Deste Hine

• from DATELINE on page B8 information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Adult drop-in volleyball takes place from 2 to 3 p.m. at the Milton Leisure Centre on Main Street. The cost is \$3.50 for the hour.

The Salvation Army/Khi Community holds its Run Club at 5:30 p.m. with a 30-minute run. For meeting location and route, call (905) 875-1022.

Thursday March 22

The Town of Milton presents a seminar on reading food labels at 10:30 a.m. at the Milton Leisure Centre, 1100 Main St. E. It's free for centre members and \$5 for non-members. For details, visit www.milton.ca. To vides artists with an opportunity register, call Tracy Hasselfeldt at to exercise their drawing skills.

(905) 878-7946, ext. 2706.

The Halton Agricultural Society holds euchre at 7:30 p.m. in hall number one at the Milton Fair Grounds, featuring door prizes and refreshments.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its free Caring and Sharing Circle from 1 to 3 p.m. It also holds its Spanish Women's Social Group from 12:30 to 2:30 p.m. For more information, call (905) 847-5520 or visit www.haltonwomenscentre.org.

The Deck youth centre, 200 Main St. (rear entrance), invites students in grades 6 to 8 to drop by between 3:30 and 6:15 p.m. to play a game of pool or just hang out. High school students are invited between 7 and 10

The Fine Arts Society of Milton's Evening Group of The informal environment pro-

For more information, call Janis at (905) 854-5753.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext.

Friday March 23

The Deck youth centre, 200 Main St. (rear entrance), invites high school students to drop by between 7 and 11 p.m. to play a game of pool or just hang out.

Milton District Hospital holds a group session breastfeeding clinic with a certified lactation consultant from 11 a.m. to 12:30 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

The Salvation Army/Khi Community holds its youth group for ages nine to 13 years Artists meets from 7 to 10 p.m. old from 6:45 to 8:45 p.m. at 100 Nipissing Rd., unit 3. For more information, call (905) 875-1022.





We believe... in helping. Anyone. Anywhere.

PLEASE VOLNUNTEER 905-875-1022



SALES . LEASING . SERVICE . PARTS . COLLISION CENTRE WANT TO LOSE WEIGHT? You're not alone with SureSlim®

www.gallingerford.com

A proven, personalized, medical weight-loss system

You've tried them all - diets, pills, shakes and calorie counting systems - without success. Finally help has arrived in the form of SureSlim's revolutionary approach to dramatic and permanent weight-loss. SureSlim's corporate physician will analyze your blood test results and we'll show you how, by eating regular foods, dramatic weight loss can be achieved by balancing the key hormones that control your metabolism. With the SureSlim system, startling results can be realized without massive calorie reduction, supplements or strenuous exercise. And best of all, you don't have to go through this on your own. Call to meet with your trained weight loss consultant today.

Get The Results You Want-Easily

Attend our free information session and learn the essential facts about nutrition and metabolism that could help change your life forever. Call today and let SureSlim design a customized weight loss program for you!



Get Ready For Spring With Suresinny

SureSlim Mississauga

3035 Argentia Road

(Southwest corner of Hwy 401 and Winston Churchill, in the Supercentre by Starbucks) 905-286-4949 • mississauga@sureslim.ca

SureSlim Oakville

2387 Trafalgar Road

(Trafalgar Ridge Plaza)

905-257-1102 • oakville@sureslim.ca

NO PILLS • NO PACKAGED FOODS • NO PROTEIN SHAKES • NO INJECTIONS • NO EXCESSIVE EXERCISE

www.sureslim.ca

SIMESIN WELLNESS CLINIC