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Physical Activity Guide
 To Healthy Active Living

HEALTHY LIVING

HHS offers free health seminars

Halton Healthcare Services (HHS) in partnership with numerous community organizations is pleased to present a line-up of free seminars, workshops and fairs to help the public obtain current and accurate health information.

Nine seminars are planned on a variety of health topics including arthritis, prostate cancer, asthma, schizophrenia, stress man-

agement, weight management, diabetes and heart disease.

The seminars will be two hours in length and will be held on weekday evenings in Milton or Oakville.

"Everyone can benefit from attending these events by becoming a more informed consumer," explained Lorraine Rohm, health promotion manager for Halton

Healthcare Services, which operates Milton District and Oakville-Trafalgar Memorial hospitals.

"The Breast Health workshop will be offered in each community. Every woman should plan to attend one of these sessions to learn how to do a proper breast self-examination."

In addition to the seminars and workshops, Oakville-Trafalgar Memorial Hospital will hold its second annual Good Health Expo and Teddy Bear Hospital at Hopedale Shopping Centre in Oakville November 3.

Members of the public will be invited to drop by anytime between 9:30 a.m. and 3:30 p.m. to learn about available hospital and community services.

Kids are encouraged to bring their favourite teddy bear or doll.

Also that day, Milton District Hospital has organized the Living Healthy with Diabetes Fair to be held upstairs at Loblaws.

Visitors will be able to drop by between 10 a.m. and 3:30 p.m. to learn more about diabetes management.

To obtain a copy of the calendar of events for the seminars, call (905) 815-5110.

To reserve a seat for the Breast Health workshop, call (905) 338-4379.



Halton Hills Speech Centre

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Dr. Nather Alshakarji
 and
Dr. Mustafa Kamouna
 are pleased to announce the opening of their FAMILY PRACTICE office.
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CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Kids, Sports and Chiropractic

Hockey, rugby, football, soccer, gymnastics, basketball, volleyball, martial arts, competitive dance, swimming, tennis, golf, etc., etc... Our kids are enjoying these sports and activities in ever increasing numbers. They're great fun and good for physical development. They teach cooperative effort and the sense of belonging to a productive group, while keeping kids occupied and out of mischief.

But do they have their DOWN side (pun intended). What parent of an active kid hasn't witnessed their child take a serious fall or jolt resulting in a bruise, sprain or even a fracture of a bone?

Doesn't it make sense that a jolt serious enough to sprain or separate a shoulder could also cause whiplash to the neck? Isn't it possible that a fall on the butt or a slam against the boards of a hockey rink could jolt the lower back or pelvis out of alignment?



Does it make sense that a tumble on a playing field enough to knock the wind out of a child could also knock the bones in the middle of the back out of alignment... activity...

What is your usual course of action when such an injury takes place? Often the injury doesn't seem serious enough to require professional follow-up and nothing is done. Sometimes it's a trip to the walk-in clinic or the emergency ward for first aid care. But the most serious and potentially harmful consequence of these jolts is most often overlooked.

That is a condition call VERTEBRAL SUBLUXATION. That's the name of the condition that results when bones of the spine are knocked out of alignment, putting pressure on the nerves between them and thus interfering with the flow of life power from the brain to the part of the body served by that nerve bundle.

Because of the vigor of youth, these subluxations often go undetected for years, but will eventually cause some disorder that only shows up later in life without any apparent cause. In other words, your current high blood pressure, stomach ulcer, shortness of breath, balance problem, etc., could be the long term result of a jolt or strain that you suffered as a child or teenager and have long forgotten.

THINK CHIROPRACTIC CHECK-UP!

Now the only health professionals who are trained and experienced in the detection and correction of vertebral subluxations are chiropractors.

So the next time your child suffers a jolt or fall in an athletic



A PUBLIC AWARENESS PROGRAM BY YOUR LOCAL CHIROPRACTIC ASSOCIATION

Barrow Chiropractic
 180 Ontario St. S.
 Dr. J. R. Barrow
 878-8127

McPhail Chiropractic Centre
 270 Martin St.
 Dr. Murray McPhail
 876-0005

Milton Family Chiropractic Centre
 379 Ontario St. S.
 Dr. Heather Jones
 878-5020

Healing Centre
 95 Main St. E.
 Dr. Anna Neff
 876-0048

Healing Centre
 95 Main St. E.
 Dr. Marlene Turner
 876-1888

Family Care Chiropractor
 106 Wakefield Rd.
 Dr. Angelika Koeth
 878-5165

Milton Chiropractic Centre
 310 Main St.
 Dr. David L. Phillips
 878-5656