

Dateline

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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 Ontario Early Years Centre, 917 Nipissing Rd., from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

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.

Wellspring Halton-Peel, a support group for cancer patients and their families, holds its **gentle yoga** group from 1:30 to 3 p.m. at 2545 Sixth Line in Oakville. For more information, call (905) 257-1988.

Help for Parents, a Halton parent support group, meets in the evening in the basement of the church at 5720 New St. in Burlington. 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 more information, call 1-800-488-5666 or visit www.apsgo.ca.

Pesticide Alternatives for Milton takes place at 7:30 p.m. Visitors and new members are welcome. For more information, call (905) 693-9837.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its **Downsizers Weight Loss Club** at 10 a.m. featuring discussions on healthy eating, exercise habits and losing weight safely in a supportive setting. The cost is \$2 for members and \$4 for non-members. For more information, call (905) 875-1681.

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.

The **Milton Fibromyalgia Support Group** meets at 2 p.m. at St. Paul's United Church. For more information, call Jo Anne at (905) 878-4371.

The **Arthritis Pool Program** is accepting registrations for its new year sessions, which run Mondays and Wednesdays, Tuesdays and Thursdays, and Wednesdays and Fridays. All classes run from 11 a.m. to noon. The non-impact, gentle exercises are done in 85-degree water designed to increase strength, flexibility and range of motion. It's suitable for people with arthritis, fibromyalgia and those with a limited range of motion as a result

of an accident, injury or joint replacement. For more information, call (905) 878-7946.

Wednesday Jan. 5

Milton District Hospital and the Crohn's and Colitis Foundation of Canada hold a free seminar entitled **'Nutrition and Inflammatory Bowel Disease'** with displays and refreshments at 6:30 p.m. and the presentation at 7 p.m. Seating is limited. For more information or to pre-register, call (905) 338-4379. ASL

Correction Notice

The Season's Greetings ad which appeared in The Canadian Champion on Wed. Dec. 29, contained an old family photo in error.

The Champion apologizes for this error and any inconvenience this may have caused. Missing from the photo was;



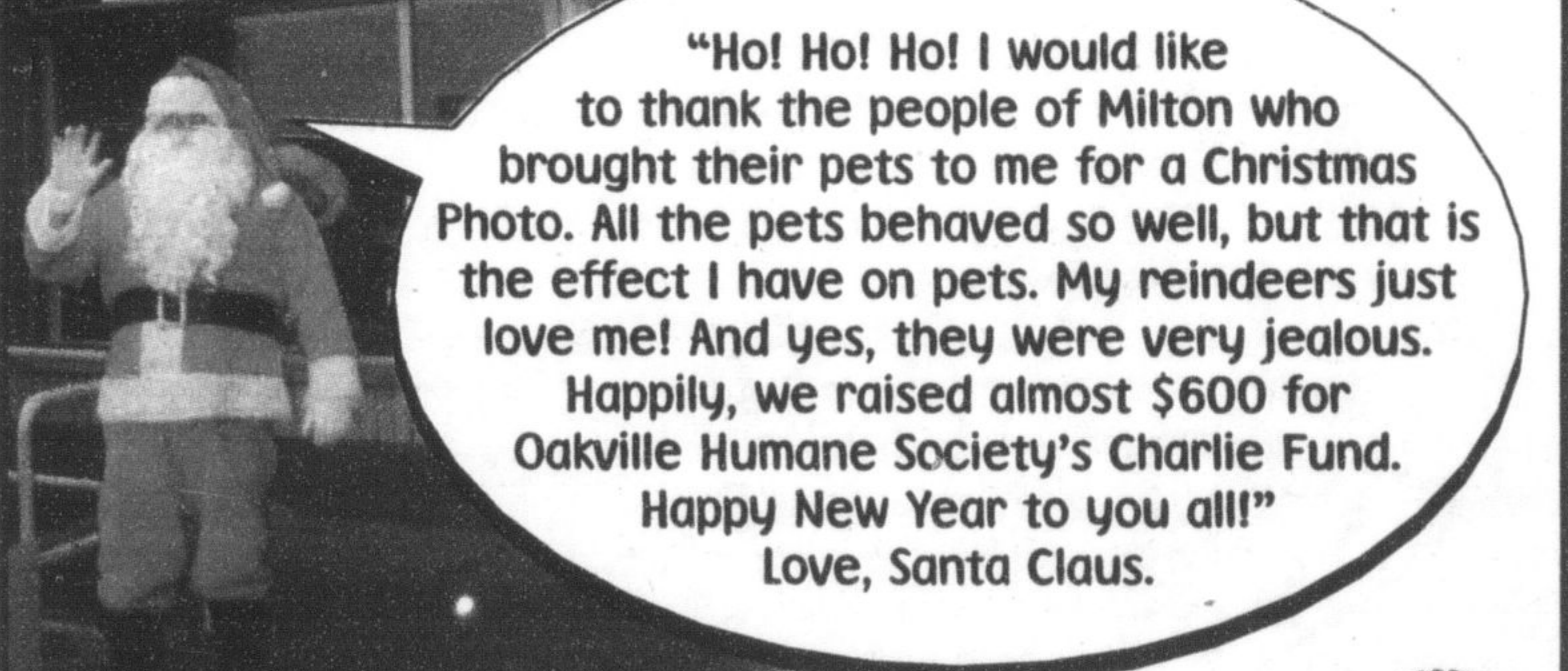
Faith Mangotich

Born May 2004

"The business that considers itself immune to the necessity for advertising sooner or later finds itself immune to business."

Derby Brown

HAWKINS ANIMAL HOSPITAL



"Ho! Ho! Ho! I would like to thank the people of Milton who brought their pets to me for a Christmas Photo. All the pets behaved so well, but that is the effect I have on pets. My reindeers just love me! And yes, they were very jealous. Happily, we raised almost \$600 for Oakville Humane Society's Charlie Fund. Happy New Year to you all!!
Love, Santa Claus."

Hawkins Animal Hospital

Dr. Debbie Hawkins (905) 875-6888

550 Ontario St. S., Unit 5A (located in PizzaHut Plaza)



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GREAT BOXING WEEK SAVINGS
UP TO 70% OFF NOW

BEARDMORE
BETTER LEATHERS SINCE 1844

NEW AT HEARTLAND CENTRE (IN MISSISSAUGA, JUST SOUTH OF HIGHWAY 401 (MAVIS EXIT), ON THE NORTHWEST CORNER OF MAVIS AND BRITANNIA)
ST. JACOBS (IN THE FACTORY OUTLET MALL RIGHT BESIDE THE FARMER'S MARKET),
ACTON (IN THE CENTRE OF TOWN AT THE JUNCTION OF HIGHWAYS 7 AND 25), AND
COOKSTOWN (AT THE JUNCTION OF HWY 89 AND 400 IN THE COOKSTOWN FACTORY OUTLET MALL). STORE HOURS AND LOCATIONS. 1-866-565-0018



The Canadian Champion

CARRIER PIZZA PARTY

Sam Sherrat School's grade six teacher Mr. Coverdale and his class, were treated to a Carrier Pizza Party courtesy of The Champion. Mr. Coverdale was nominated by one of his students Emily Kuss, who's a Champion carrier.