



## ✓ Lots to see and do at annual Wellness Fair



Photos by  
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PAINE

Saturday's Wellness Fair at the Milton Mall featured a wide variety of exhibits and demonstrations — all with health in mind. Among the exhibitors was Wendy Sammut (top right), who took time to browse through one of her books, *Relax and Renew*, from her Inner Sanctum display. Ally Isted (top) of Halton VON shows off one of the organization's Lifeline services phones, while event-goer Peruzzi Dario (above centre) has his lung capacity checked at the Asthma Check, part of the Respiratory Therapy booth. The event featured several other health-check demonstrations, including (above) an X-ray. As always, the Milton Wellness Fair drew hundreds of local residents of all ages.

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