Living Well Pilates



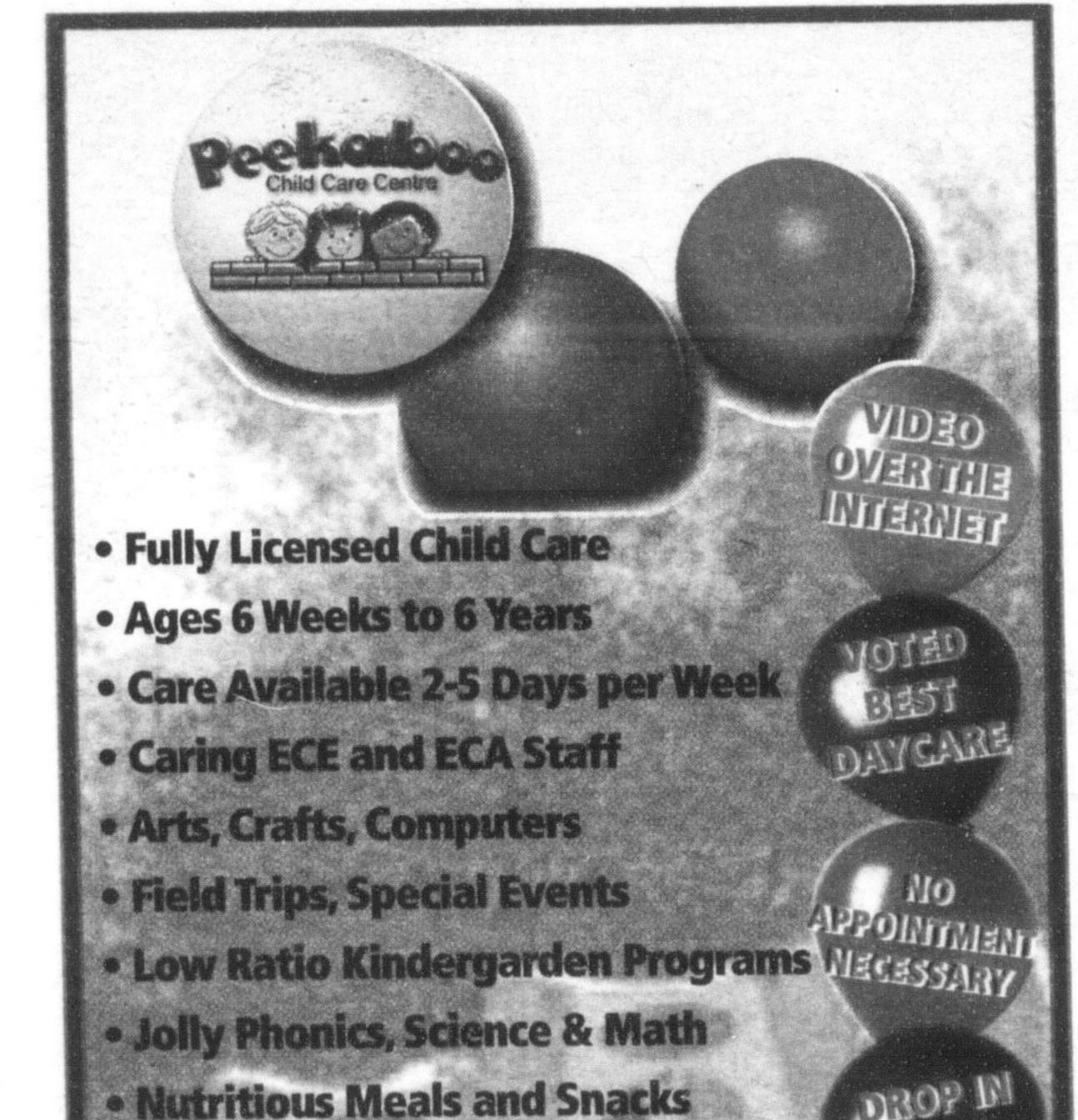
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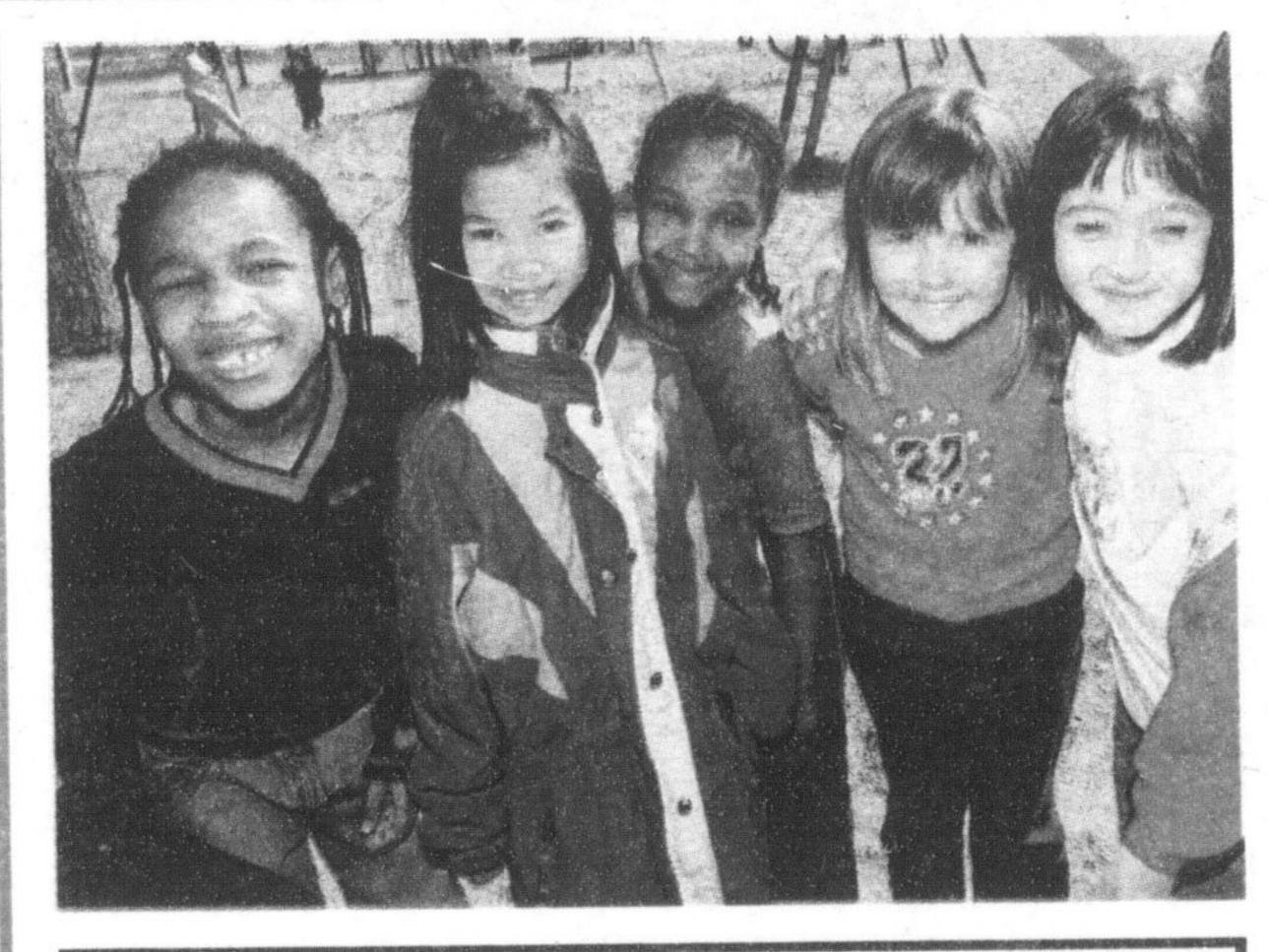
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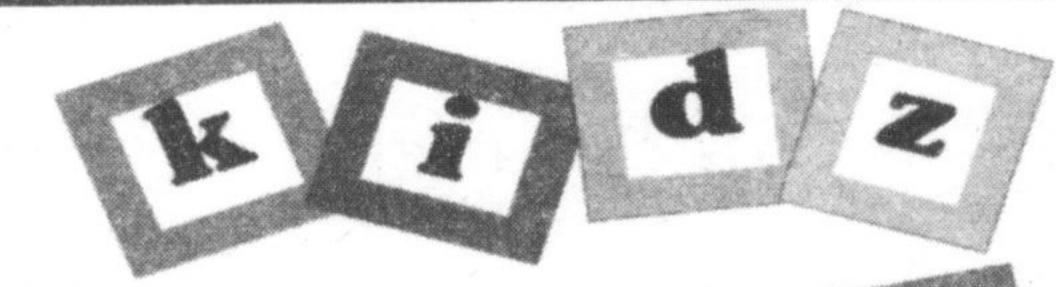
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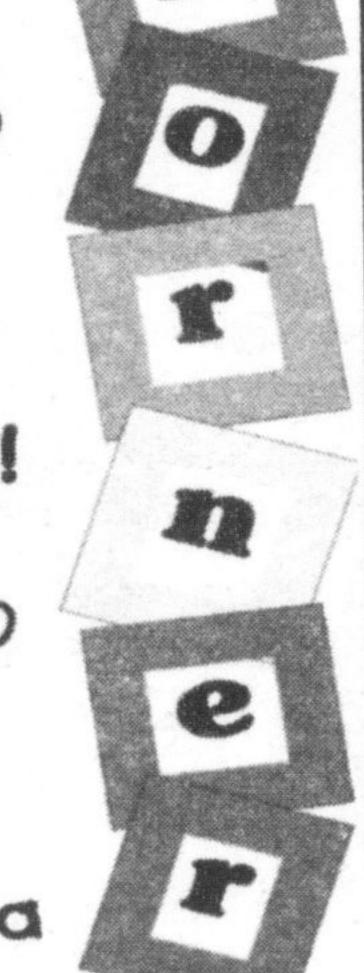


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> Follow these 5 tips from Oxford Learning for better habits for the entire school year!

> > Get informed Develop regular communication with the teacher.

Know what to expect.

Know important dates in advance to be prepared and avoid last-minute scrambles.

Use a family calendar. Manage school, family, and other activities with a daily reminder.

Break bad habits. While the school year is still new, avoid slipping into old routines.

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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 space permits.

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

Thursday Aug. 14

The Deck youth centre, 200 Main St. (rear entrance), invites students in grades 6 to 12 to drop by between noon and 5 p.m. to play a game of pool or just hang out. For more information, visit www.thedeckmilton.com.

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.

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. 7610.

Sexual Assault and Violence Intervention Services (SAVIS) of Halton holds its weekly Multicultural Drop-in Group from 1 to 4 p.m. at Hopedale Mall, 1515 Rebecca St., suite 227, for women survivors of violence. For more information, call (905) 825-3622.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds contract bridge at 1:30 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. Its Thursday Afternoon Movie is held at 1:30 p.m. featuring P.S. I Love You. The cost is \$2. Bid euchre is held 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 Destination Campbellville Community Association meets at 7 p.m. at Halton Radial Railway Museum on Guelph Line, north of Brookville, for a tour. Ride the rails courtesy of museum volunteers. A meeting follows at 7:30 p.m.

Friday Aug. 15

The Deck youth centre, 200 Main St. (rear entrance), invites students in grades 6 to 12 to stop by between noon and 7 p.m. and high school students to stop by between 7. and 10 p.m. to play a game of pool or just hang out. For more information, visit www.thedeckmilton.com.

Milton District Hospital holds a drop-in breastfeeding group with a certified lactation consultant from 10 to 11:30 a.m. at Our Lady of Victory School, 540 Commercial St., with information shared and babies weighed. For women and babies only. For more information, call Jill Hicks at (905) 878-2383, ext. 7610.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds bingo at 9:30 a.m., contract bridge at 9:30 a.m., its Cyber Café from 1 to 3 p.m. and darts and billiards from 9 a.m. to 4 p.m. The cost is \$2 for members and \$4 for non-members.

see more DATELINE on page A13

