

Wellness Fair a success

Hundreds of Miltonians kicked off spring on a healthy note, with a visit to the annual Wellness Fair.

Held recently at the Milton Mall and once again put on by the Milton District Hospital Foundation and the Milton Leisure Centre, the 19th edition of the event featured more than 40 exhibits — with pretty much everything in the health and wellness spectrum represented.

A special feature of this year's fair was a series of demonstrations by those with the leisure centre, who showcased the wide variety of fitness programs and opportunities available in town.

Meanwhile, residents were also provided with detailed information — courtesy of such groups as the Canadian Diabetes Association, Choices4Health and the Women's Health Alliance — on how making smart choices about nutrition, activity and stress management can greatly reduce the risk of many diseases.

Of general interest were such things as the Halton Region display on food and water safety and the Emergency Medical Services' demonstrations of how to operate a defibrillator. A host of other exhibits covered areas ranging from breastfeeding and general infant care to seniors' needs.

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 of the occurrence although more insertions are possible if demand is low.

Notices for Dateline should be e-mailed to miltoneed@halton-search.com. The final deadline is noon Friday for Tuesday's edition and 5 p.m. Tuesday for Friday's edition. Dateline items won't be accepted by telephone.

Monday Apr. 21

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The Salvation Army Khi Community, 100 Nipissing Rd., unit 3, holds **Volunteer Night** from 7 to 9 p.m. to support the food bank and other community services. For more information, call (905) 875-1022.

The Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its free **Income Tax Clinic** from 10 a.m. to noon. For information about financial eligibility, call (905) 847-5520 or visit www.haltonwomenscentre.org.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds duplicate bridge at 9:15 a.m., its **Cyber Café** from 1 to 3 p.m. and **darts and billiards** from 9 a.m. to 9 p.m. The cost for each activity is \$2 for members and \$4 for non-members. **Bid euchre** takes place at 1:30 p.m. at a cost of \$2.50 for members and \$4.50 for non-members. For more information, call (905) 875-1681.

The Halton-Peel chapter of **Professional Organizers in Canada** holds its monthly meeting at Tansley Woods Community Centre, 1996 Itabashi Way, in Burlington in the Holland Room at 7 p.m. with registration at 6:30 p.m. Those interested in a career in professional organizing are invited. The guest speaker is Wendy Marlow discussing 'How

to Market Your Business.' To reserve a spot, e-mail halton-peel@organizersincanada.com or call Wendy Hollick at (905) 336-3874.

Tuesday Apr. 22

The **Milton Community Policing Committee**, which acts as a liaison between police, the community and the Town of Milton, meets from 7 to 8:30 p.m. with Const. Jackie Brennan, elder services co-ordinator with Halton Regional Police, talking about power of attorney. It takes place at the Milton police station at 490 Childs Dr. Everyone's welcome to attend.

The Milton and District Horticultural Society holds its **Earth Day Memorial Ceremony** at 7 p.m. at the Millenium Garden on Ontario Street.

Help for Parents, a Halton parent support group, meets in the evening in the basement of St. Elizabeth's Church, 5324 Bromley Rd., 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 the Association of Parent Support Groups in Ontario. For more information, call 1-800-488-5666 or visit www.apsgo.ca.

• see more **DATeline** on page C13

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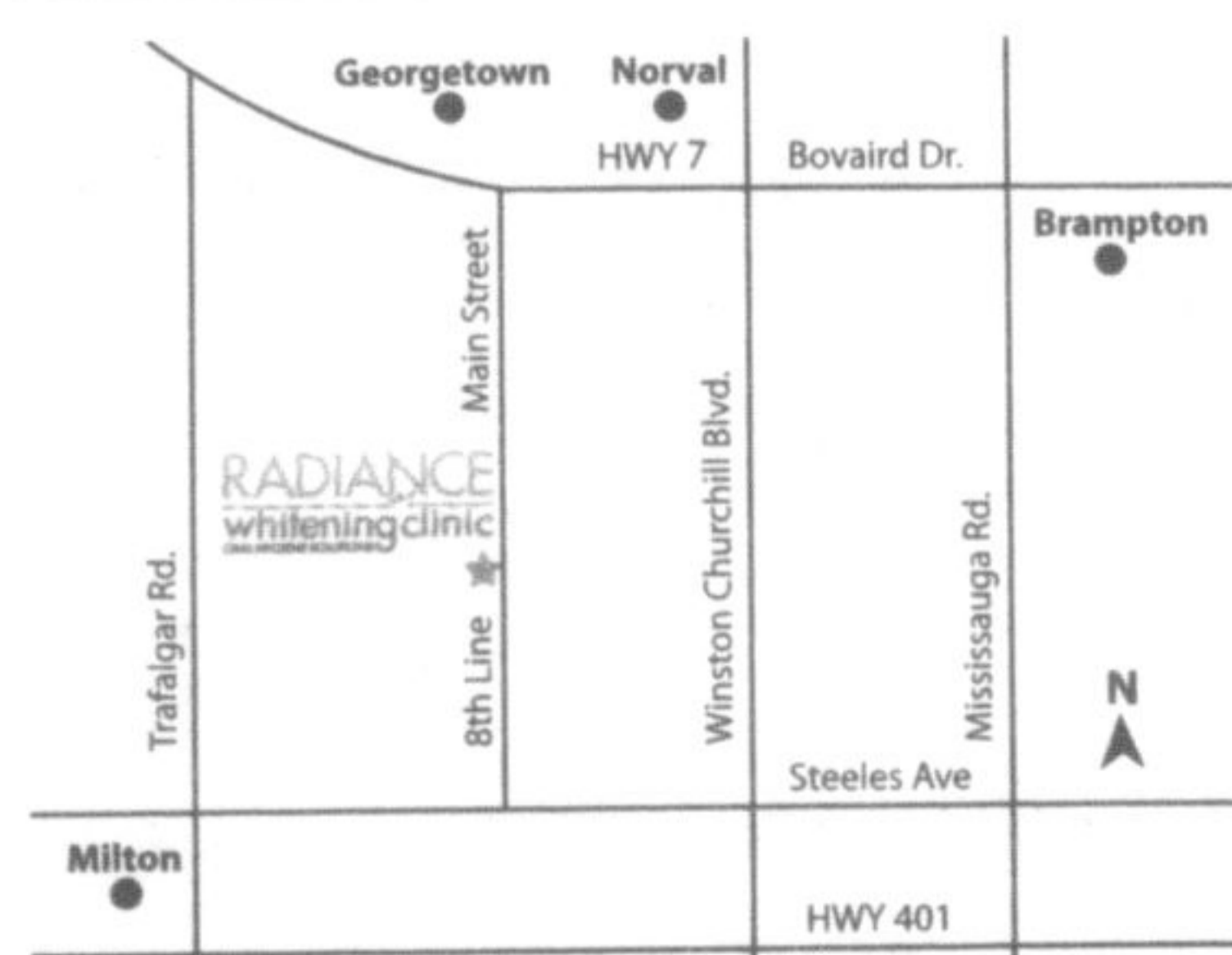
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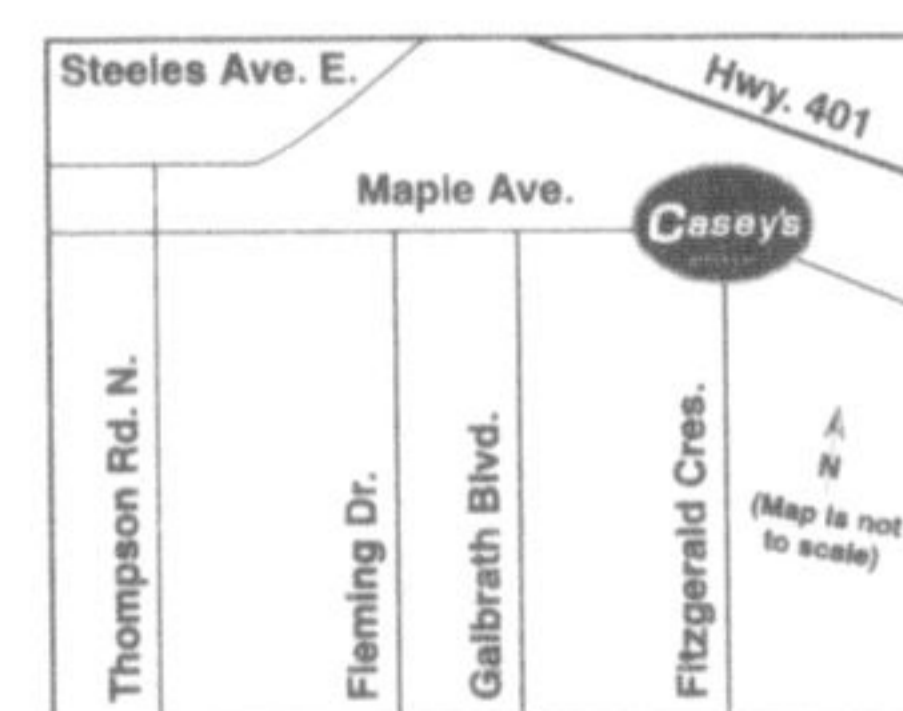
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