

Wellness fair at mall tomorrow

Milton District Hospital (MDH) will host its 16th annual Passport to Wellness Fair at Milton Mall tomorrow.

The event, supported by the MDH Foundation, will run from 9:30 a.m. to 3 p.m. and include everything from mini massages to food samples from Milton Meals on Wheels.

Healthy lifestyle information will be provided by organizations like the Canadian Cancer Society, Milton Leisure Centre, Canadian Diabetes Association and Heart and Stroke Foundation.

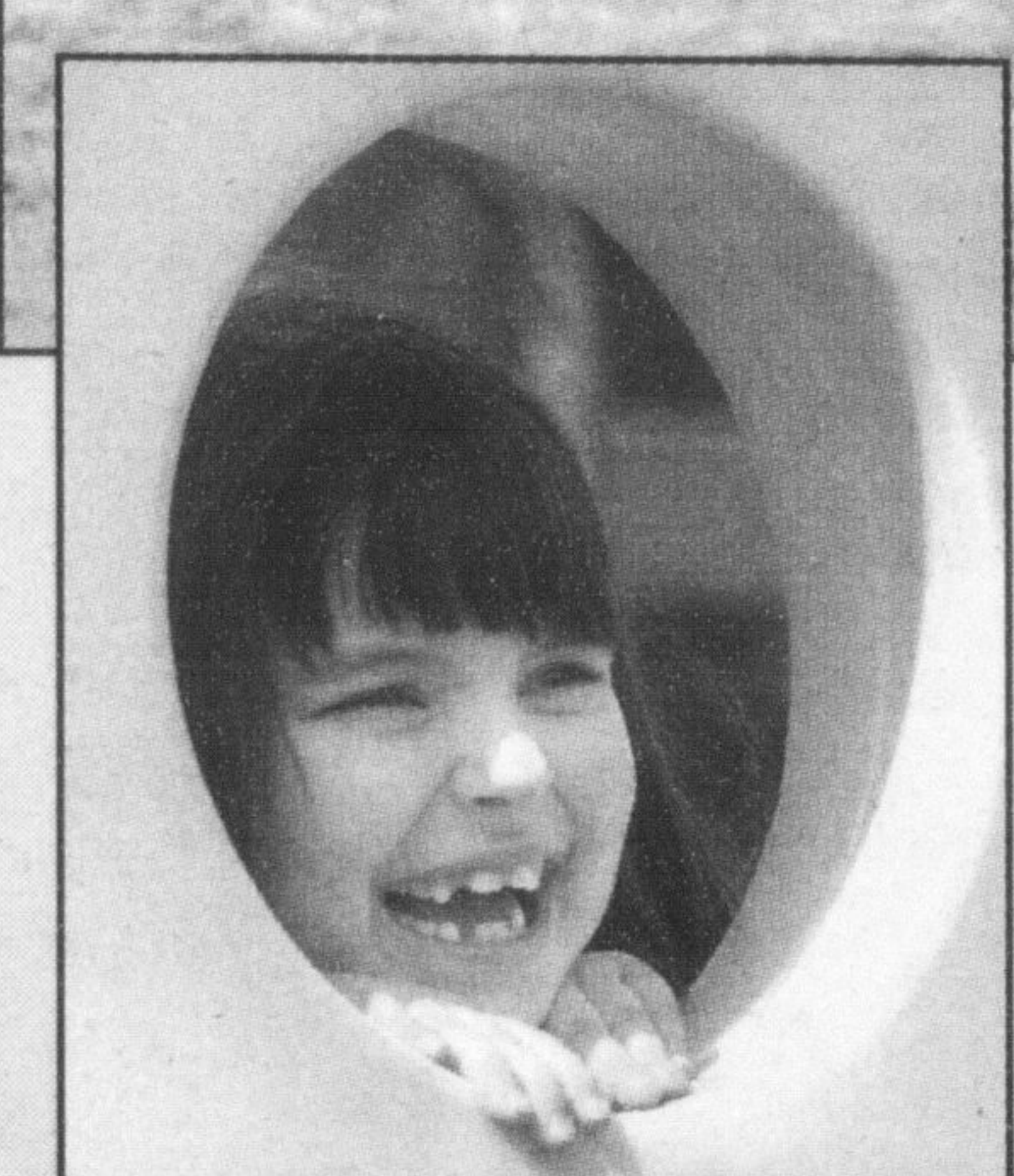
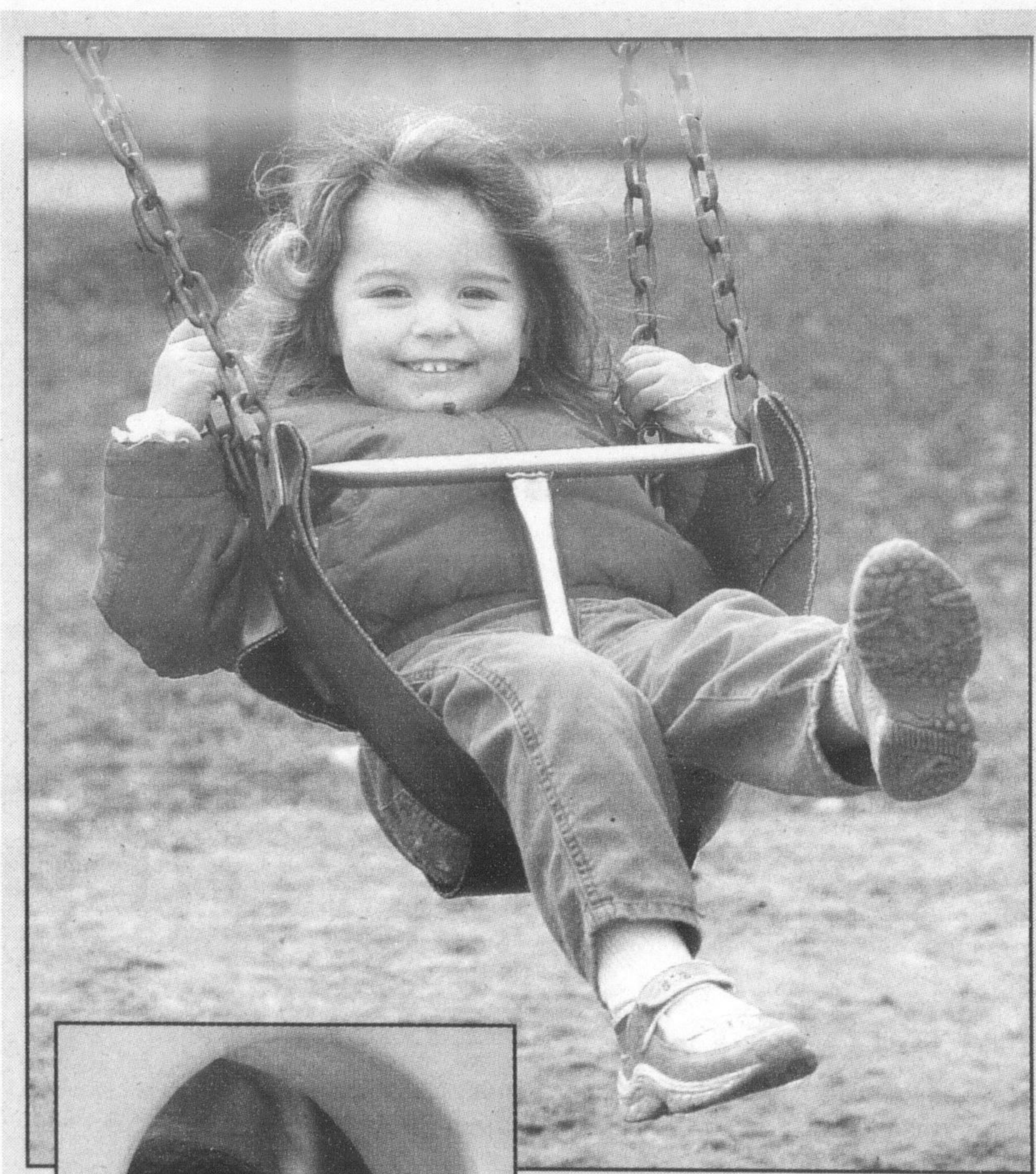
Those who attend the fair can learn about water safety from the Halton Region Health Department or speak with the Halton Police Community Services on a variety of issues.

Seniors will find exhibits from the Milton Seniors' Activity Centre, ConnectCARE, Services for Seniors and the Community Care Access Centre of interest.

The Halton Child Care Registry, Ontario Early Years and Halton Region's Children's Services can address many children's issues. Agencies such as the Canadian

Mental Health Association, Halton Women's Place, Halton Family Services, Halton Healthcare Services' (HHS) mental health program, Burlington Bereavement Resource Council, VON Alzheimer Program; Halton Ontario Works, STRIDE and the Oakville Distress Centre will be on hand to address mental health issues.

Representatives from various HHS departments will also be on hand.



Spring fun

Two-year-old Alexis Hadlow enjoys Wednesday's mild weather with a swing at Victoria Park, while six-year-old sister Lauren (inset left) plays hide and seek through one of the colourful play blocks.

Photos by GRAHAM PAINE

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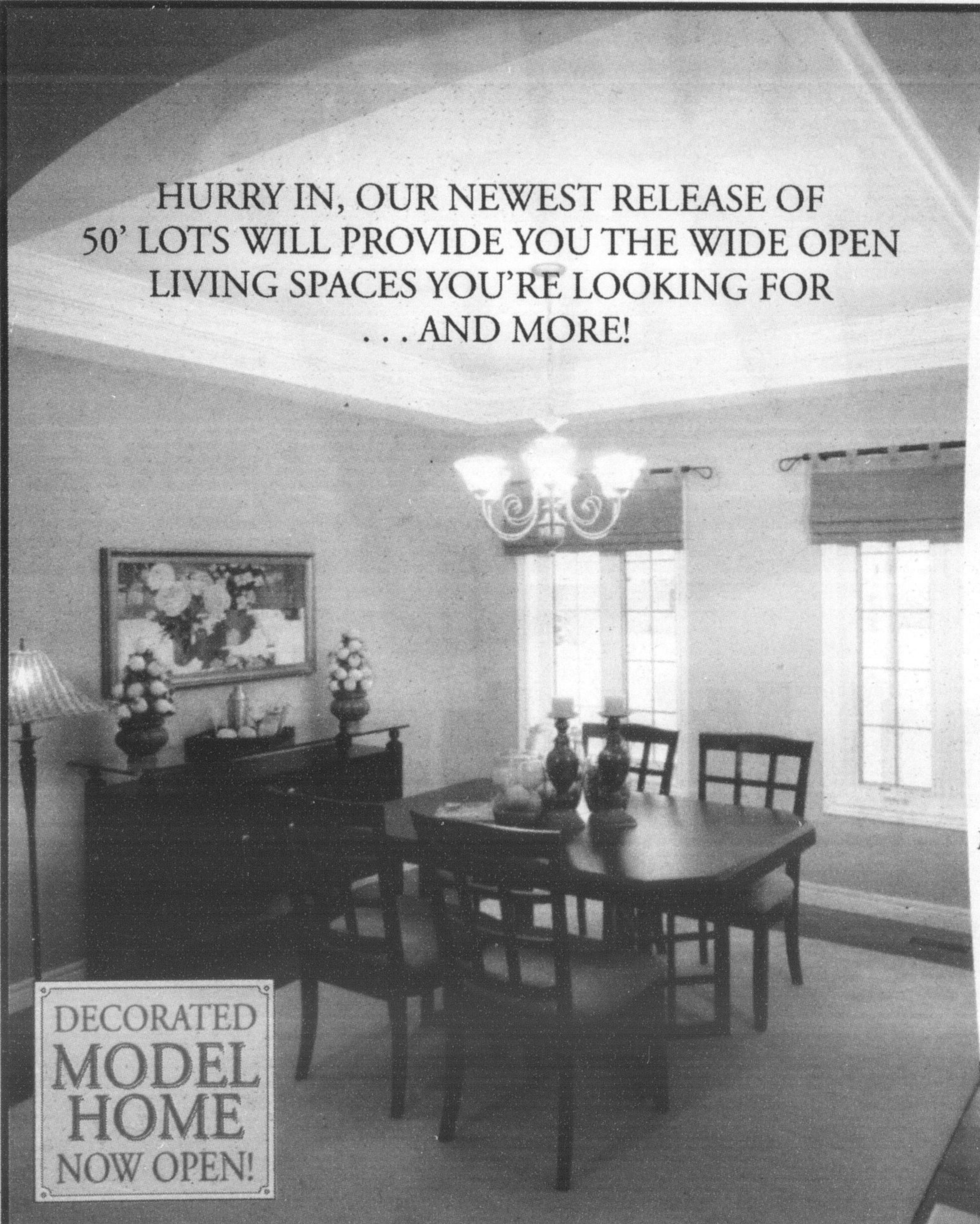
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