



Open for business

The Halton Multicultural Council office in Milton held its official opening Monday. Here (from left), president Laila Eiriksson joins settlement worker Parminder Kaur and youth worker Susan Crawford in holding up 'Stop Racism' buttons while standing beside a youth project for International Day for the Elimination of Racial Discrimination.

Photo by
GRAHAM PAINE

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Program for arthritis sufferers to begin Apr. 19 in Burlington

The Arthritis Society will hold a six-week Arthritis Self-Management Program starting April 19 at its Burlington office.

The course, which will run from 1 to 3 p.m. on Tuesday afternoons, is designed to strengthen and enhance oneself and one's ability to manage their arthritis and direct their care.

The sessions will be led by trained volunteers and compliment prescribed treatment programs provided

by healthcare professionals.

The cost is \$35, which includes all materials. Call (905) 632-9390, ext. 22, to register.

It's necessary to attend all six sessions, held at 460 Brant St., suite 11.

The Arthritis Self-Management Program began in 1992 and is sponsored by the Arthritis Society and in part through an educational grant from Pfizer.

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