

Dateline

Dateline is a free listing of coming events only. The column is available to local community groups to assist in promoting their future events. Only charitable or non-profit community groups may use this service. We can only guarantee one issue of publicity closest to the date of the occurrence although more insertions are possible if demand is low.

Notices for Dateline should be handed in at the office of The Champion, 875 Main St. E., mailed to P.O. Box 248, Milton, Ont., L9T 4N9, faxed to (905) 878-4943, or e-mailed to miltoned@haltonsearch.com. The final deadline is noon Friday for Tuesday's edition and noon Wednesday for Friday's edition. Dateline items aren't accepted by telephone.

Tuesday Sept. 13

The **Milton Choristers** invites singers of all

ages to check out the choir at its 7:30 p.m. rehearsal. The group meets at Knox Presbyterian Church, 170 Main St. E. For more information, call (905) 876-3203.

The Halton branch of the Canadian Mental Health Association holds the first session in its six-week **Anger Management course** from 7 to 9 p.m. in Oakville. The cost is \$95. To register or for more information, call (905) 693-4270.

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.

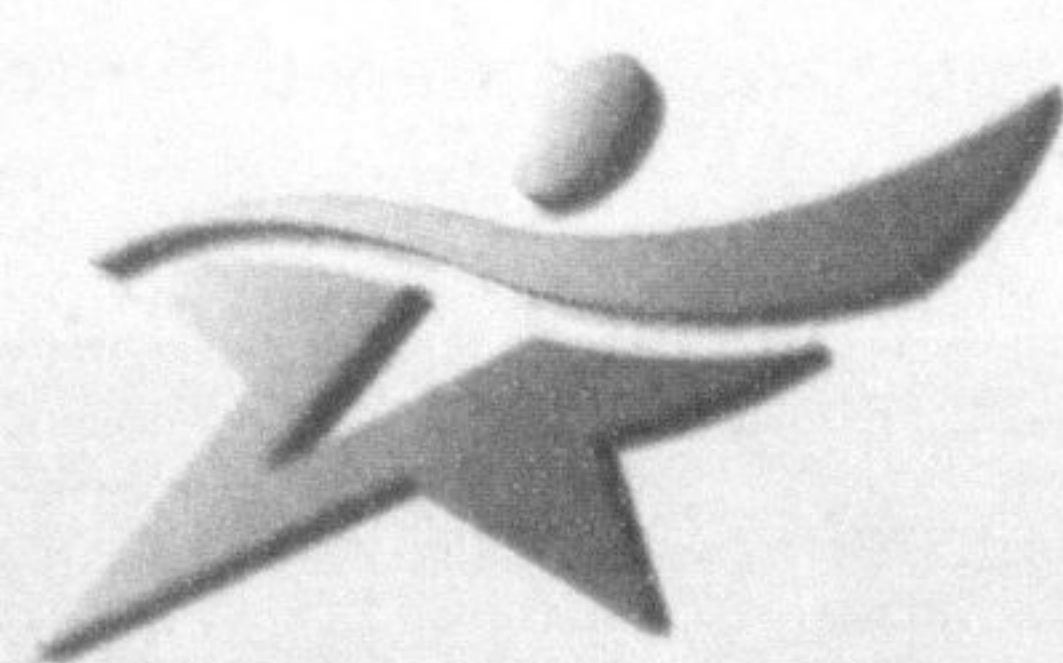
Help for Parents, a Halton parent support group, meets in the evening in the basement of the church at 5720 New St. in Burlington. This non-denominational self-support group helps parents of children who are in trouble at home, at school or

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.

The Women's Centre, suite 210 in Hopedale Mall at Rebecca Street and Third Line, in Oakville holds its free **Peer Counselling** in person or over the phone from 10 a.m. to 3 p.m. for women facing abuse, grief/loss and relationship issues. For more information or to register, call (905) 847-5520.

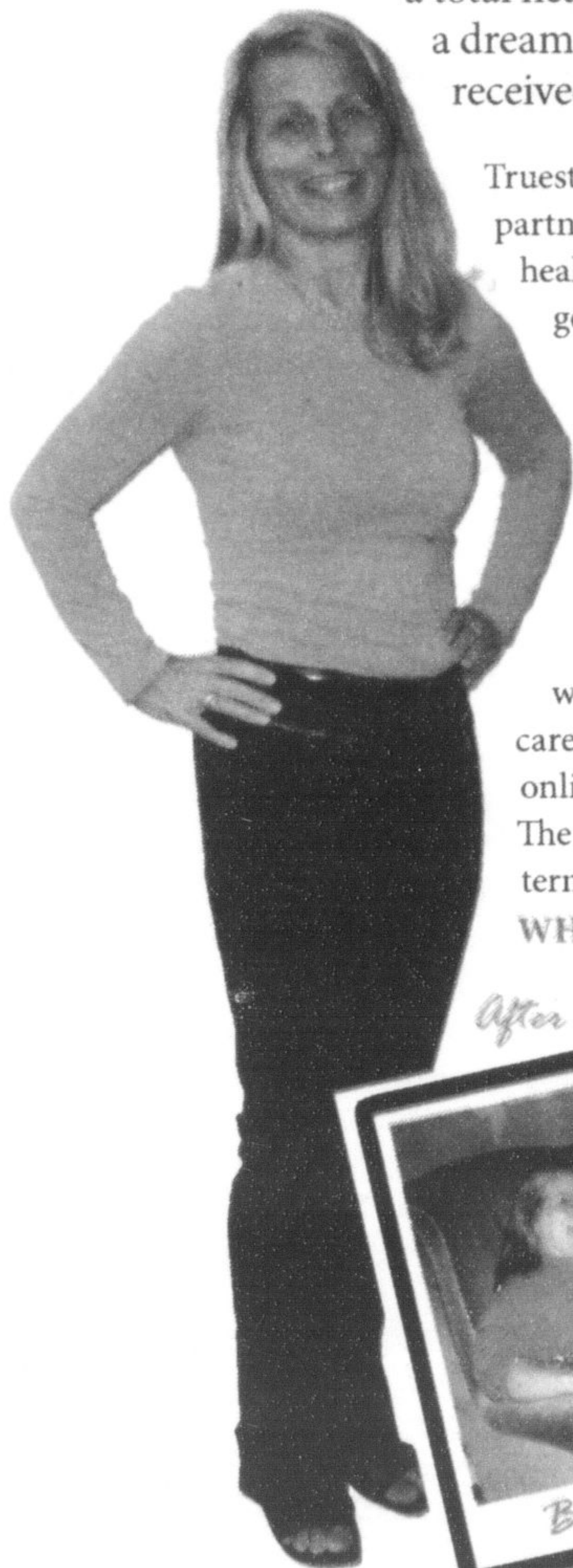
• see more **DATeline** on page A22



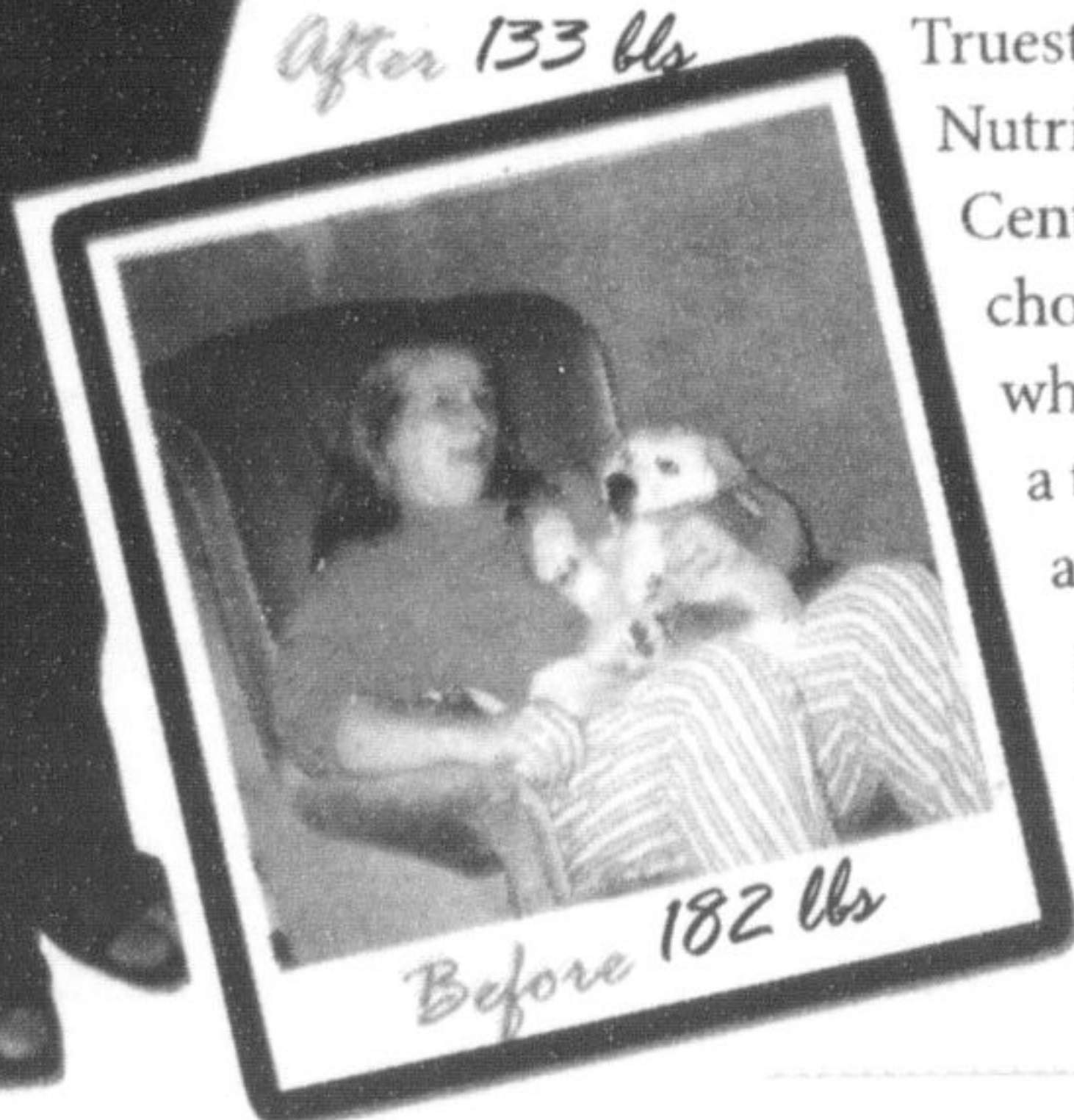
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Truestar for Women Nutrition & Fitness Centers are the choice for women who want a total health and wellness program, not just a gym.

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- Free Personal Coaching. Most clubs charge \$50-\$100 for personal training. Coaching in all 5 key areas of health, including exercise, is free at Truestar Centers. Coaches assist members to develop total health programs that guarantee successful weight loss on the road to optimum health.
- Customized Exercise Programs. Truestar Centers have options for everyone. Customized exercise programs are designed for all ages and levels of fitness (beginner, intermediate, advanced). The programs include circuit options, cardio workouts and free-weight stations.
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- Top-Rated, Doctor-Formulated Supplements. Taking the right vitamins and supplements everyday is essential for vitality, immunity and wellness. Truestar Centers offer a professional series of vitamins and supplements for over 500 medical conditions.
- Attitude Program. With the proper motivation and goal plans, you can improve all areas of your life. Truestar will show you how to set goals and how to reach them successfully.
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