

Dateline

• from DATELINE on page 14

(905) 847-5520.

The Town of Milton's **Weight Watchers and Exercise Program** begins its new session at 7 p.m. at the Milton Leisure Centre. Each week includes a weigh-in and group support, followed by a fitness class. To register online, visit www.milton.ca or call (905) 878-7946.

Tuesday Apr. 5

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

VON Alzheimer Services offers a monthly **support group** for caregivers of people with Alzheimer's disease and related disorders from 7 to 9 p.m. at Mountainview Residence in Georgetown. New members are welcome. For more information, call (905) 847-9559.

The Milton branch of the Ontario Early Years Centre hosts its free **Adult and Child Drop-In** at Milton Mall, near the food court, from 10:30 a.m. to noon. Adults and children up to six years old are invited for the informal play time. For more information, call (905) 876-1244, ext. 22.

The Women's Centre, 210-1515 Rebecca St., in Oakville holds free **peer counselling** in-person or over the phone from 10 a.m. to 3 p.m. by volunteers for women facing abuse, grief/loss and relationship issues. No appointment is necessary. For more information, call (905) 847-5520.

TOPS (Take Off Pounds Sensibly) meets at 6:15 p.m. at the Milton Seniors' Activity Centre, 500 Childs Dr. This is a non-profit, non-commercial weight-loss support group that provides motivation, support and friendship. A minimal charge applies. For

more information, call Nancy Nowak at (905) 878-4025 or visit www.tops.org.

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, 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.

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.

• see more DATELINE on page 18

"Let Your Voice Be Heard"

MiltonTalks.com

Original Talk Forum For Milton Ontario Residence

Come Join Us
A Division Of MyMilton.com




Aesthetic Treatments

By Amy

- manicures
- pedicures
- waxing
- bio sculpture gel nails
- relaxation massages
- tooth gems

reasonable rates

Call Amy for more info
905-699-7302



Family Support Network
presents
Fun Fashions
A Fundraising Event

...featuring the newest fashions for all Seasons!

Clothing items will be available for purchase onsite!

LIVE ENTERTAINMENT!

SUNDAY APRIL 10, 2005

From 2:00 pm - 5:00pm
Seniors Activity Centre
500 Childs Drive, Milton


Includes afternoon tea, fabulous door prizes, silent auction & raffle

Tickets
\$20/person

WIN a dinner for 2 for the most tickets sold!!

For tickets and more information please call Rena Smith at

905 693.1705



Truestar™

FOR WOMEN

Nutrition & Fitness Centers

Guaranteed Weight Loss*

(or your money back!)

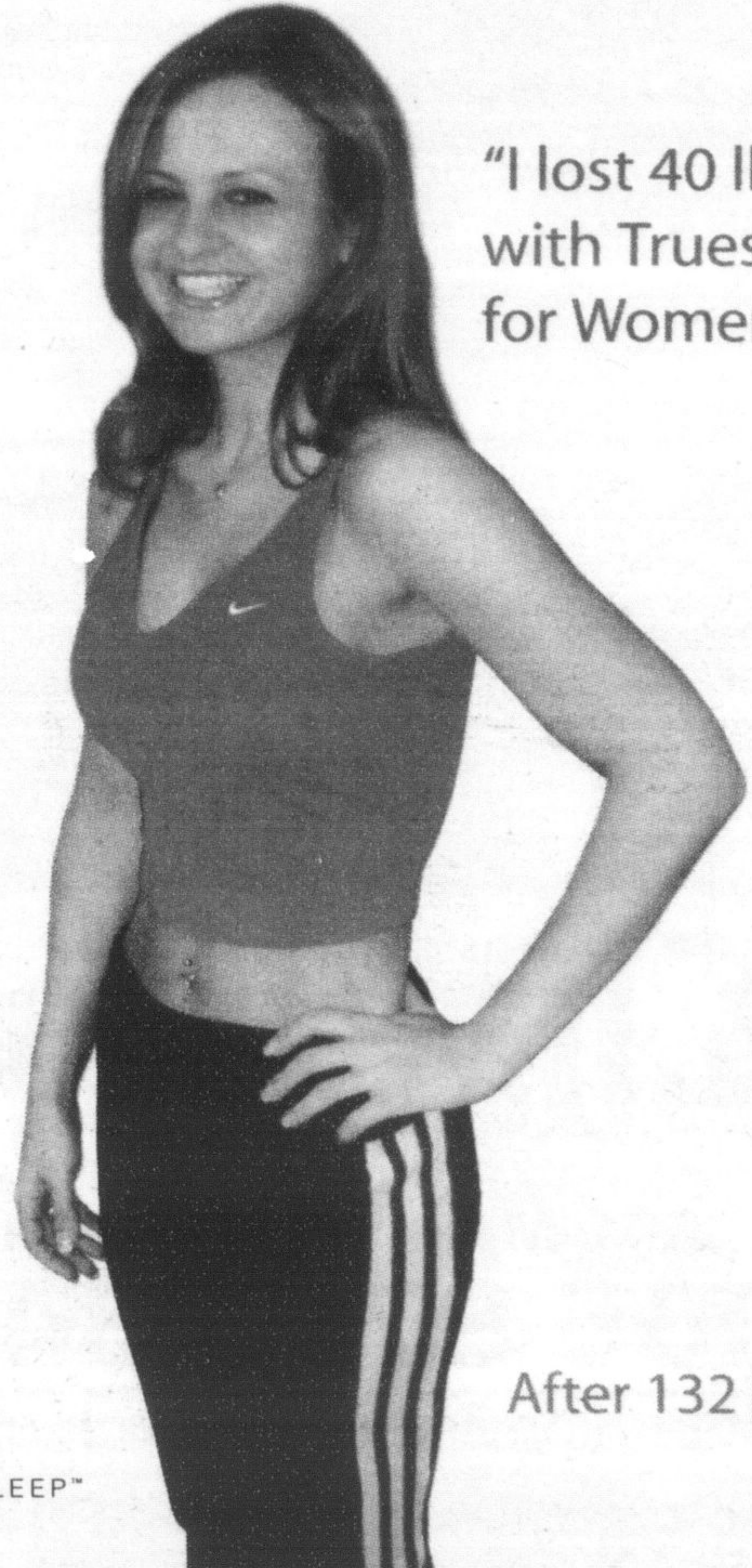
- total health with 30-minute exercise
- nutritional counseling
- professional weight loss supplements
- professional vitamins
- free personal coach

CALL 310-TRUE
8 7 8 3

All new members receive one month free!



Before 172 lbs



After 132 lbs

NUTRITION | EXERCISE | VITAMINS | ATTITUDE | SLEEP™

Change your life forever!

Milton
575 Ontario Street
(At Derry and Ontario)

www.truestar.com

*Guarantee based upon following the Truestar for Women Weight Loss Program.