

Health care calendars are now in

Halton Healthcare Services is making it easier for the public to be informed of upcoming health education seminars.

Halton Healthcare Services (Oakville-Trafalgar Memorial Hospital and Milton District Hospital) has designed a calendar that includes upcoming health events held between February and June.

Seminar topics include stress and heart disease, colorectal cancer, inflammatory bowel disease, mental health, allergies, osteoporosis, prostate and ovarian cancer.

The seminars are part of the 'Living Healthy' series of public education events designed to help individuals obtain current and accurate health information.

The feedback from participants is always very positive," said Lorraine Rohm, Halton Healthcare Services health promotion manager.

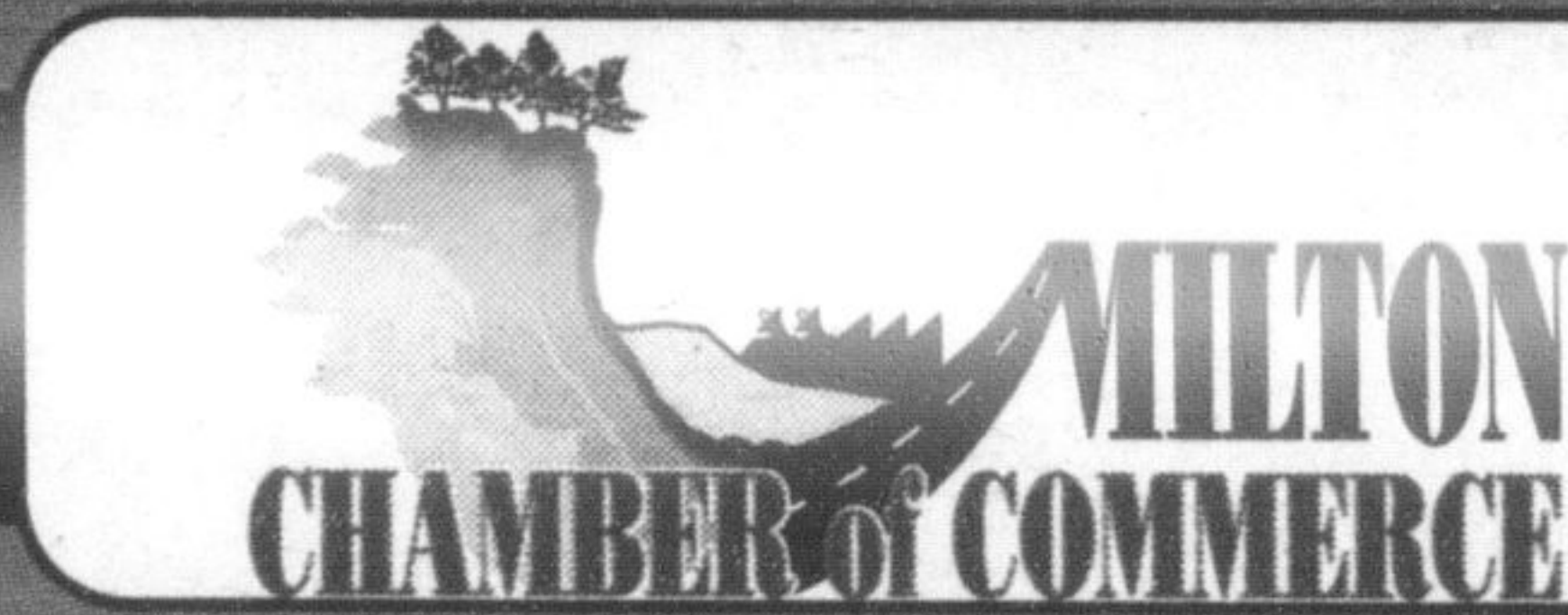
To request a copy of the calendar or for more information, call (905) 815-5110.

Breastfeeding info available

Do you have questions or concerns about breastfeeding?

The Breastfeeding Clinic at Milton District Hospital is open Mondays from 9:30 to 11:30 a.m. and Thursdays from 7 to 9 p.m. A certified lactation consultant is available for assistance.

To book an appointment or for more information, call (905) 878-2383.



2001 Community Awards Nominations

- Citizen of the Year
- Businesswoman of the Year
- Businessman of the Year
- Business of the Year (25 employees or less)
- Business of the Year (26 employees or more)
- Life-time Achievement Award

DEADLINE FOR NOMINATIONS Feb 8, 2002

Nominations must include the name, address, and phone number of the nominee and most importantly the reasons why they deserve the nomination.

Companies may nominate themselves. The Chamber does not research or verify information provided; we rely on the nominator to be accurate and truthful.

Mail to: Milton Chamber of Commerce
251 Main St. E. Suite 104
Milton, ON L9T 1P1
or fax to: 905-878-4972

Award recipients will be announced at the Annual Gala Awards Night on Saturday, April 6th, 2002 at Granite Ridge Golf Club.

The Canadian Champion, Tuesday, February 5, 2002 —11

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The Milton Chamber of Commerce presents Showcase Milton 2002 at the Milton Memorial Arena on Thompson Road.

May 24, 25 & 26

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With the success of last year's show, booths will go fast...Don't be disappointed!!

For details call Andrea Boyle at 905-878-0581

