

Dateline

Wednesday Apr. 2

The Milton Fibromyalgia Support Group meets at 1 p.m. at Casey's restaurant. For information, call Tina at (905) 878-1573.

Thursday Apr. 3

The Town of Milton holds a community open house to review the concept and provide feedback for the community park development located adjacent to the Milton Sports Centre. The session starts at 7 p.m. in meeting room four at the Milton Sports Centre, 605 Santa Maria Blvd. The concept and feedback form are available on the Town website after the session. For more information, call (905) 878-7252, ext. 2211 or visit www.milton.ca.

Moms Supporting Moms in Milton — a support group for mothers who are struggling with postpartum depression and/or anxiety — meets at Halton Kids West Milton Hub at Our Lady of Victory School, 540 Commercial St., from 7 to 8:30 p.m. For more information, call Janet Siverns at (905) 825-6000, ext. 2927.

Thursday Apr. 3 - 4

Employment Ontario holds its free intensive two-day Job Interview and Self-Marketing Workshop at JBJ Employment Services Inc. at 203-550 Ontario St. S. Those interested can call Kerry at (905) 693-8458, ext. 104 for more information or e-mail kerry.wright@bellnet.ca.

Thursday Apr. 3 - 5

The Canadian Federation of University Women, Milton and district, holds its 35th annual book sale at 917 Nipissing Rd. at Thompson Road (across from Milton Baptist Church). It takes place from noon to 8 p.m. Thursday and Friday and from 10 a.m. to 3 p.m. Saturday. Proceeds go to scholarships for Milton students.

Friday Apr. 4

Milton Concert Presentations hosts the Hamilton Philharmonic Orchestra at 8 p.m. at St. Paul's United Church, 123 Main St. E. Tickets cost \$35 for adults and \$30 for seniors and are available by calling Joyce at (905) 878-1526.

Saturday Apr. 5

Former students, teachers and friends of S.S. #8 Trafalgar — McCurdy's School — are invited to a reunion commemorating the 50th anniversary of the school closing. It takes place from 1 to 5 p.m. at Country Heritage Park. For registration details, call Gwen at (905) 877-1505 or Ruth at (905) 459-5687.

Milton District Hospital holds its Living Healthy Family Wellness Fair at Milton Mall from 10 a.m. to 2 p.m. featuring more than 35 community organization exhibits plus physical activity demonstrations.

This space sponsored by Milton Mall and The Canadian Champion



Halton Healthcare Services invites you to the Living Healthy Family Wellness Fair

Saturday, April 5, 2008 • 10:00am - 2:00pm
Milton Mall • 55 Ontario St. S • Milton

Come and learn about health programs and resources available to you and your family at Milton District Hospital, Halton Healthcare Services and in the Halton Region.

Highlights

- Free Massages
- How to operate a defibrillator
- Hearing Screening
- Blood Glucose Testing
- Food and Water Safety
- Mental Health
- Women's Health Issues
- Senior's Activities
- And much more

Demonstrations*

- Yoga for Kids (ages 4-6 & 7-9)
- Kickboxing
- Tai Chi
- Yoga for Beginners and Intermediate
- Step Aerobics
- Spinning

*Demonstrations of programs currently being offered at the Milton Leisure Centre



The 2008 Wellness Fair is sponsored by the Milton District Hospital Foundation and The Town of Milton Leisure Centre



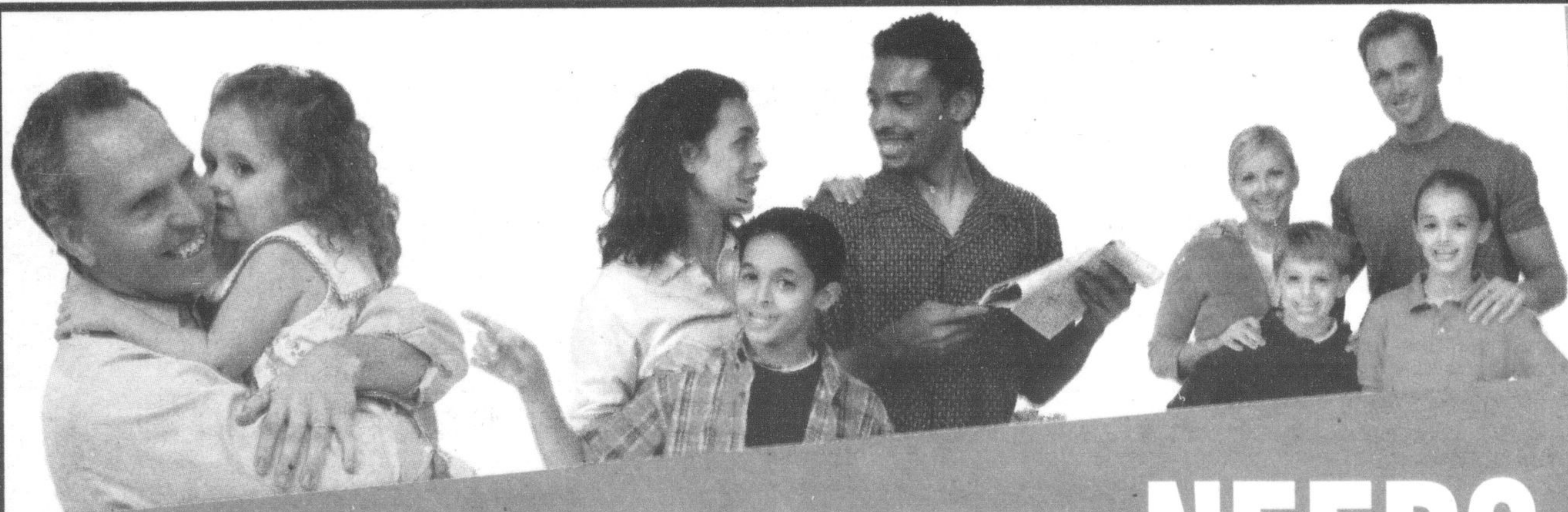
EXHIBITOR LIST

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| Bereaved Families of Ontario | Halton Region Police Services |
| Breast Cancer Support Services | Halton Women's Place |
| Canadian Cancer Society | Milton Diagnostic Imaging |
| Canadian Cancer Society - Smokers' Helpline | Milton District Hospital Auxiliary |
| Canadian Diabetes Association | Milton District Hospital Foundation |
| Canadian Mental Health Association | Milton District Hospital Obstetrics |
| Canadian Red Cross Association | Milton Leisure Centre |
| Choices4Health | Milton Massage Therapists |
| Chiropractors of Milton | Milton Meals on Wheels |
| Colorectal Cancer Association of Canada | Milton Seniors' Activity Centre |
| Community Care Access Centre of Mississauga Halton | Oakville Distress Centre |
| ConnectCare | Ontario Association of Naturopathic Doctors |
| Crohn's & Colitis Foundation of Canada, Halton Chapter | Ovarian Cancer Canada |
| Halton Aphasia Centre | Rock Reach Out Centre for Kids |
| Halton Diabetes Program | Schizophrenia Society of Ontario |
| Halton Healthcare Audiology Department | STRIDE (Supported Training & Rehabilitation in Diverse Environment) |
| Halton Region Emergency Medical Services | TEACH (Teach, Empower, Advocate for Community Health) |
| Halton Region Health Department | Trillium Gift of Life Network |
| Well Water Safety/Food Safety | Wellspring |
| Youth Action Alliance | Women's Health Alliance of Halton |
| Dental/Older Adults | |

DEMONSTRATION SCHEDULE

(programs currently being offered by the Milton Leisure Centre)

10:00 to 10:30 am	Yoga Kids	Noon to 12:30 pm	Yoga
10:30 to 10:45 am	Cloggers	12:30 to 1:00 pm	Step Aerobics
10:45 to 11:00 am	The Kitchen Band	1:00 to 1:30 pm	Spinning
11:00 to 11:30 am	Tai Chi	1:30 to 2:00 pm	Line Dancers
11:30 to Noon	Kickboxing		



EVERYTHING YOUR FAMILY NEEDS.

MILTON MALL

Monday to Friday
9:30 am - 9:00 pm

Saturday
9:30 am - 6:00pm

Sunday
12:00 pm - 5:00 pm



SPORTCHEK



le château

GARAGE

55 Ontario Street • 905-878-3900