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# WELLNESS FAIR

## SATURDAY, APRIL 3

9:30 a.m. - 5:00 p.m.  
 MILTON MALL

### It's a 'hands-on' show!

- Blood Pressure Checks  
 Milton District Hospital
- Mental Health Quiz  
 Canadian Mental Health Association Halton Region
- Play It Safe  
 Halton Regional Health Department, Aids Project
- Breast Exam  
 Milton District Hospital
- Diabetic Education  
 Milton District Hospital - Community Education
- Ultrasound  
 Milton District Hospital
- Foot Care  
 Victorian Order of Nurses
- Carbon Monoxide Analysis  
 The Lung Association, Halton Region
- Nutrition For The Baby In Your Life  
 La Leche League of Milton
- Heart Smart Choice  
 Health & Stroke Foundation of Ontario
- Your Healthy Weight  
 Milton District Hospital
- Take The Challenge  
 Milton District Hospital - Speech Pathology
- Are These Your Healthy Habits?  
 Milton District Hospital - Physiotherapy
- Germ Busters  
 Milton District Hospital
- Organ Transplant  
 Multiple Organ Retrieval & Exchange Program  
 St. Joseph's Hospital - Hamilton
- Blood Typing  
 Canadian Red Cross, Milton Branch
- Spinal Care  
 Chiropractors of Milton
- Hearing Loss  
 Canadian Hearing Society
- Hug of Life - Heimlich Maneuver  
 Milton District Hospital
- Quality of Life for Seniors  
 Allendale
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