

535 Hospital, Medical, Dental

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VON HALTON PSW & HSW
positions available immediately
Burlington & Oakville

We offer:

- Community & Retirement Home Settings
- Paid orientation & Preceptorships
- Competitive wages
- Educational & Career Growth Opportunities
- Days, Evenings, Weekends and Shifts
- Travel reimbursement

Please apply to: **Human Resources, VON Halton.**

Fax (905) 827-5476

E-mail: humanresources@vonhalton.ca

Only those candidates selected for an interview will be contacted.

DENTAL CERAMIST NEEDED

Full-Time, 3 year minimum experience. Will train for Procera, Veneers and Anterior Reconstruction. Pleasant work environment. Salary to meet skill and dexterity.

Call Norm at: 905-873-6908

540 Hotel Restaurant

540 Hotel Restaurant



Now hiring full-time

Fine Dining Servers (Exp'd only)
Dishwasher(s), Line Cook
Food Runners/Bus Person

Apply in person between 2pm-7pm
905-815-8638

266 Lakeshore Rd., E. OAKVILLE

540 Hotel Restaurant

Ho-Lee-Chow
Opening Soon
in Burlington!

Now Hiring

Store Managers
With Quick Service
Restaurant Exp.

Cooks
Experienced in
Oriental cuisine
Paid training provided

Call 1-800-465-3324
Ext. 2501

540 Hotel Restaurant

SOUTH 202
DISHWASHER
REQUIRED
F/T & P/T

Apply in
person with
resume to:
202 Main St. E.

540 Hotel Restaurant

COMFORT INN

Desk/Night Audit

The Comfort Inn Hotel is currently seeking part time Front Desk and week end Night Audit Clerk.

Candidates should possess excellent communication skills, have an aptitude for figures, enjoy dealing with the public and be able to work independently. Responsibilities will include handling guest relations and administration. Candidates should also have a good understanding of computers. Previous experience is an asset, however we do provide full training. Must be available weekends & evenings.

The Comfort Inn offers a progressive work environment, comprehensive benefit package and competitive wages.

Interested applicants should apply in person or by
Fax (905) 639-8968

at the Comfort Inn, Burlington
located at 3230 South Service Rd.
Burlington, Ontario

545 Teaching Opportunities

545 Teaching Opportunities

SCHOOL AGED TEACHER

ECE an asset. Monday to Friday.
7:00am - 9:00am and 3:00pm - 6:00pm

Also Supply Teachers needed.

Send resume to: Ann Fritsley

100 Mountainview Road, South

Georgetown, ON L7G 4K6

Fax: 905-702-1010



Spring 2006 Registration

Attention
Daycare Facilities,
Nursery & Private Schools,
Nanny & Daycare Services

The Canadian
Champion
Classifieds

is running a special Child Care feature on
March 3rd & 10th .

Are you having an Open House?
Introducing a new program?
Or just want to get out who you are?
Don't miss out!

Call Today and
reserve your spot!
905-878-2341



Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion, 875 Main Street E., Milton, Ontario L9T 3Z3
or Fax to: 878-4943



HEALTH MATTERS
Home Care Services, Inc.

747 Hutchinson Avenue
Milton ON L9T 6A7

Phone: 905-876-0572

Fax: 905-876-4293

Email: halton@healthmattershc.com

What Is Home Care?

Home Care is the provision of any non-medical health service to an individual in their home. These services provide individuals with the opportunity to continue to live in their home by utilizing supports for tasks the individual might not otherwise be able to do.

Services such as personal care, homemaking and companionship assist an individual in managing their own needs. These services permit an individual to remain in their own homes and communities. Whether this be a new environment they have lived in for a few short weeks, or a family home they have lived in for 40 or more years, it is comfortable and familiar.

Health Matters Home Care Services is a full-service, Canadian owned and operated company of professionally trained care givers which was established to provide in-home support to individuals, including seniors, in their own environments. Whether this be a family home, hospital, retirement home, or long-term care setting - we go where we are needed most. We provide these services from as little as 2 hours per day to as many as 24 hours per day. Our services are available throughout Halton, Peel and Toronto regions.

At **Health Matters**, we coordinate staff to assist with household tasks, personal care needs, in-home maintenance, shopping or other errands, including cleaning, meal preparation, laundry, or even just to visit and share a cup of tea. Personal Care is available to assist with bathing, feeding, assistance to the washroom and mobility. We also offer professional Foot Care by a certified reflexologist.

Our staff also assist with Specialized services for those requiring extra in-home care, which can provide relief for those caring for an individual with Alzheimer's Disease or requiring Palliative Care, or in need of some respite away from home.

At **Health Matters**, we coordinate care for client's with this mission in mind. We encourage our client's to participate in the selection of staff who provide service in their home, utilizing our unique Compatibility Profiler.

Not sure if you or your loved ones need help? Ask yourself if taking care of personal care needs is consuming more and more time in your day. Is it difficult to cope with regular tasks of daily living? Is it becoming too difficult to get out of the house to get shopping or other errands done? Is it becoming difficult to manage house-keeping and home maintenance? Are you becoming over-burdened trying to care for someone else?

If the answer to any of these questions is YES, then you could use our help.

At **Health Matters**, we make sure our clients and caregivers feel in control in times of uncertainty. We take time to ensure the physical, social, mental, emotional and spiritual well-being of the client and caregiver are being addressed and met. Our services are client centered and delivered in a flexible manner, depending on the clients personal preferences

Because your health matters!

Please call us for a no-obligation home visit, or for more information, call us at 905-876-0572 or visit our website at www.healthmattershc.com.



Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

ESTABLISHED SINCE 1999

15 Martin St. 905-693-9594
www.herbalmagicsystems.com



Stephanie Norrie

DRINK UP!

Water constitutes about 60 per cent of our body weight. Water dissolves and transports nutrients to the body, eliminates waste, maintains circulation and electrical impulses of cells and nerves, and is necessary for proper digestion and joint lubrication, so it's crucial to stay hydrated.

Drinking clean, filtered water is ideal. Hot or cold herbal teas also work. Fruit and vegetable nutrients help combat dehydration and also provide essential vitamins and nutrients. Most fruits and vegetables like lettuce, celery, carrots, apples, and peppers, have high water contents and contribute to your daily fluid intake.

At Herbal Magic, water is a main component of our weight management programs. The best way to avoid dehydration is to carry a water bottle with you and drink often.

SIGNS OF DEHYDRATION

Beginning signs

- * thirst
- * fatigue and weakness
- * dry mouth
- * dizziness
- * flushed skin

Advanced signs

- * dry, hot skin
- * rapid breathing
- * rapid, weak pulse
- * confusion, lethargy
- * reduced urination



Dine Albazi
Travel Advisor

TRAVEL CHOICE

Travel Choice
16 Martin Street
Milton ON
L9T 2P9
905-878-2886
Milton@travelchoice.ca



Patrick Murphy
Travel Advisor

You haven't lived until you've CRUISED!

Whether you are young or young at heart, single or part of a family, cruising is now for everyone.

There is no such thing as a "typical cruiser". With a variety of choices for dining, activities and ports of call, you can be as busy as you want or as relaxed as you like.

Please join Travel Choice American Express for a taste of Alaska and learn about the unique vessels of the Windstar Cruise Lines.

Date: Tuesday February 28th, 2006

Time: 7:00pm to 9:00pm

Location: Travel Choice Milton - 16 Martin Street

Please RSVP 905-878-2886 space is limited

Our guest speaker tonight will be Jo Lynch from Encore Cruises. She will be presenting the above and answering any general questions about cruising