

## Milton resident and author to hold free seminar at Indigo

Milton resident and author Robin H-C will hold a free seminar Sunday on how to get more out of life.

A motivational speaker, behaviorist and life coach, she recently wrote her second book *Life's In Session*, which aims to empower people to have success in all areas of their lives.

"Basically it provides tools for people to get more out of whatever it is they want out of life," she said.

The 30-minute seminar along with book signings will take place from noon to 4 p.m. at Indigo.

Her first book, *Thinking Your Way to Happy!*, had a goal of helping people learn to overcome barriers to happiness.

People can sign up in advance at [books@lifesinsession.ca](mailto:books@lifesinsession.ca).



Milton resident Robin H-C, author of *Life's in Session*, will hold a free seminar Sunday at Indigo.

## MADD to film video in Milton

MADD Canada will come to Milton again this year to film an educational video.


Filming for *Killer Blog* will be done next Thursday, Oct. 24 from 10 a.m. to 2 p.m. and Tuesday, Oct. 29 from 6 p.m. to 7 a.m.

During these filming times, the intersection of Louis St. Laurent and Ferguson Drive will be closed and residents will be detoured.







The Town will install road closure signage and set up the detour.

MADD filmed educational video *After Party*, which was shown to students in grades 7 to 12 across Canada, in Milton last November.


The filming company will be hand-delivering notices and obtaining signatures for overnight filming from residents who are directly affected by this filming.



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