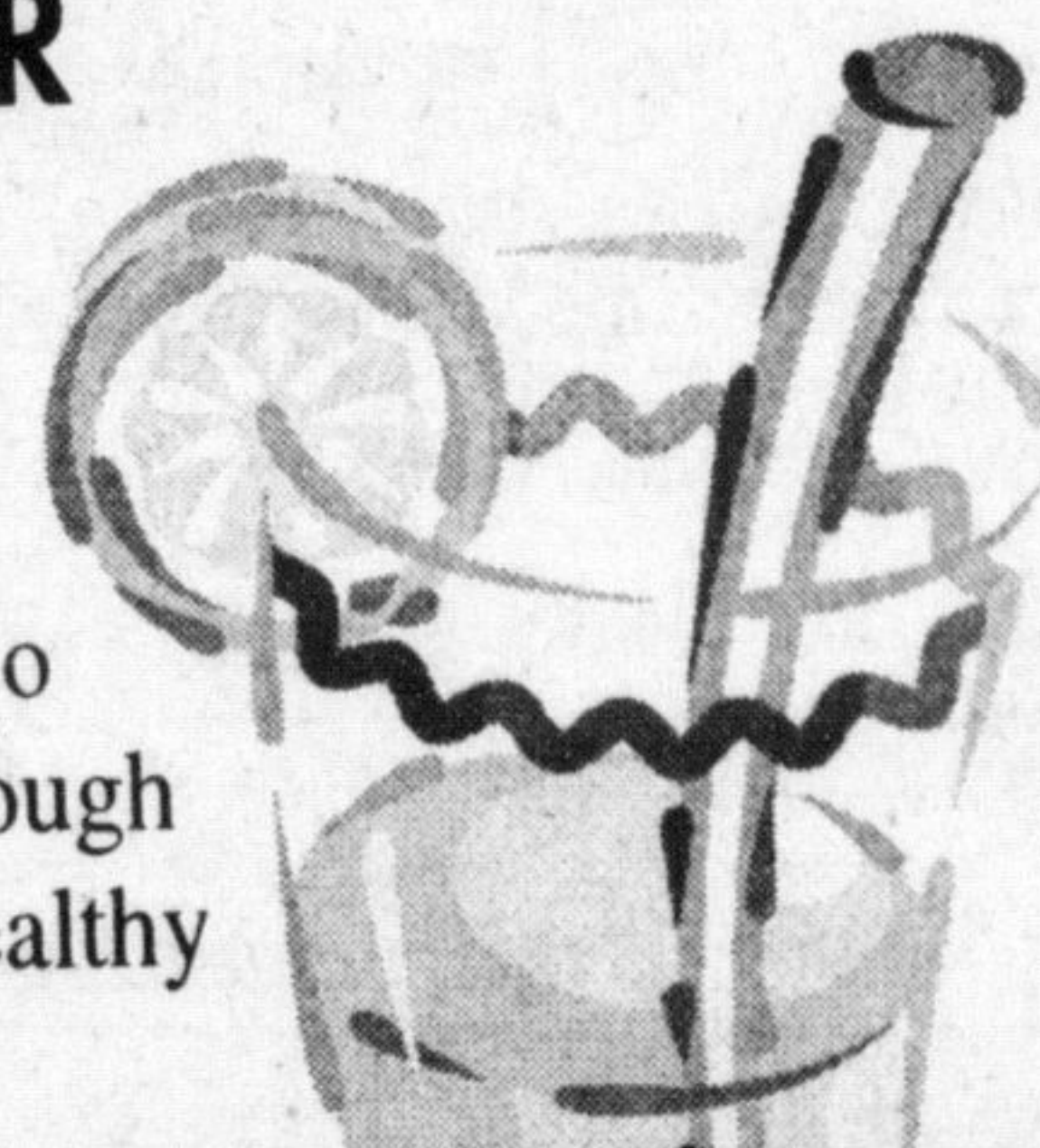
For goodness sake . . .



A good health tip from
Milton District Hospital

JUST ADD WATER

Water makes up 70% of the human body and is vital to every body process; digestion, respiration, circulation, excretion, reproduction, movement, growth, and maintenance. But even though it's so important, more than half of us don't drink enough water! The recommended daily amount for healthy adults is eight 8-ounce glasses



"For goodness sake"
is brought to you courtesy of



Halton Healthcare
S.E.R.V.I.C.E.S

and
The Canadian Champion