



Town of Milton 7th Annual Staff Golf Tournament Raises \$3600⁰⁰ for Wellspring Halton-Peel

Photo by BARRIE ERSKINE

Hefty help from Town

Wellspring Halton-Peel representatives (far left) Lynda Morrison and Judi Perry accept this \$3,600 cheque from Town of Milton employees (from left) Darlene Davidson, Christine Brown, Dee Fitzpatrick, Lana Burchett and Phil Antoniow. The funds, which will be used to provide a variety of health services run by the organization, were raised through the Town's annual golf tournament.

Healthy Living news is featured every third Tuesday of the month in The Champion.

GOLD SCISSORS
 Lennea Morley
 Professional Esthetician, Certified Electrologist & Aromatherapy

Special Offer!! \$40
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 15% Body Fat
 62.5 inches!**

Reduce 1 to 2 sizes every 5 weeks

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Enroll now with our Fall Special

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50% OFF
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* Based on Full program. Excludes product. Expires Oct. 30/00

Positive Changes HYPNOSIS

Q: How does hypnosis work?

A: Our minds work on two levels - conscious and subconscious. We make decisions, think and act with our conscious mind. The subconscious controls our habits. In hypnosis the conscious mind is subdued, while the subconscious becomes more aware. Positive suggestions given by the hypnotist are readily accepted in this altered state. Also, the subconscious is no subject to time. This is why our clients often state that their new habits seem "easy" and effortless" after hypnosis.



SUSAN CHORNEY
 Certified Hypnotist

Q: Will hypnosis work for me?

A: Generally speaking, every normal person is hypnotizable - that is, people with an I.Q. of at least 70 who have no severe mental disorders. Therefore, most anyone can take advantage of hypnosis. With cooperation and reasonable commitment, you can expect excellent results with weight loss, stop smoking and stress reduction.

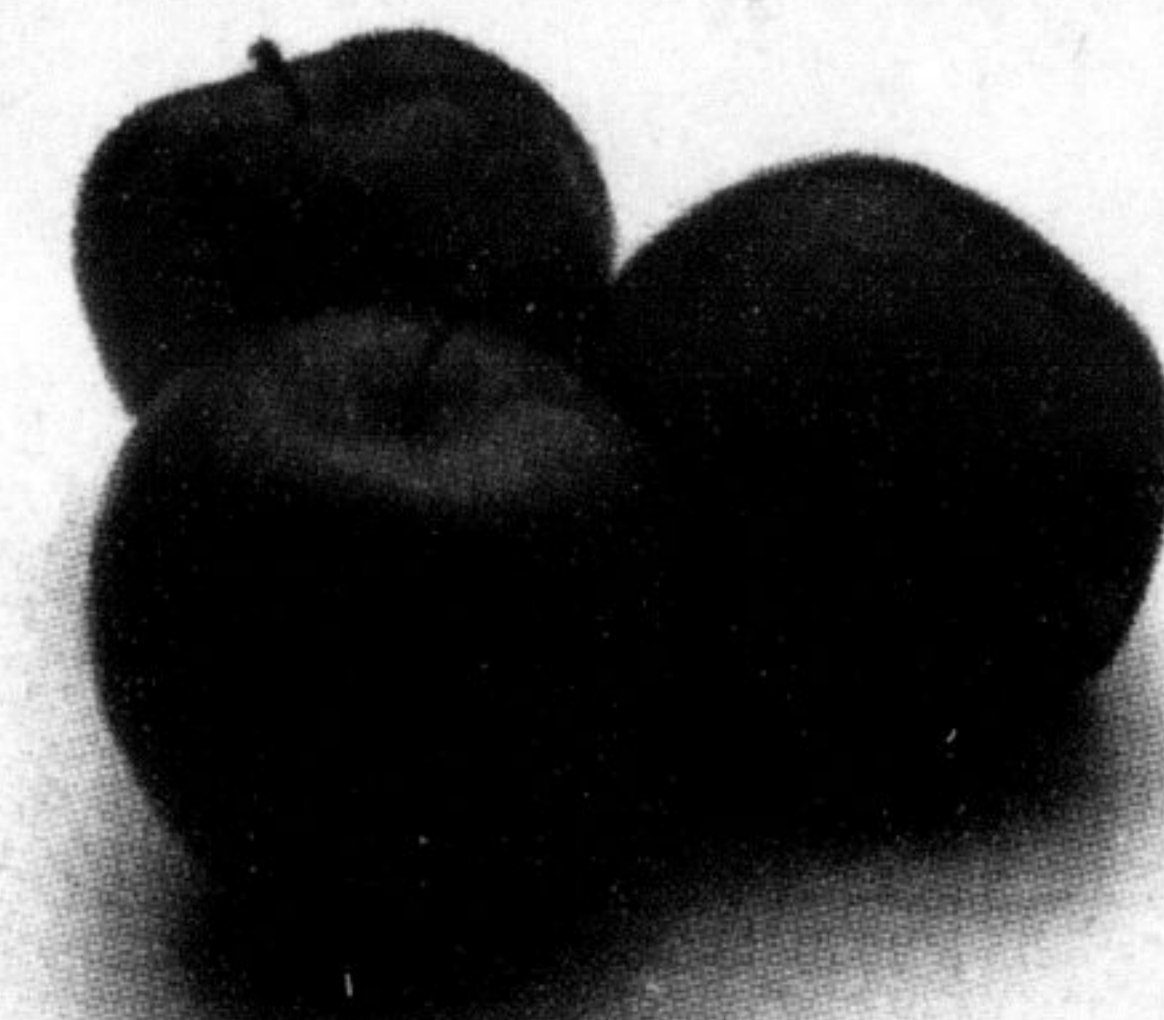
Don't waste one more minute being - OVERWEIGHT or DESTROYING YOUR HEALTH WITH NICOTINE
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905-337-3700 10 am - 8 pm

123 Maurice Drive, Oakville

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during
OPEN HOUSE WEEK
 at the
MILTON LEISURE CENTRE



The Milton Leisure Centre
 1700 Main Street, East
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 www.town.milton.on.ca

Visit the Milton Leisure Centre between Monday, October 23 and Sunday, October 29, 2000 and enjoy a **FITNESS, CYCLE or AQUAFIT** activity at half* the regular rate.

*Present this ad and receive 50% off the regular PAY-AS-YOU-GO price during Open House Week.

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- TV monitors
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878-7946