

Learn about your spine!

The discoveries of Inspector Spine will teach children about good posture and spinal care during Spinal Health Week, which began Thursday. And for others, a series of open lectures in Markham are being provided to learn more about proper spinal care.

An Ontario Chiropractic Association (OCA) tradition since the mid-70s, Spinal Health Week is aimed at heightening the awareness of spinal care in the overall health picture.

This year, the OCA has developed specific educational material for students throughout the province to show the importance of spinal care.

Locally, lectures are being provided Wednesday, May 7 at the Markham Village Women's Club at 7 p.m. and Thursday, May 8 at the White Chiropractic Centre, 8-A Centre St., Markham.

Things to be discussed include proper posture, lifting techniques, diet, exercise, rest and fundamental instruction about the structure and function of the spine.

For more information call your local chiropractor.

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CRAFTNOTES

'Good Bears' are climbing the walls

By BETTY RIGSBY

Summer is almost upon us! Spring cleaning will soon be done and in two months the children will be home all day.

Therefore, watch for your Parks and Recreation brochure. It contains a large list of children's summer classes the Guild will be offering as well as some for adults and teens. We try to be helpful as well as friendly!

What is doing at the Guild in May? Well, a lot of us are knitting "Good Bears" for the Sick Children's Hospital Child Abuse programme.

This is a non-profit effort on our part, and each child who receives one of our Teddy Bears while in hospital has a friend forever, so the supply never exceeds the demand.

At present we have Teddy Bears climbing the walls at the

Guild. If by any chance you would like to add a Bear to our collection, we have an easy pattern which you may use. Call 294-7421 or 294-1482 if you wish to join us in this worthwhile project.

We will be gearing up for our Garage Sale to be held Saturday, May 31st. If you would like to have a table of your own at our Sale, the cost is \$10.00, and you may call either of the numbers above for further information... Ask for Betty.

Our Wednesday Interest Group will have its monthly Pot Luck Luncheon on May 7th. Everyone is welcome — just bring something that will feed four people, and a big smile.

REMEMBER — The first Celebration of the Arts day is May 25th at Milne's Park. Be sure to come and bring the children for a look-see at the displays and join in the fun. Watch for the posters which will be appearing around Markham.

Nursery school holds spring open house

Claremont's Chip and Dale Daycare and Nursery School will host a spring open house on Saturday, May 10 from 10 a.m. to 1 p.m. Activities planned for the day include pony rides, a sing-song, book sale (with proceeds going to purchase new summer toys) and a hot digity dog lunch.

The Brock Road North school is now accepting fall registration for full or part-time care, nursery school, junior Kindergarten as well as its before and after school program.

More information will be available at the open house or be contacting 649-2315.

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HOURS:
Tues.-Fri. 9 a.m.-9 p.m.
Sat. 9 a.m.-5 p.m.
Sun. & Mon. Closed