

# Dateline

• from **DATELINE** on page 12  
seat call 338-4379.

Wellspring Halton-Peel, 2545 Sixth Line, in Oakville, offers a **drop-in peer support group** from 10 a.m. to 2 p.m. and **body-mind meditation** from 1 to 2:30 p.m. For details call 257-1988.

The Peel chapter of the **Autism Society of Ontario** meets at 7:30 p.m. in the Inglewood Room at the Peel Board of Education head office. For details call (905) 821-7046.

**Anger management**, a six-week program that explores anger management, strategies, anger styles, assertive communication and relaxation techniques, begins at 7 p.m. in Burlington. The cost is \$65. To register call the Canadian Mental Health Association at 693-4270.

The Canadian Federation of University Women, Milton and District, invites graduates to its next **general meeting** at 7:30 p.m. at Hugh Foster Hall. The guest speaker is Linda Redford, a personal

coach. For details call 693-9404.

## Thursday Oct. 5

The Victorian Order of Nurses hosts a **training session** to educate new volunteers on how to effectively relate to memory impaired seniors and their families. Call 827-8800 for details.

Wellspring Halton Peel, 2545 Sixth Line, in Oakville offers a **drop-in peer support group** from 10 a.m. to 2 p.m. and **yoga** from 1 to 2:30 p.m. For details call 257-1988.

The **DEIPP Clinic** offers parents of newborns to children aged 5 years a 15-minute consultation session with community agencies dealing with speech, hearing and behaviour from 1 to 3 p.m. at the Milton Community Resource Centre, 917 Nipissing Rd. Call 876-1244, ext. 12, for details.

Milton Public Library, 45 Bruce St., hosts **Teddy Bear Time** — a drop-in story time for children three and up at 6:45 p.m. For more infor-

mation call 875-2665.

The Victorian Order of Nurses offers a **foot care clinic** from 1 to 4 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. To reserve a spot call the centre at 875-1681.

St. Paul's United Church, 123 Main St., hosts the **Community Kitchen** from 10 a.m. to noon. For details call 876-4539.

The Milton Seniors' Activity Centre, 500 Childs Dr. hosts **Seniors Cinema** at 1:30 p.m. Admission is \$1 and includes refreshments. Call 875-1681 for feature performances.

St. Paul's United Church, 123 Main St., hosts **St. Paul's Community Kitchen** from 10 a.m. to noon. For information call 876-4539.

The Victorian Order of Nurses Alzheimer Services offers a **support group** for family caregivers from 1 to 3 p.m. in the Community Room, upstairs at Loblaws, 75 Nipissing Rd. Call 847-9559 or toll free at 1-800-387-7127.

## Mammacheck tomorrow night

All women are at risk of being struck by breast cancer.

To raise awareness of the disease that hits one out of nine women, October has been declared Breast Health Awareness month.

According to the Halton Regional Health Department, the disease takes root in women with no known risk factors aside from gender in up to 80 per cent of all cases.

Factors that heighten the risk include having a strong family history of the disease, a personal history of breast cancer and old age.

But saving lives is literally in women's hands.

More than 80 per cent of breast cancer cases are detected by women themselves through methods such

as self-examination.

And early detection is critical.

That's why Milton District Hospital invites women to attend Mammacheck, a breast self-examination workshop.

The informative workshop will be held in the upper level of Loblaws, 75 Nipissing Rd., tomorrow from 7 to 9 p.m.

Admission is free, thanks to sponsorship from the Zonta Club of Burlington.

To register, call 338-4379.

For further information on breast cancer, call Breast Cancer Support Services at 634-2333.

**BiWay**

**CORRECTION NOTICE**

The following items advertised in this week's flyer will not be available due to the suppliers' inability to ship:

- Satin Edged Blankets @ \$6.99 and \$8.99
- Ocean Spray Cranberry Sauce @ \$1.49
- Sun Pac Cocktail (Cranberry and Cranberry Apple) @ \$2.49

We apologize for any inconvenience this may have caused.

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