# Donations sought for bonspiel

Hey curling lovers, it's time once again to rock and silent auctions, as well as various games. the house for charity.

Club will play host to the 10th annual Curl for Kids bonspiel.

The event will kick off Friday at about 5:30 p.m., with curlers being piped in and led by Mayor Gord Krantz. Curling runs from 6 to 10 p.m. that night and continues all day Saturday.

Rounding out the event's festivities will be live

While the draws are all full for this year's Curl This Friday and Saturday, Milton Curling for Kids, there's still time to make a donation, which can be done by calling Karyn Racher of Halton Women's Place at (905) 332-1200, ext.

> Approximately \$300,000 has been raised since the bonspiel's inception, and this year's proceeds will aid Halton Women's Place, Girls Inc. of Halton and Camp Trillium.

# Help sought for MDHS reunion

Milton District High School is gearing up for a reunion and it's looking for volunteers to help make the event hap-

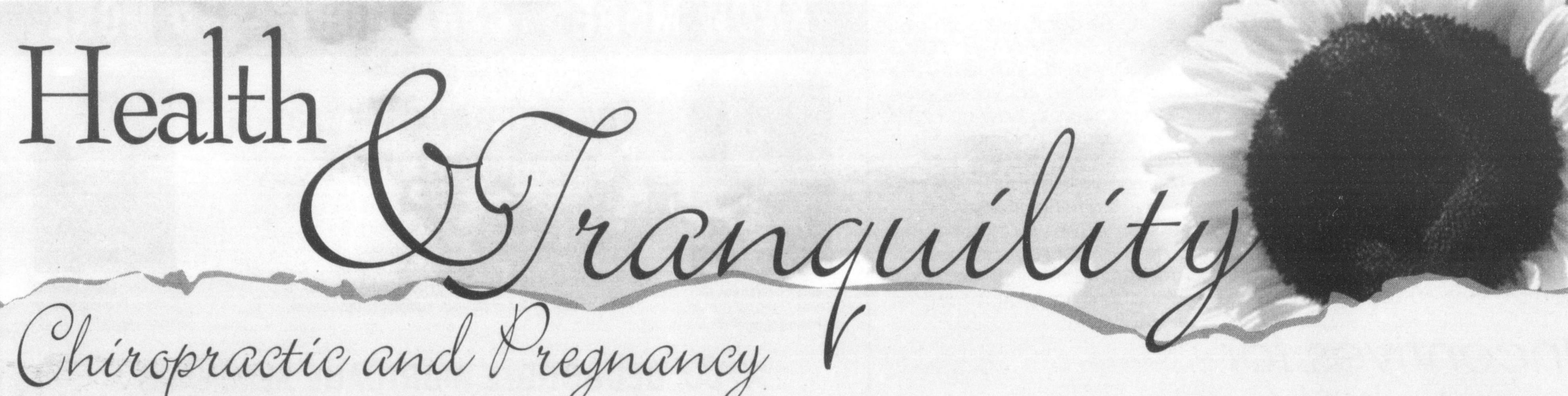
An information meeting for people interested in helping out will be held in the school library this Thursday at 7

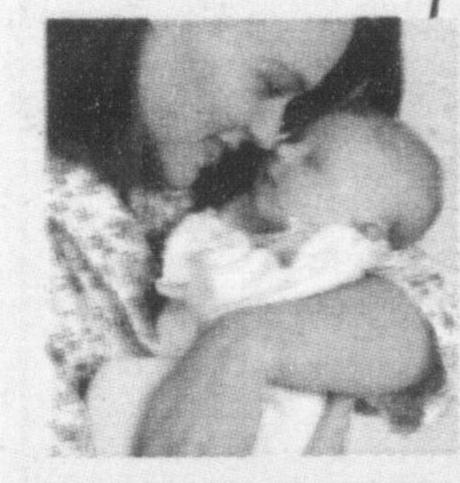
The reunion will take place September 7 to 9, with activities each

It'll start with an official welcome and open house the evening of September 7. The next day, visitors will be able to take school tours and participate in a sports event between "old timers" and current students.

To wrap up the weekend, a pancake brunch will be served September 9.

A variety of memorabilia will be available for sale throughout the weekend.





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> If a women's uterus is constrained as birth approaches, the baby is prevented from getting into the best possible position for birth. Even if the baby's head is in the desirable position of head down often times the uterus prevents the baby's head from moving into the ideal presentation for delivery. The head may be slightly titled off to the side or even more traumatically present in the posterior or breech posi

mother and baby.

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Editorial supplied by Meadowvale West Family Chiropractic.

## BabySteps101

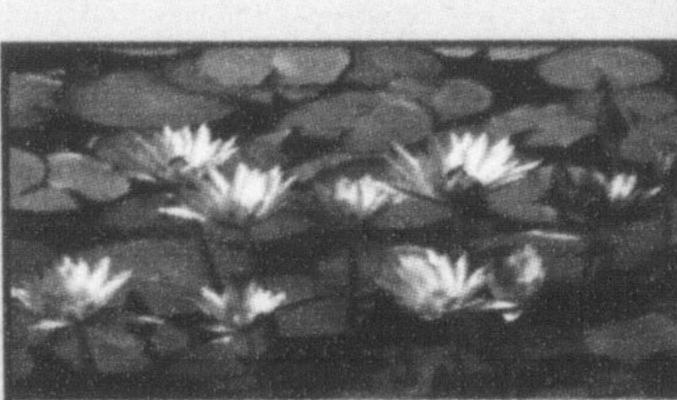
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And a baby who's position is even slightly off during birth can slow down Tel: 647.221.3732 labour and add pain and distress to the

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**Marion Healy** R.N.C.P.

Marion Healy is a registered Nutritional Consulting Practitioner with over 15 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton.

For more information contact Marion at 875-2889 or www.yourbeverlyhills.com

like a glove and individually pampers you throughout the

This includes all the support and encouragement you

need while you are losing or maintaining your weight. As well as healthy lifestyle changes focusing on understanding and motivation. Once a goal weight is reached, the client begins a six week stabilization program and has the option to move on to a maintenance program. If at any time during the year of maintenance you gain back three to five pounds, you are invited to return to the clinic, free of

Marion Healy, Registered Consulting Nutritional Practitioner, has over 15 years experience in metabolic weight management. She has helped hundreds of people not only to lose weight and keep it off but has given her clients an understanding of their individual nutritional needs.

With respect to the high levels of safety and attention offered by this program, it is frequently recommended by health care providers to their patients who need help.

With this kind of support from the community, you can be assured that your weight control will be safe, effective and healthy. The Milton centre will be celebrating their 9th year in business this spring and has impressed and improved the lives of many area residents.



### DAILY DIETARY **GUIDELINES**

- Grain Group, 6 - 11 servings
- Vegetable Group, - 5 servings
- Fruit Group, 2 - 4 servings Milk Group,
- 2 3 servings Meat Group,

2 - 3 servings

Now is the perfect time to start on the road to a healthier lifestyle. By making wise food choices and increasing physical activity, you can make strides

toward better health. Take the first step today by learning more about proper nutrition and making a commitment to treat yourself right!



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