

Appearance seminar for those challenged by cancer treatment

Halton women challenged by the appearance-related side effects of their cancer treatment will soon have access to a free, two-hour workshop program at Wellspring in Oakville.

The workshop will be held on the last Monday of every other month starting Monday at 7 p.m.

Look Good Feel Better is a free, national, public service program dedicated to assisting Canadian women living with cancer deal with the appearance-related side effects of chemotherapy and radiation treatment.

The workshop is sponsored by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA).

The workshops are conducted by a team of trained

beauty professionals who volunteer their time and expertise to touch on several important topics — nail and skin care, cosmetics and hygiene, hair and hair alternatives.

Participants are taught how to effectively use cosmetics, following a basic 12-step program.

A complimentary tool kit, containing a variety of alcohol-free, hypo-allergenic products is provided to each participant, donated by the CCTFA.

The workshop is currently operating in 64 major cancer-care centres across Canada.

Wellspring is a non-profit centre for people living with cancer.

For more information, call 1-800-914-LOOK or visit the web site at www.lgfb.ca.

Find out about body mass index at Zak's

Many people know the risk of packing on a few extra pounds during the holidays.

But keeping tabs on healthy weight zones throughout the remainder of the year can contribute to strong overall health.

Help is available through a new program that allows residents to track their body mass index (BMI) at pharmacies across Ontario.

The idea is to help people remain disciplined throughout the year, not just after the holidays.

A BMI machine is available in Milton at Zak's Pharmacy, 70 Main St. E.

To use the machine, just follow the easy instructions. The results can serve as a warning to avoid weight-related health problems.

In general, a BMI between 18.4 and 24.9 indicates a healthy weight, while one of 30 or more can increase the risk of health woes such as high blood pressure.



Halton Hills Speech Centre

Communication is Vital

- Language
- Stuttering
- Articulation
- Swallowing
- Voice
- Reading
- Stroke Rehabilitation
- Tutoring
- Accent Improvement

Providing therapy to children and adults in Halton, Peel and Wellington Counties

Evening and Saturday appointments available

Ph: 905-873-8400

Fax: 905-873-7291

haltonspeech@aztec-net.com

Only 15 minutes to Georgetown

328 Guelph Street
Georgetown L7G 4B5

New Milton hospital web site provides useful information

Find out which doctors are taking new patients

What services are available at Milton District Hospital (MDH)? What career opportunities are available? Which doctors are accepting new patients?

All of this information and much more is now available at Halton Healthcare Services' new web site, www.haltonhealthcare.com. The site provides an overview of

the programs, services and important developments at MDH and Oakville-Trafalgar Memorial Hospital.

"The web site provides us with another way to communicate with our communities," said John Oliver, president and CEO of Halton Healthcare Services. "Now you can log on and find information concerning everything from visiting hours to current funding announcements and if you're looking for more information, key phone numbers and e-mail addresses are provided."

The site will also be used to recruit new staff, especially nurses and physicians.

"In today's fast paced economy, an online presence is essential in finding qualified candidates," said Marcin Freyberg, manager of human resources projects and recruitment at Halton Healthcare Services. "The web site gives us quicker turn-around time and also provides us with candidates that are tech-savvy, which is the direction health care is going."

Health department offers new web site

Updates on restaurant inspections and requirements are just a click away on the new Halton Region Health Department web site.

The site, recently updated by the health department, lets visitors view a directory of food premises prosecutions, as well as lists of new EatSmart award recipients.

The awards are given to restaurants that are smoke free and have healthy menu options.

Furthermore, a new food safety hotline allows people to contact the health department after working hours to report hazardous conditions at local restaurants.

The hotline number is 825-6278.

For more information call the health department at 825-6060 or 1-866-4HALTON.

MARCH

STUDENTS SPECIAL

Now \$25. OFF \$97

- FOILS
- CUT & STYLE
- EYEBROW SHAPING

REG. \$122.49

PRICE BREAK

LADIES SPECIAL

Now \$25. OFF \$54

- GLOSS, CUT & STYLE
- EYEBROW SHAPING
- MANICURE

REG. \$79.

BREAK

MENS SPECIAL

Now \$25. OFF \$67

- EAR CANDLING
- BACK MASSAGE
- CUT & STYLE

REG. \$92.



84 Main St. E.,

Milton

905-876-3761



Truly You Wigs & Hair Replacement

Specializing in Hair Replacement for women with hair loss due to chemo/radiation treatment, alopecia & hair thinning.

We take extra care to meet your needs discretely & confidentially.

For an appt. call Amalia
(905) 821-1092

114-154 Queen St. S., Winchester Place Mississauga, (Streetsville) (www.linkall.com/trulyyou)

Milton Loves Herbal Magic



- Lose up to 7 lbs./wk
- No prepackaged foods, shakes or bars
- One-on-one service by trained counsellors
- No EMS or harsh exercise

*Based on full program. Excludes product.

HELD OVER ONE WEEK!

LOSE ALL YOUR WEIGHT FOR \$88*

Laurie lost 22lbs and 32 inches



Herbal Magic Systems International Weight Management and Nutrition Centres

15 Martin St. (Carriage Square)
www.herbalmagicsystems.com

Expires Mar. 26/01.

693-9594