



Living Healthy

**Halton Healthcare**

This FREE public education seminar is presented by Halton Healthcare Services in partnership with :

- The Kidney Foundation of Canada
- Heart and Stroke Foundation
- Canadian Diabetes Association
- Halton Diabetes Program

**Hypertension and Kidney Disease:**

Dr. Daniel Sapir, Nephrologist  
Halton Healthcare Services

Wednesday, November 19, 2008  
6:30 pm Displays/refreshments  
7:00 pm Presentation

Milton District Hospital Classroom  
30 Derry Road East, Milton  
Reduced parking

To reserve a seat please contact  
905.338.4379 or 905.873.0111 (4379)  
or email [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca)

[www.haltonhealthcare.com](http://www.haltonhealthcare.com)

GEORGETOWN • MILTON • OAKVILLE HOSPITALS

# Dateline

• from DATELINE on page B5

meets with a public health nurse to discuss parenting and infant care. The group meets at the Ontario Early Years Centre at 410 Bronte St. from 1:30 to 3:30 p.m. For more information, call (905) 825-6000, ext. 7299.

Milton District Hospital holds a one-on-one **breast-feeding clinic** with a certified lactation consultant from 9:30 to 11:30 a.m. For information or an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Sexual Assault and Violence Intervention Services (SAVIS) of Halton holds its weekly **Hispanic Women's Group** from 1 to 4 p.m. at Appleby United Church, 4407 Spruce Ave., Burlington. It's a confidential, open group for women and children. For more information, call (905) 825-3622.

The Halton Women's Centre in Hopedale Mall, 1515 Rebecca St., Suite 229 in Oakville, holds a **meditation session** from 9 to 10 a.m. It also holds an

employment network from 10 a.m. to noon with information on resumes, job searches and interviews. For more information, call (905) 847-5520.

The Salvation Army Khi Community, 100 Nipissing Rd., unit 3, holds its free, drop-in **Busy Hands Creative Minds** group from 9:30 to 11 a.m. for parents and their tots (newborn to five). Enjoy crafts, songs and games with your child, as well as a chance to connect with other families. It also holds its weekly **Scrapbooking Group** from 7:30 to 9:30 p.m. to work on personal projects. Some basic start-up supplies are provided. For more information, visit [www.khicommunity.com](http://www.khicommunity.com).

The Milton Seniors' Activity Centre, 500 Childs Dr., holds **bingo** at 1:30 p.m., **Scrabble** from 1:30 to 3 p.m. and its **Downsizers Weight Loss Club** at 10 a.m. The cost for each activity is \$2 for members and \$4 for non-members. **Evening Bid Euchre** takes place at 7:30 p.m. at a cost of \$2.50. For more information, call (905) 875-1681.

The Milton Choristers invites singers to a free **sing-along** of Handel's Messiah from 7:30 to 9 p.m. at Knox Presbyterian Church, 170 Main St. E. Some scores are available to borrow, but bring music if you have a copy. For more information, call (416) 876-8410 or e-mail [chiaroscorova@live.ca](mailto:chiaroscorova@live.ca).

Wednesday Nov. 19

Milton Meals on Wheels holds its **Wheels to Meals** lunch program for seniors at 11:30 a.m. at the apartment building at 80 Ontario St. For more information, call (905) 878-6699.

Milton District Hospital holds its **prenatal breast-feeding class** from 7 to 9 p.m. for expectant mothers and their partners. Topics covered include what you need to know for the initial days of breastfeeding. The cost is \$45 per mother and guest. For more information or to register, call workshop leader and lactation consultant Jill Hicks at (905) 878-2383, ext. 7610.

Halton Healthcare Services holds a free seminar entitled 'Hypertension and Kidney Disease' at 7 p.m. at Milton District Hospital, with exhibits from 6:30 to 7 p.m. To reserve a seat, call (905) 338-4379.

Milton District Hospital holds a one-on-one **breast-feeding 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.

• see more DATELINE on page B12

**THE HALTON ROTARY**

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**Auction begins November 5th, ends November 15th, 2008**

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