

Curves[®] for women

5th Annual Food Drive

March 3-31, 2003

Save \$200 with "Food for Friends"

Make a difference in your community

- Join Next Week March 17-22
- Bring a Full Bag of Groceries

Non-perishable items please

\$0 Service Fee

Next Weight Loss Program Begins March 18th

Over 2 Million POUNDS OF FOOD IN 2002



Join the Excitement Today!

Curves Workout

- 1 1/2 hour workout in only 30 minutes.
- Strength training designed especially for women.
- Burns body fat. • Body Fat Testing.
- Begins when you show up!
- Common sense weight loss program.
- Lose Pounds & Inches the Healthy Way!

Permanent results, without permanent dieting.

* Bring in one sack of groceries, complete 3 workouts per week throughout the entire month, and lose 5 pounds or 5 inches to earn a T-shirt.

Over 5,500 locations to serve you.
www.curvestorwomen.com

327 Bronte St. S. Milton (White Oaks Plaza) 905-875-9246

HaltonSearch.com

Dateline

• from DATELINE on page 15
 iors' centre holds its Evening Euchre Party with prizes and keen competition. The cost is \$2. An afternoon of cribbage takes place at 1 p.m. The cost is \$1.50 for members and \$2 for non-members. Call the centre at (905) 875-1681 for more information on any of these activities.

Calling New Parents, a free program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Milton Community Resource Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 693-4242, ext. 7899.

The Halton LGBT Parenting Group meets at the Halton Region Building at 1151 Bronte Rd. from 7:30 to 9 p.m. This is an informal meeting for local area LGBT parents and parent wannabees. Childcare isn't provided. Come in the north auditorium entrance and ask for the Aldershot Room. Call Kirsty Kohler at (905) 683-4242, ext. 7781 to reserve your space.

Wellspring Halton Peel — Cancer Support Centre offers the drop-in Teen Support Group from 7 to 8:30 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988 or simply drop in.

Wednesday Mar. 19

Milton La Leche League offers information and encouragement for mothers who wish to breastfeed their babies at 7:30 p.m. at the Ontario Early Years Centre, 917 Nipissing Rd. For information, call (905) 876-3322.

The Triathlon Club of Burlington hosts a workshop at 7 p.m. entitled 'Triathlons... Not Just Another Sport... An Achievable Success' with guest speaker Barrie Shepley, Canada's Olympic triathlon coach. The workshop takes place at the Burlington Arts Centre at 1333 Lakeshore Rd. Tickets cost \$10 and are available at The Fitness Technique, 207 Main St. E., in Milton. For more information, call Greg Pace at (905) 335-3597.

Halton Healthcare Services' Oakville-Trafalgar Memorial Hospital and the Kidney Foundation of Canada host a free talk at 7 p.m. at the hospital entitled 'Kidney Disease: Are you at Risk? From Prevention to Treatment'. Call (905) 338-4397 to reserve a seat.

The Milton Christian Ladies Coffee Hour is held from 9:30 to 11 a.m. at Milton Gospel Hall, 306 Ontario St. (one block south of Steeles Avenue). Marion Detlor demonstrates the art of rug hooking. For information call (905) 878-1265.

Milton Meals on Wheels hosts a luncheon in the Loblaws Community Room at 11:30 a.m. Transportation and assistance can be arranged for those who require it. Cost for the hot meal is \$7. For more information, call (905) 878-6699.

Mom's Morning Out meets at St. Paul's United Church, 123 Main St., from 9:30 to 11 a.m. Caregivers find friendship and support while children are cared for in Graham Hall. For information, call (905) 878-5841.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its Hot Lunch Program from 11:30 a.m. to 12:45 p.m. The cost is \$5 and includes salad, an entree, dessert and a beverage. Sign up at the reception desk or phone in your order by Monday. Call (905) 875-1681.

Wellspring Halton Peel — Cancer Support Centre, 2545 Sixth Line, in Oakville offers free drop-in journaling from 1 to 3 p.m. For more information, call (905) 257-1988.

A meeting is held for those interested in volunteering for the Halton Eco Festival April 5. The meeting takes place at the Oakville Community Centre For Peace, Ecology and Human Rights at 148 Kerr St., just south of Rebecca Street, from 7:30 to 9 p.m. For more information, call (905) 849-5501, e-mail volunteer@oakville-peacecentre.org, or visit www.oakville-peacecentre.org.

Thursday Mar. 20

VON Alzheimer Services offers a support group for caregivers of persons with Alzheimer's disease and related disorders. The group is held in the Community Room upstairs at Loblaws, 75 Nipissing Rd., from 2 to 3:30 p.m. Call (905) 847-9559 for more information.

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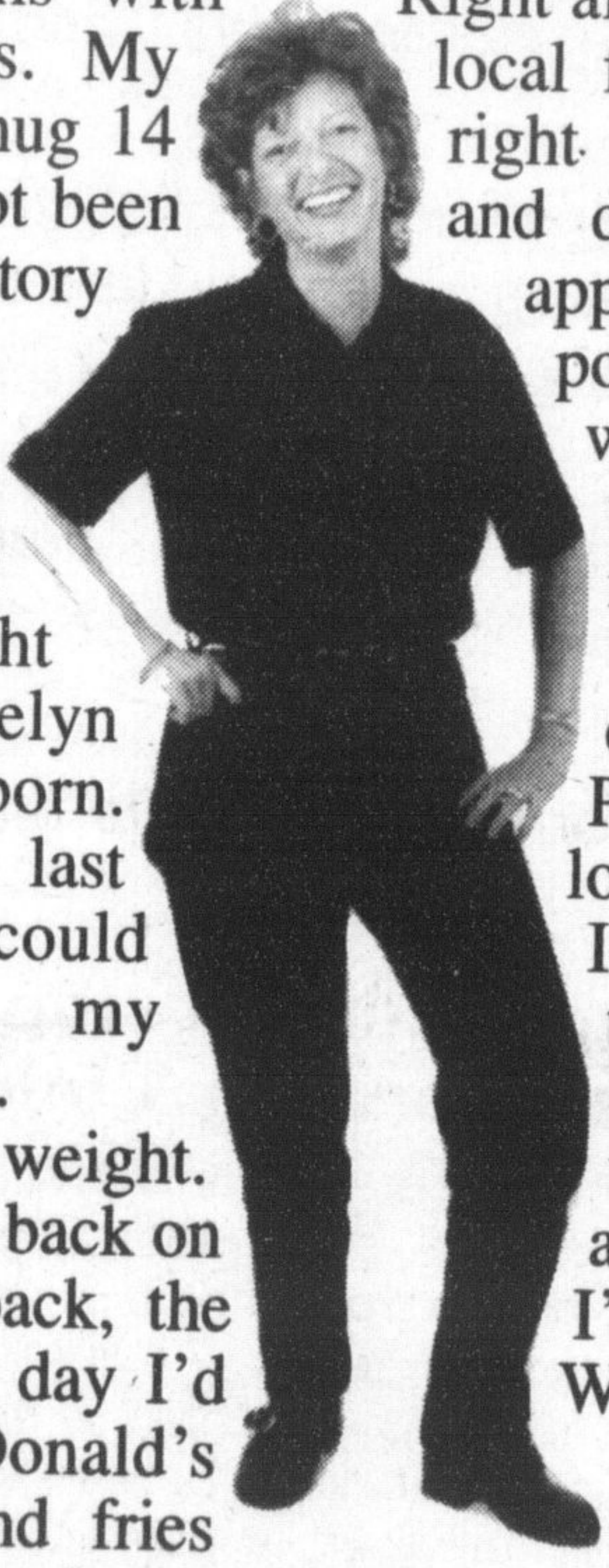
I LOST 32 LBS EFFORTLESSLY

My name is Janine Joyner. I dropped 32 pounds in six short months with Positive Changes Hypnosis. My dress size plunged from a snug 14 to a comfortable 8. I have not been paid a penny for sharing my story with you.



My Struggle
 I gained my weight after Catelyn was born. After my last baby, I could not get my weight off.

I tried everything to lose my weight. Nothing worked. I tried to cut back on my eating. The more I cut back, the hungrier I got. Almost every day I'd find myself back at McDonald's chomping on hamburgers and fries and slurping a cola. Chips and cola were my daily routine. I felt out of control. My weight was a daily struggle.

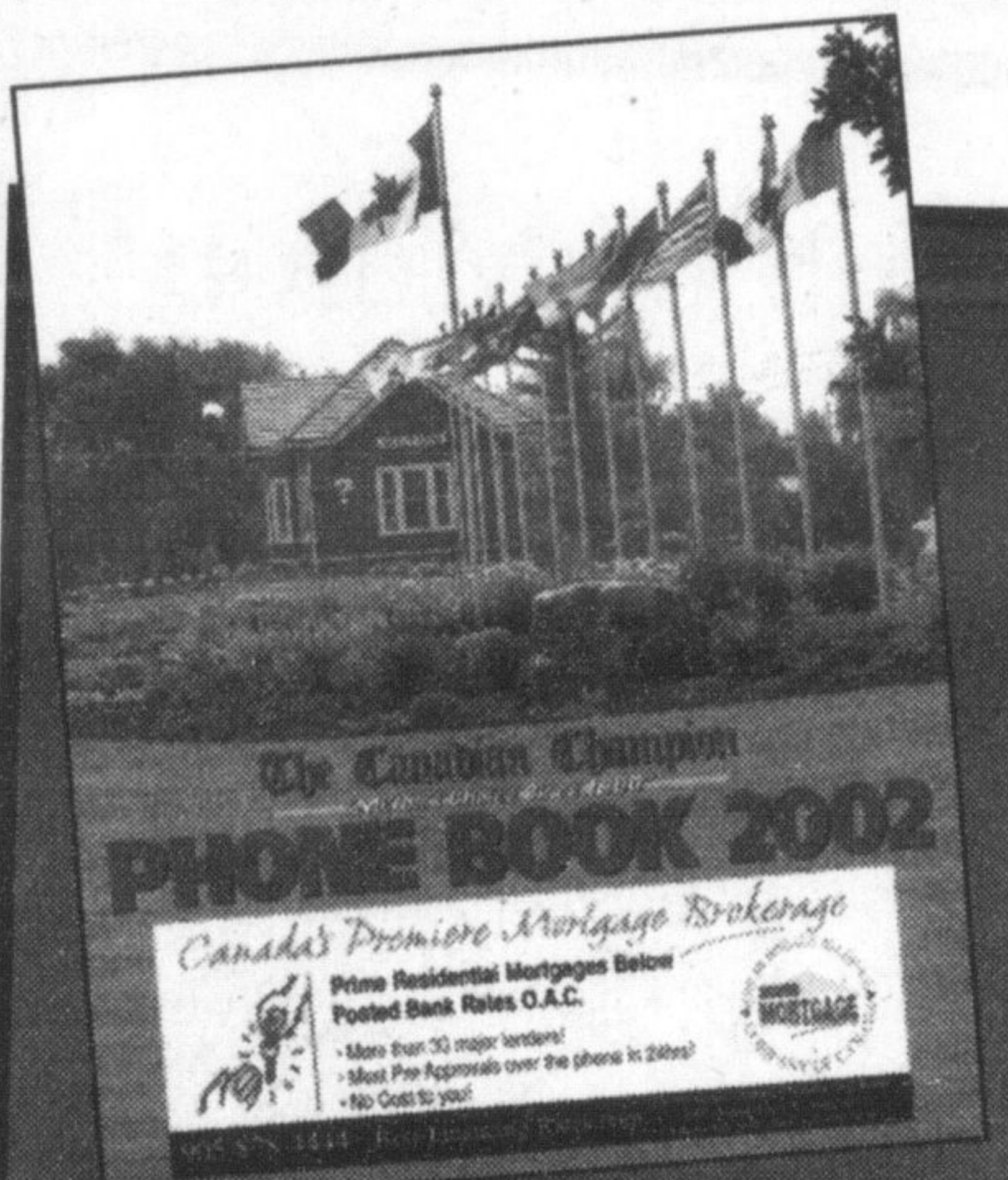
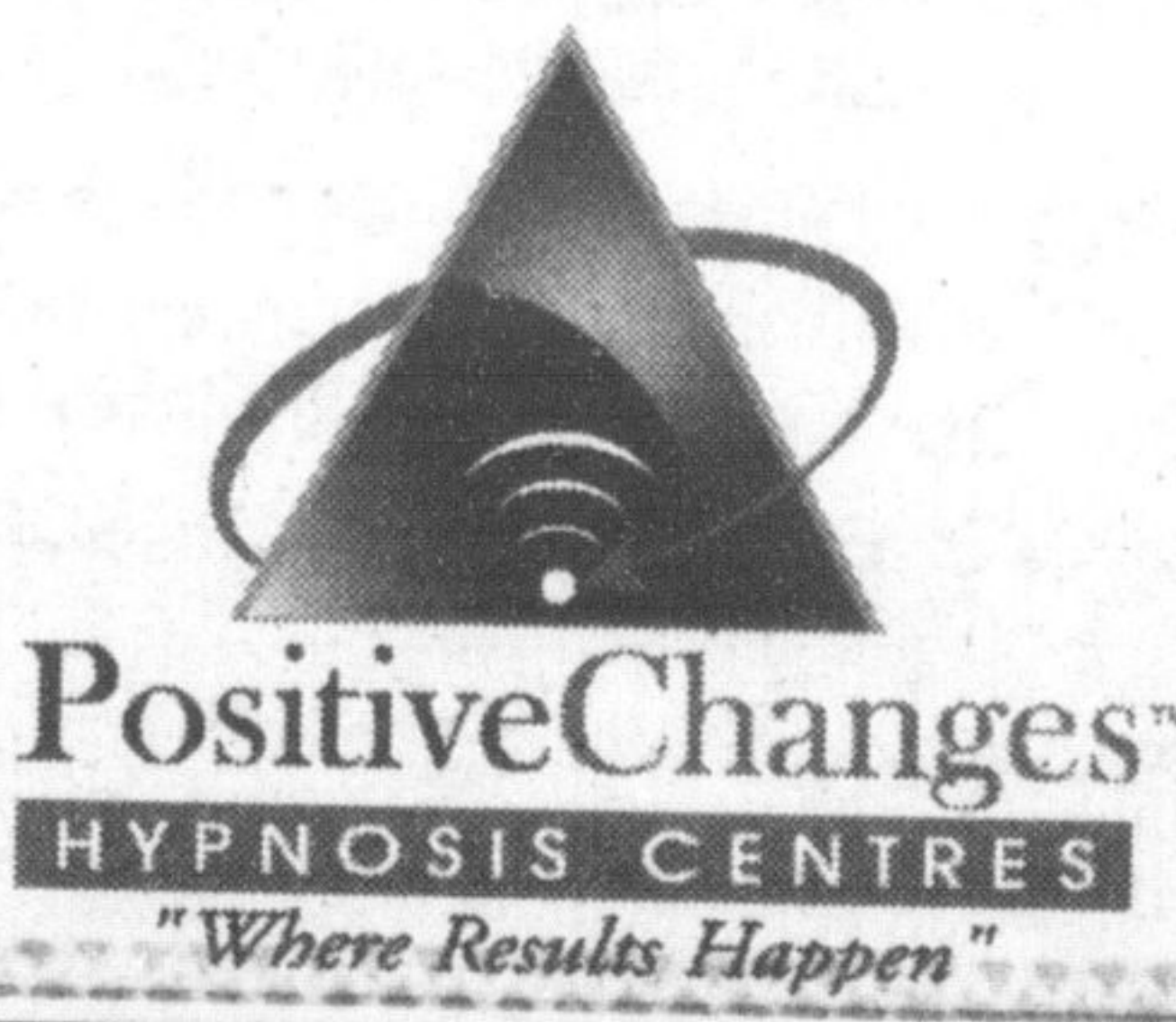


Instant Results
 Right after my first session I went to a local fast food restaurant. I drove right up to the drive thru window and drove straight out. Nothing appealed to me. At first I lost a pound a week. I didn't mind. I was intrigued to see the positive changes in myself. Then in the last four months my weight melted off. I never felt discouraged. Not once. With Positive Changes my weight loss was positive in every way. I feel great and my doctor is thrilled.

Best of all, I feel on top of the world. I haven't had to use my asthma inhaler since last July. I've got physical endurance. When I was fat, I couldn't exercise for two minutes. I felt like I was about to die. Now I exercise for twenty minutes straight. It's a snap. I have so much energy. It's easy to stay motivated.

Positive Changes Hypnosis Centres

Stress Management
 Stop Smoking Alcohol Free
 35 Main St., South, Olde Downtown Georgetown
 (Two doors south of the TD Bank)
 (905) 877-2077



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