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Five simple steps to a brand new you!

Getting active is one of the best things you can do for yourself. At the Milton Leisure Centre, we encourage everyone from the young to the young at heart to experience the health benefits of physical activity.

- Here are 5 steps to a new and healthier you:
- Plan a 21 day goal for yourself. Choose a goal that you can reasonably achieve in the 21 days. Make your goal realistic and write down all the reasons and benefits for choosing to achieve your goal.
 - Set 2-3 action steps for each day. i.e. leave your gym bag in the car so that you won't forget it and have to go home before going to the gym, take the stairs at work, go for a walk on your breaks, etc.
 - Know your limits. Try to eliminate the things that might get in the way of your goals, i.e. no cookies in the cupboard = no temptation.
 - Create some "me" time: Give yourself some time each day to evaluate, reflect and reward yourself for the actions you completed that day.
 - Be healthy in your mind and alive in your body, and spirit. Sharing positive energy will do wonders for you and those around you. Choose to have fun and be happy.
- The Milton Leisure Centre offers a wide range of programs and

services, which can help to increase your activity, resulting in improved health. These include: group fitness and cycling classes, personal training, a fully equipped cardio and weight room, length swimming, adult learn to swim and stroke correction, and active living programs. Drop in to the Leisure Centre located at 1700 Main St. East (just east of Thompson Rd.) for a free tour or give us a call for more information at 905-878-SWIM (7946).

How Does Chiropractic Work?

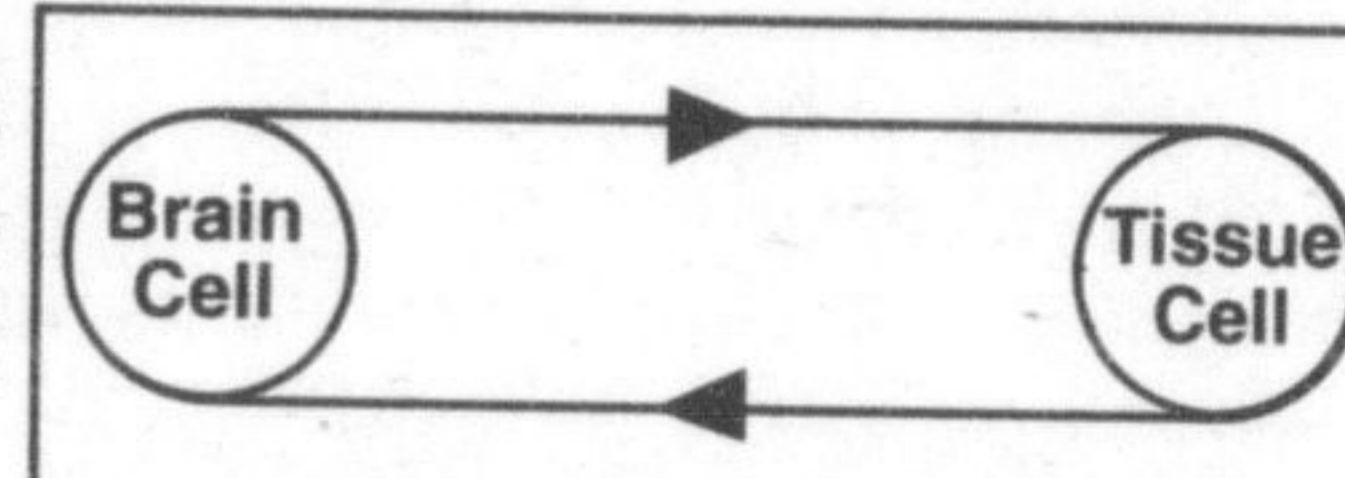
Myth: Chiropractic is just for back and neck pain.
Fact: Chiropractic care can be helpful for a wide variety of health problems. That's because the primary focus of chiropractic care is the nervous system which controls the entire body.

The basic principles of chiropractic can be easily described with the "Safety Pin Cycle" concept. This is a simple illustration of how the body works: the brain sends out messages to all of the cells of the body via nerve pathways, and the cells report back to the brain about their condition. In this way, the brain controls all of the functions of our bodies through transmission of nerve impulses throughout the body.

If there is an interference in this communication, it reduces the body's ability to act and react. This is exactly what occurs when you have a misalignment of one of the bones of the spine - a "subluxation". Spinal nerve stress is, in fact, a complicated abnormality that can seriously damage our physical and emotional health, rob us of our vitality and strength, and lessen our ability to adapt to stress - thus setting the stage for degeneration, premature aging, sickness and disease.

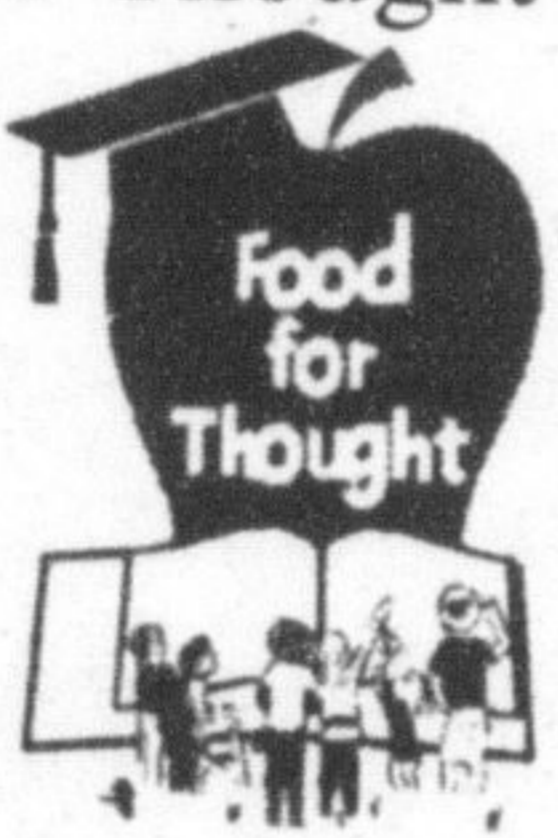
Chiropractic occupies a unique place in modern health care. On the one hand, it draws upon modern scientific knowledge and techniques, and on the other hand, it utilizes the concepts of self-healing, life energy and natural healing.

So, if you're tired of being sick, and tired of being told "you've got to learn to live with it," why not join the millions who have discovered the wonders of this amazing health care system?



Nutrition Notes
Did you know...

There are 46 nutrition programs running in Halton. Does your school have a program? Find out and offer to help, or call for information on how to get started. Call the Food for Thought coordinator today!



Halton Food for Thought
 Contact Program Coordinator
 905-845-5597 ext. 201
 foodforthought@cogeco.ca

Feel the Difference



Feel the difference and achieve your full potential through active living at the Milton Leisure Centre.

A friendly place where people of all ages can experience the benefits of recreation and physical activity.

Come swim, play, work out, or just take a few moments to relax in the sauna or therapeutic hot tub.

MILTON LEISURE CENTRE
 1700 Main Street East
 Milton, Ontario
 905-878-SWIM(7946)
 www.town.milton.on.ca



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