

Dateline

Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if demand is low.

Notices for Dateline should be handed in at the office of The Champion, 191 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, faxed to (905) 878-4943, or e-mailed to miltonead@haltonsearch.com. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items aren't accepted by telephone.

Tuesday Sept. 14

Improve communication and leadership skills with the **Milton Toastmasters**. Everyone is welcome to attend the meeting at the Royal Canadian Legion, 21 Charles St. (upper level), at 7:30 p.m. For information, call Allan Lahue at (905) 877-3441.

Help for Parents Halton, a parent support group, meets in the evening. This non-denominational self-support group helps parents of children who are in trouble at home, at school or with the law or who are abusive or taking drugs. The group is a member of Association of Parent Support Groups in Ontario. For meeting time and place, call 1-800-488-5666 or visit www.apsgo.ca.

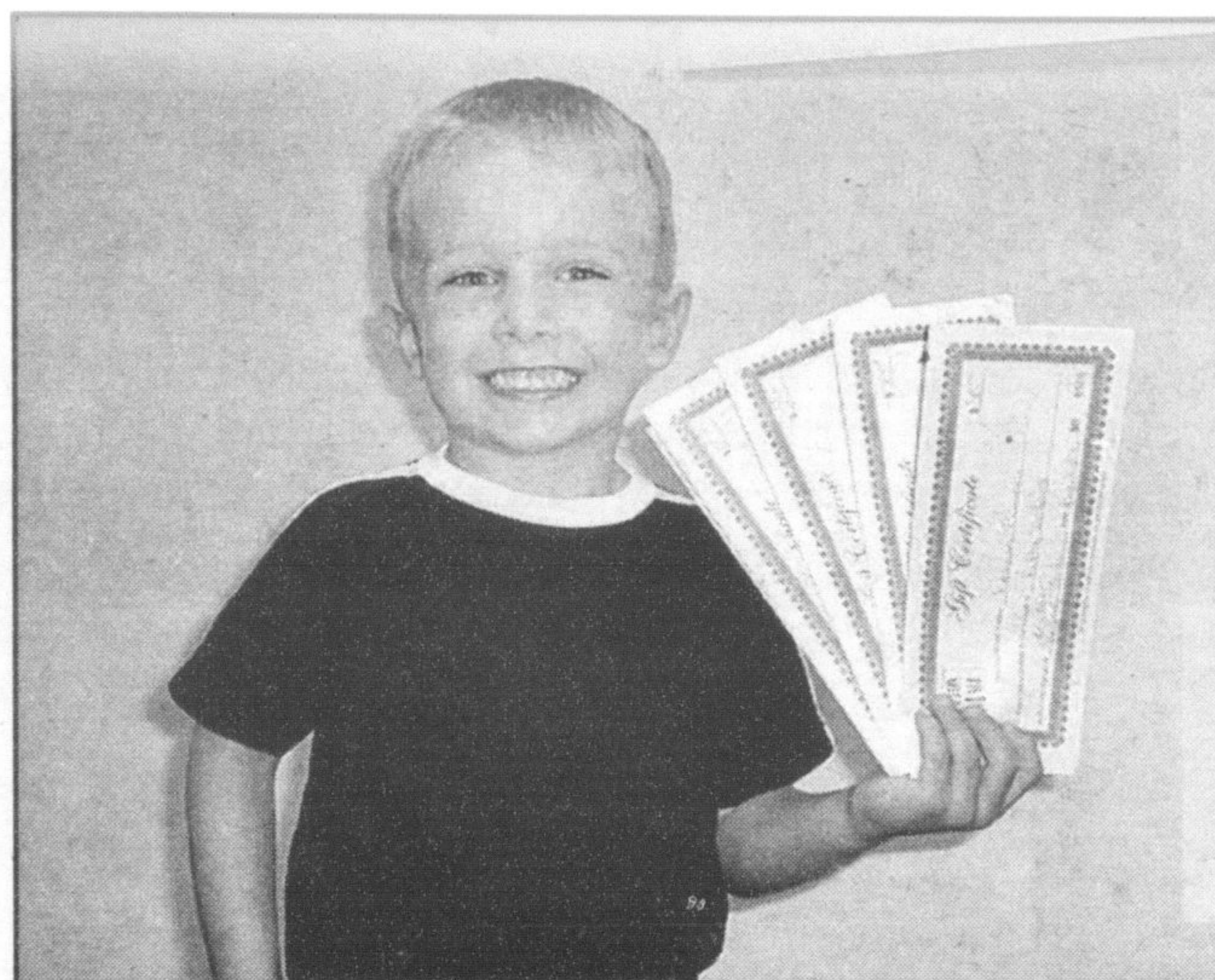
Calling New Parents, a free program for parents and babies aged 6 months and younger, meets with a public health nurse to discuss parenting and infant care. The group meets at the Milton Community Resource Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 693-4242, ext.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

Milton District Hospital holds a **breastfeeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

Take Off Pounds Sensibly (TOPS), a non-profit, non-commercial weight loss support group, meets at 6:15 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. For more information, call Nancy Nowak at (905) 878-4025 or visit www.tops.org.

St. John Ambulance meets from 7 to 9 p.m. at the community centre in Norval. New volunteers are welcome. For more information, call (905) 877-7658.

The **Halton/North Peel Naturalist Club** invites the public to
• see more **DATLINE** on page B8



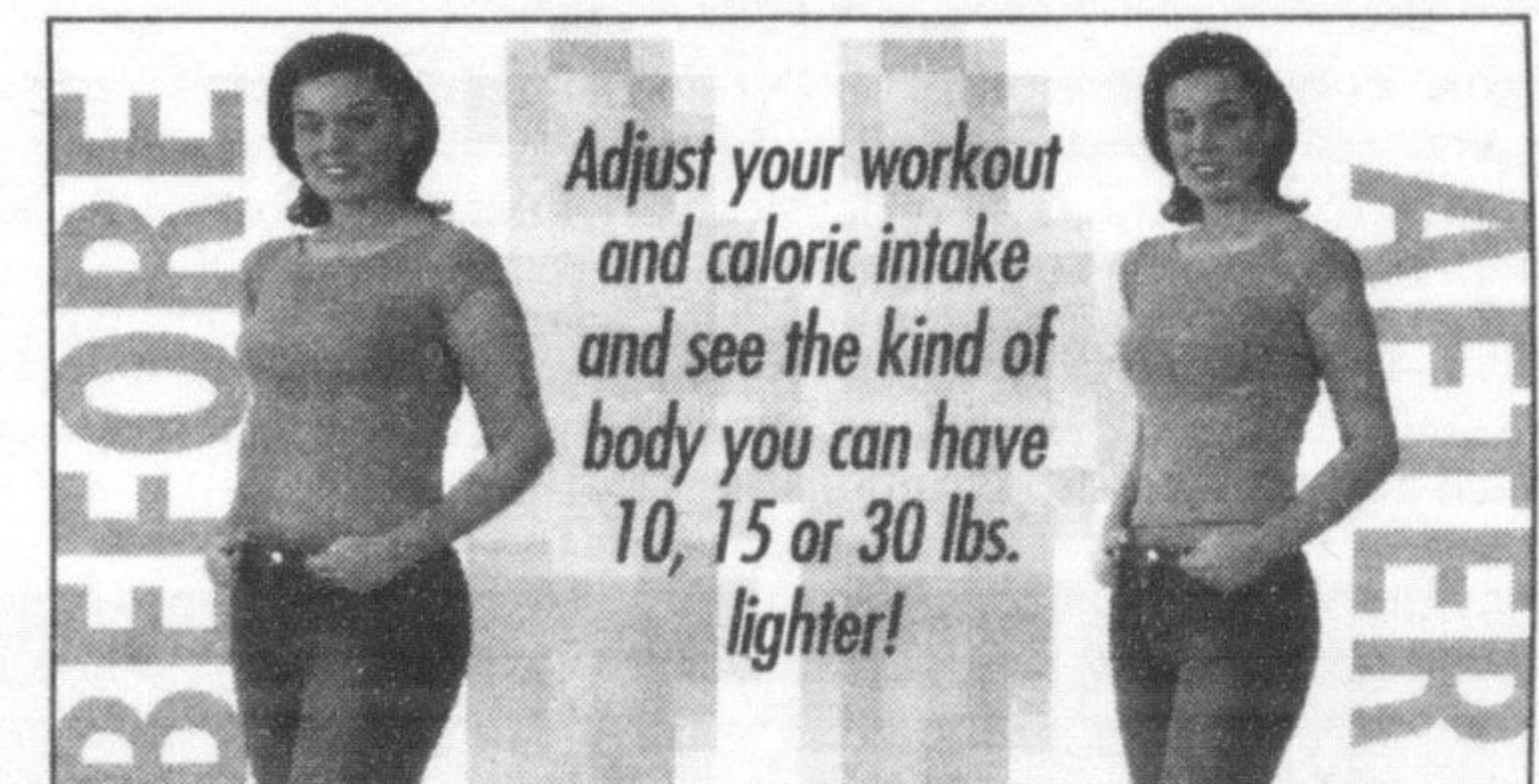
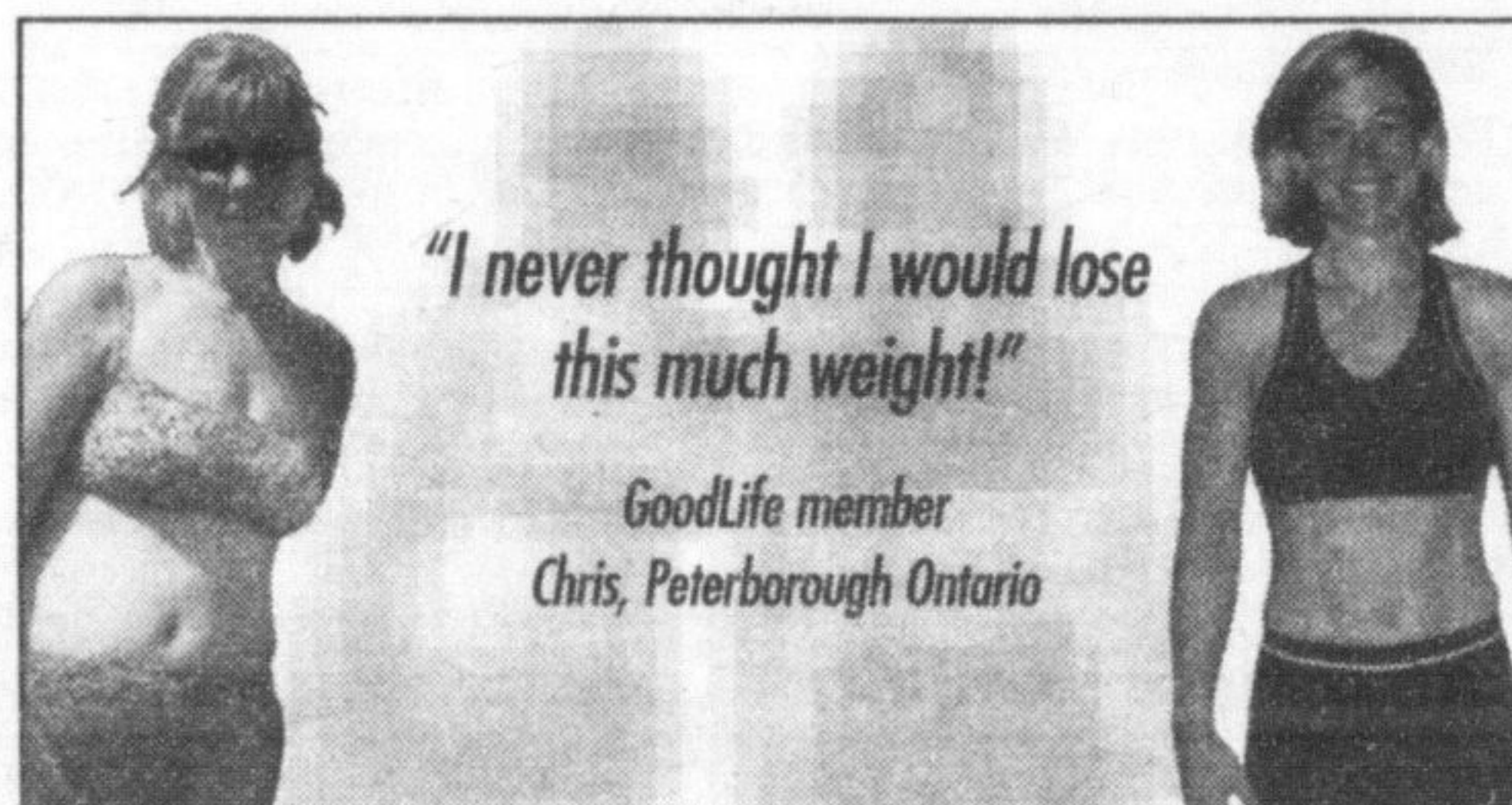
And the winner is...

Keagan Flower, a junior kindergarten student at Chris Hadfield School, was the winner of Milton Mall's 'Win Stuff for School' contest. Keagan won a \$250 mall shopping spree. He also won his school an additional \$250 in school supplies. School staff chose to purchase electronic equipment from Radio Shack with the money.

An opportunity for all women and men who would never dream of getting fit.

Guaranteed Weight Loss Program and proof we can reduce your risk of heart disease, stroke, diabetes and cancer!

See how good you could look in just 10 minutes with the Visual Fitness Planner!



The Visual Fitness Planner ...

- is a scientifically based software program that lets you see the impact of a healthier lifestyle right on screen.
- will show you how, with exercise and proper nutrition, you can reduce your risk of heart disease, stroke, diabetes, cancer and lower your cholesterol.
- provides you with diet and meal plan solutions and a journal to log your progress.
- produces a detailed report that provides a comprehensive lifestyle program with targets and timelines for you to reach your desired results!

Ask these questions to make sure that your fitness club is equipped to help you achieve the results you want.

1. Is there enough equipment in the club so you can have a quick and efficient workout without having to wait in line?
2. Is the Visual Fitness Planner available so you can develop a comprehensive, results oriented schedule before you begin your exercise program?
3. Is a child minding program available for your children while you work out?
4. Is there an orientation program that takes the mystery out of fitness and makes you feel right at home when you join?
5. Has your fitness club been in business for at least 25 years, providing a level of credibility, stability and reliability?
6. Does your fitness club offer you one membership but access to over 80 clubs across Canada?
7. Are there exclusive group exercise programs available that offer a wide range of classes for people at any fitness level?
8. Are the fitness instructors at your club certified?

GoodLife Makes It Easy to Get Started!

FREE

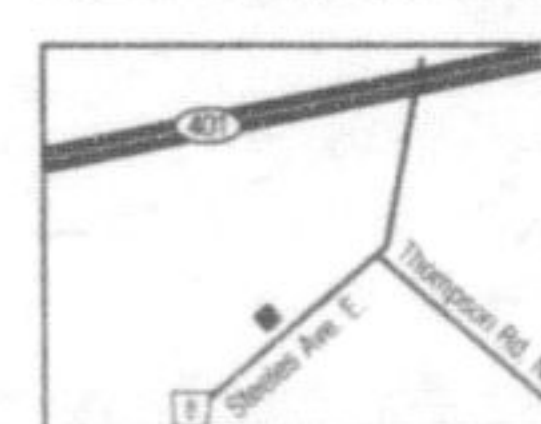
- Visual Fitness Planner Assessment and Detailed Action Plan (Value \$59)
- 7 Day Trial Membership!
- 30 Day Money Back Guarantee*

*Minimum 12 workouts in 30 days required to qualify for money back guarantee. First time members only.

CALL TODAY!

(905) 876-3483
409 Main St., Women Only

(905) 876-3488
855 Steeles Ave. E., Co-Ed



or visit us at www.goodlifefitness.com



GoodLife

FITNESS CLUBS

Makes it easy™



EURODELI
EUROPEAN FINE FOODS

- Polish sausages
- Delicious breads & buns
- Home-made perogies
- Cabbage rolls
- Variety of cold cuts
- Fine pastries & cakes
- Sandwiches made to order and much, much more...



885 Main St. East, Unit #3, Milton • 905-693-0913
M-W 10am-7pm • Thurs-Fri 9am-8pm • Sat 9am-6pm

The Milton Farm Fall CRAFT SHOW

SEPTEMBER 18TH & 19TH

- ★ Over 135 juried crafts people In the Great Gambrel Barn, The Aberfoyle Town Hall and Individual Exhibitor Tents
- ★ Handmade quality
- ★ Superior workmanship
- ★ Great gift ideas for Mom
- ★ Country decorating at its best
- ★ Live entertainment
- ★ Beautiful Fall location
- ★ Food Available

Saturday & Sunday
9 a.m. - 4 p.m.

Adults \$5.00
Children Under 12 FREE
Parking FREE

COUNTRY HERITAGE PARK
8560 Tremaine Road, Milton, ON
Call 905-878-8151

\$1.00 OFF ONE ADMISSION WITH THIS AD MC