

Dateline

• from **DATeline** on page 15
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.

The Salvation Army, 100 Nipissing Rd., suite 3, holds a **scrapbooking group** from 7 to 9:30 p.m. Bring along photos and a scrapbook. Basic supplies are provided at no cost. It also holds its **Busy Hands, Creative Minds** group from 9:30 to 11 a.m., with games, crafts, songs and stories for parents and their pre-schoolers. For more information, call (289) 242-1432 or e-mail debra@khicommu-nity.com.

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.

A **Cappella Showcase** invites women who like to sing to visit any Tuesday at 7:30 p.m. at the Masonic Lodge on Regional Road 25. For more information, call Cathy at (905) 278-1222.

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

The **Milton Fibromyalgia Group** meets at 2 p.m. at St. Paul's United Church, 123 Main St. E. For more information, call Joanne at (905) 878-4371.

Wednesday May 4

The Halton branch of the Canadian Mental Health Association starts its four-week **Stress Management workshop** from 7 to 9 p.m. in Milton. Topics include stress and work, coping with change and balancing work and family. The cost is \$80. To register or for more information, call (905) 693-4270.

To recognize Mental Health Week, Halton Healthcare Services and the Canadian Mental Health Association present a free seminar entitled **'Understanding Depression'** at 7 p.m. at the 707 Galaxy Banquet Hall in Oakville. To reserve a seat, call (905) 338-4379 or e-mail elittle@halton-healthcare.on.ca.

Thursday May 5

The Milton Mayor's Youth Advisory Council hosts a **community forum** from 8:30 a.m. to 2 p.m. to celebrate National Youth Week at the Milton Lion's Club, 77 Thompson Rd., upstairs at

Memorial Arena. Lunch is provided. To reserve a spot, call Jennifer Sutton at (905) 878-7252, ext. 2754 or e-mail jennifer.sutton@milton.ca.

The Halton Outdoor Club holds an **information night** about its summer activities from 7:30 to 10 p.m. at the Continental Austrian Club, 664 Spring Gardens Rd., in Burlington. For more information, call (905) 634-2012.

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The Fine Arts Society of Milton's **Evening Group of Artists** meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call Janis at (905) 854-5753.

Thursday May 5 - 6

The Halton branch of the Canadian Mental Health Association holds its **ASIST program** in Milton, providing practical training for caregivers seeking to prevent the immediate risk of suicide. It runs from 9 a.m. to 4:30 p.m. each day. The cost is \$130. To register or for more information, call (905) 693-4270.

Celebrate...

National Naturopathic Medicine Week

May 2nd to May 8th, 2005

New Patients Welcome!

Common Conditions helped by Naturopathic Doctors:

- **Fatigue**
- **Arthritis**
- **Skin Conditions**
- **Digestive Problems**
- **Cardiovascular Conditions**
- **Men's/Women's Health Conditions**
- **Children's Health Concerns**

To find out more about Principles/Philosophy, Training & Methods of treatment, visit www.OAND.org

COMPLIMENTARY 15 MINUTE CONSULTATION

The following Doctors offer Complimentary 15 Minute Consultations in Celebration of Naturopathic Medicine Week.



Ajay Lad
B. Sc., N.D.
3006 Derry Rd. West
Suite #105
(905) 876-3047



Erika Ristok
B.A. (Hons.), N.D.
555 Hayward Cres.
(905) 693-9837



K.C. Bateman
B. Sc., N.D.
335 Main St. East
(905) 693-1993



Susan Coulter
HBSc. N.D.
500 Laurier Ave.
Unit #9
(905) 876-0048



Kim Vivian
B. Sc., N.D.
400 Main St. East
Suite #210
(905) 878-8131

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