

Dateline

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Wednesday evenings from 7 to 9 p.m. There is no fee. Call 693-8771 for more information.

The Milton Community Resource Centre, 917 Nipissing Rd., holds a **drop-in** — a time for children to play and socialize with others. The cost is \$2 with a membership. For more information, call 876-1244, ext. 10.

Milton Wheels to Meals holds a luncheon in the Loblaws Community Room. The cost is \$5. Transportation and assistance can be arranged for those that require it. For more information, call Mary at 878-6699.

Women interested in the latest information on breastfeeding are welcome to attend a meeting of the **Milton La Leche League**. The group, which discusses different phases of breastfeeding, meets at **CHERISH Family Resource Centre**, 540 Childs Dr., at 8 p.m. Group discussion is led by local leaders accredited by La Leche League International. Call 876-3322.

Thursday Aug. 19

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts **Seniors Cinemas** at 1:30 p.m. Admission costs \$1. Call the centre at 875-1681 for the feature showing.

Canadian Blood Services holds a **blood donor clinic** at Sam Sherratt School, 649 Laurier Ave., from 1:30 to 8 p.m. Call 1-888-871-

7201, ext. 4253, for more information or to book an appointment.

Friday Aug. 20

The Milton Seniors' Activity Centre, 500 Childs Dr., hosts **Barbecue Day** at noon. Senior citizens are invited to enjoy hamburgers, hot dogs, sausages and salads.

Saturday Aug. 21

The Milton Seniors' Activity, 500 Childs Dr., holds the **Super Garage Sale and Fundraiser**. Doors open at 9 a.m.

Sunday Aug. 22

Participants in **Classic Cars in Motion** will cruise from 5:30 to 6 p.m. from Thompson Road along Woodward Avenue to Martin Street and up to the Car Cruise in the Canadian Tire parking lot, weather permitting.

Monday Aug. 23

The Milton Seniors' Activity Centre hosts a **bus excursion to Casino-Rama** in Orillia. The cost, which includes transportation and lunch, is \$7 for members or \$12 for non-members. Call 875-1681 to sign up.

The Milton Resource Centre, 310 Main St. E., holds a **free resume writing workshop** in conjunction with Sheridan College at 9:30 a.m. For more information, call 876-9828.

The Milton Resource Centre, 310 Main St. E., presents workshop **'Hidden Job Market/Labour**

Market Trends in conjunction with Sheridan College at 1 p.m. For more information, call 876-9828.

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A **two-day leadership training session** for 12 to 14 year olds takes place from 9:30 a.m. to 3:30 p.m. The session continues August 25. The cost is \$5. For more information, call public health nurse Lynn Franklin at 693-4242, ext. 7197.

Monday Aug. 23 - 27

The Milton Community Resource Centre, 917 Nipissing Rd., hosts the week-long **Summer Day Camp**. Activities include arts, crafts, co-op games, sports, cooking, movies and swimming. The cost is \$75. Call 876-1244, ext. 18 to register.

Tuesday Aug. 24

The **Parent Support Group** meets every Tuesday at 7:30 p.m. at Pinelands Presbyterian Church, 5270 New St., in Burlington. The non-denominational, self-support group with trained leaders helps parents of children who're in trouble at home, at school or with the law, or are abusive or taking drugs. Call 1-800-488-5666.

6 Mistakes to Avoid When Moving to a Larger Home

MILTON - A new report has just been released which identifies the 6 most common mistakes that homebuyers make when moving to a larger home.

Unlike the experience of buying a first home, when you're looking to move up, and already own a home, there are certain factors that can complicate the situation. It's very important for you to understand these issues before you list your home for sale.

Not only is there the issue of financing to consider, but you have to sell your present home at exactly the right time in order to avoid the financial burden of owning two homes or, just as bad, the dilemma of having no place to live during the gap between closings.

In answer to this issue, industry insiders have prepared a free special report entitled "6 Mistakes to Avoid When Moving Up to a Larger Home".

The information contained in this report will help you make informed choices before you put your home on the market in anticipation of moving to a larger home.

To hear a brief recorded message about how to order your FREE copy of this report, call 1-888-475-8645 and enter ID #1004. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out what you need to know to make your move up to a larger home worry-free and without complications.

This report is courtesy of Chris Newell, Re/Max Blue Springs Realty (Halton) Corp. Copyright Craig Proctor 1997

Mirasol Spanish Services

Rosemary Davison, B.A., M.A., B.ED

Warm up your autumn evenings, learning Spanish, for business, for travel or simply, for fun! All classes in Milton.

Level 1: Thursdays, 7 - 10 p.m., Sept. 9 - Dec. 16

Level 2: Tuesdays, 7 - 10 p.m., Sept. 7 - Dec. 14

Level 3: Mondays, 6:30 - 9:30 p.m., Sept. 13 - Dec. 20



Spanish For Kids

Martha Carrillo, Instructor

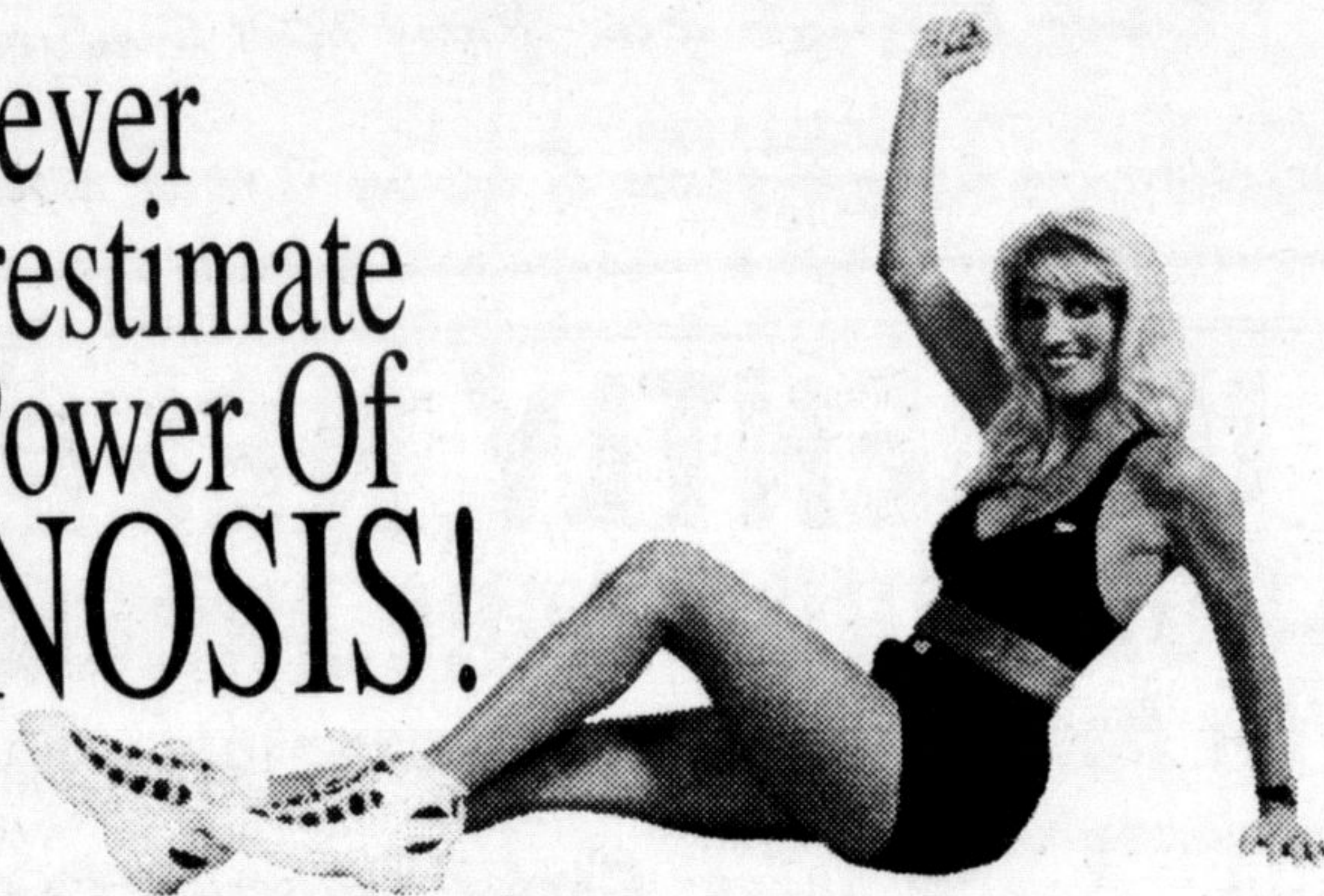
Saturdays: 8:30 - 10:30 a.m.

10:30 a.m. - 12:30 p.m.

October 2 - December 18, 1999

For more information, please call R. Davison at 876-3057

Never Underestimate The Power Of HYPNOSIS!



Just how powerful is hypnosis?
Read what these folks have to say. Then you be the judge...



Success Times Two!

"I lost 23 pounds and kicked my smoking habit. I quit smoking after the first session. Done! It was easy.

The weight loss was easy too. No stress. No fuss. I still have treats. Not because I feel bad. Just for a treat! Someone recently said, "You have terrific legs." I didn't get that before. My husband's lost weight too.

I read in the newspaper about folks who got success with hypnosis. I was a wreck at the time. I had every diet book on my shelf. Nothing worked. I was taking aspirin every day. I was drinking too much. All this stopped. PMS symptoms vanished. I say to myself, this is what life's supposed to be!

I was unsure about hypnosis. I didn't want a hypnotist to take control of me. During the sessions I got control back. What I got from hypnosis was worth ten times what I paid!

I met a lot of other folks who were losing weight like me. I have recommended hypnosis to several of my friends. I recommend it to anyone."

Theresa Carter,
Medical Receptionist



"I walked out a non-smoker!"

"I smoked for 32 years. My husband had been badgering me to quit for years. I tried patches, gum, cold turkey. I didn't have the willpower.

Hypnosis was my last resort. I was amazed at how easily I quit with hypnosis. I walked in the door a smoker and out the door an hour later a non-smoker. I had no urge or desire for cigarettes. I realized my entire cigarette addiction was in my head!

Every aspect of my program was upbeat and positive. I look and feel vibrant. I have not had an asthma attack. I handle stress without even thinking about cigarettes. I am extremely satisfied with my results."

Sandy Green,
Administrative Assistant

"I Have Control Over Food!"

"I used to be a dieting expert. I could lose my weight and then re-gain it practically over night. Diets made me feel out of control. With hypnosis I have control over food. What a relief to know I will never have to diet again!"

Pat Seyller,
Costume Shop Manager

Food Cravings Extinguished!

"In six short months I lost 37 pounds. Hypnosis made my weight loss effortless.

I was the "big guy" my entire life. I was moody and miserable. I'd open Oreos and eat half the bag. I tried diets. I couldn't stick with it. I was skeptical of hypnosis. I kept thinking of old movies. I was impressed from the moment I walked in.

After my first session, I noticed that I wasn't hungry. Hypnosis extinguished my food cravings. I lost 5 lbs. the first week. 16 lbs. the first month. I went from squeezing into a size 42 to a trim 38. My doctor encouraged me to continue with my hypnosis program.

It's been fun to watch the success of other folks. It looks like they're melting under their clothes! I think my weight loss is permanent. My new eating habits are easy. I think anyone who has a weight problem needs to look at hypnosis seriously. I'm confident hypnosis can work for anyone.

Bob Trader,
Trainer

Dentist Recommends

"I was dissatisfied with the way I looked and felt. I worried about my health. I had some familiarity with hypnosis and knew it was powerful. The hypnosis ads about weight loss intrigued me. I came for an evaluation. I was hypnotized and lost 26 lbs. in 5 1/2 months. Hypnosis made weight loss remarkably easy. I never felt deprived. Never felt hungry. It happened automatically.

I was notorious for gaining weight on vacation. Since joining I have spent four weeks traveling. I continued to lose weight. I think hypnosis is a tremendously powerful way to change habits without feeling that something is imposed on you. I strongly recommend hypnosis to anyone who wants to lose weight, lower stress, or change a habit, like smoking. Take it from me, hypnosis gives you control over your behaviors."

Madison R. Price,
Doctor of Dentistry

Quitting Smoking "Easy as Pie!"

"I was smoking over 2 packs a day for

23 years. I tried everything to quit. I couldn't handle the mental cravings. So I'd start back to smoking.

Quitting smoking was a piece of cake after I got hypnotized. I don't want cigarettes. It doesn't bother me to be around smokers. Thanks to hypnosis my children won't be brought up around smokers.

Quitting smoking with hypnosis was easy as pie. I recommend hypnosis to anyone who wants to quit smoking without withdrawal. With hypnosis you sit back, relax, and let it happen."

Chuck Davis,
Maintenance Superintendent

"I lost 10 inches around my waist!"

"I began looking for help when I reached 198 lbs. I tried everything to lose weight, including Phen-Fen. Nothing worked. My size was devastating to me. Everyone had some crazy diet for me to try. They all failed. The day I went to my evaluation I cried in the office. I was ashamed of how I looked. With hypnosis I lost 30 lbs. in 6 months. The rewards are tremendous. I lost 10 inches around my waist. I have more energy. I sleep better. Anyone battling weight knows how heavy those pounds weigh on the inside. Thanks to the caring hypnosis staff I am a new person."

Maxine Barnett,
Waitress

Hypnosis Takes Place of Willpower

"When I went to navy boot camp I started smoking a pipe. It lasted 3 years. I met a shipbuilder who smoked pipe tobacco cigars. That's when I started cigars. Most folks smoke 4 or 5 a day. I was smoking 4 or 5 packs a day!

I tried the patches. The gum tasted awful. I tried subliminal messages. I heard about hypnosis on the radio. Hypnosis did the trick. I have been a non-smoker more than 6 months. Hypnosis took the place of willpower. I've saved more than \$2500 since I quit smoking. That makes it well worth it! I am constantly telling other folks to give hypnosis a try. I say go for it!"

Steve McVey,
Ironworker

Two-Year Success!

"Thanks to hypnosis I have been a non-smoker for two years! I stopped instantly. It was the easiest thing I've ever done.

I had smoked all my life up to 11/2 packs a day. My attempts to quit were a joke at work. With hypnosis I lost all desire for cigarettes. The struggle was over.

I work in the emergency room. Every day I see people who are dying of cancer or have no voice box from smoking. I recommend hypnosis to anyone who asks me about quitting. The easiest way to go is hypnosis!"

Susan Cooper,
X-Ray Technician

WHY SUFFER NEEDLESSLY WHEN LOSING WEIGHT AND STOPPING SMOKING CAN BE THIS EASY?

Don't deny yourself the thin body, good health and self-confidence that the power of hypnosis can give you. Winning is beginning. Call 337-3700 to schedule your FREE HYPNOSIS SCREENING. It's fun and informative. There's no obligation and we never pressure anyone.

At Positive Changes Hypnosis we let our results speak for themselves. And our exclusive double guarantee is the best in the business..

Don't waste one more minute being overweight or destroying your health with nicotine. Your happiness is too important. Call us at 337-3700. It won't cost you one penny to find out more.

Call now for your
FREE
Hypnosis Screening
337-3700
123 Maurice Drive, Oakville

