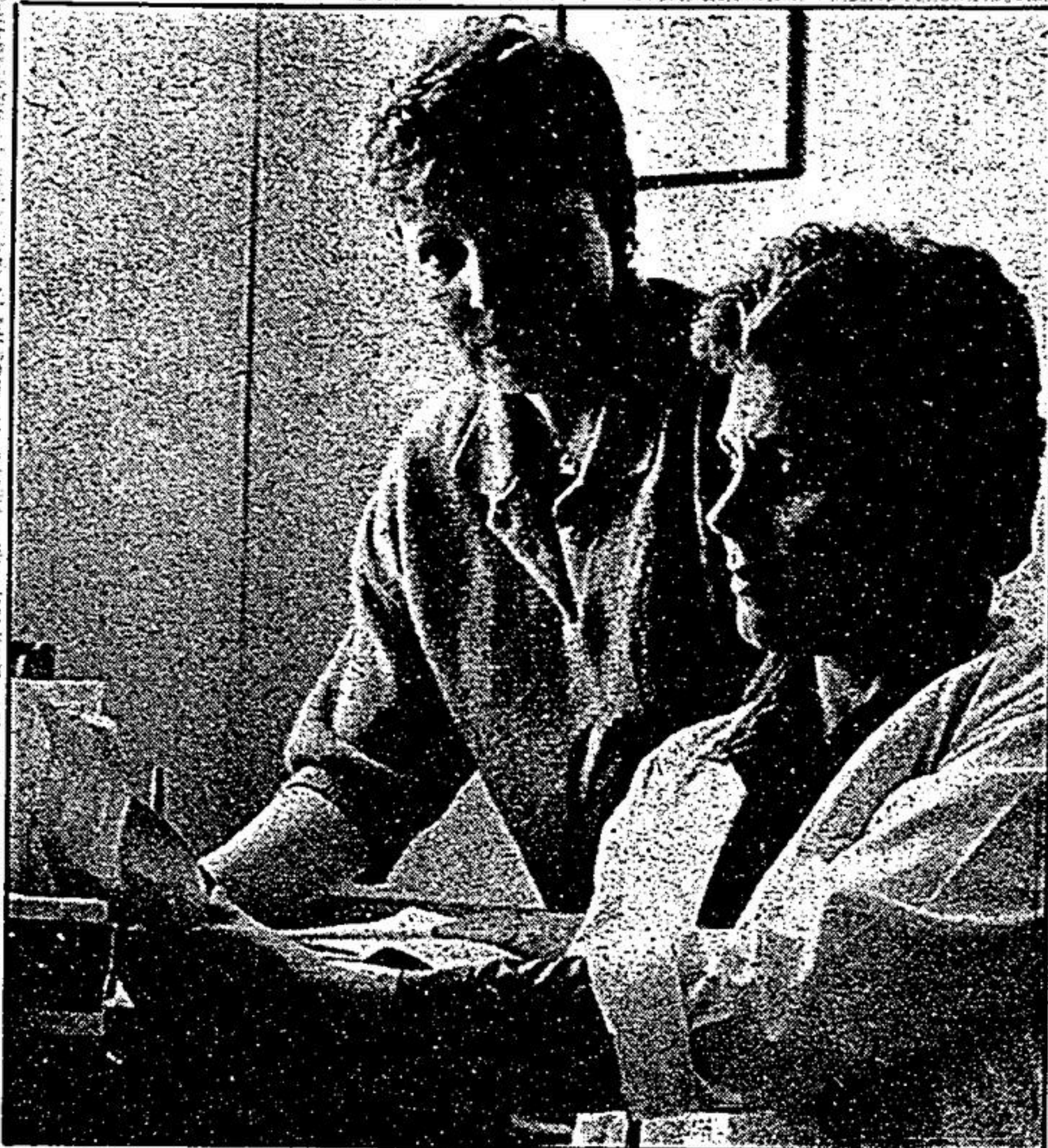


# Help coping with stress from new holistic therapy centre in Altona



Diane Kerr (left) and Jill Lepard run The Integrative therapy Centre in part of Mrs. Kerr's rural residence east of Stouffville. They provide therapy sessions and physical treatments based on a holistic approach. Herbal remedies are an integral part of their operation.

— Chris Shanahan

By CHRIS SHANAHAN  
Staff Reporter

A holistic approach is the key to prolonged well-being and general good health, say the operators of a therapy centre near Stouffville.

Stress management is one of the important elements stressed at The Integrative Therapy Centre, which opened last September, in the Altona home of health care therapist Diane Kerr.

"Primarily this is a growth centre and the aim is to help people have a better quality of life," according to Mrs. Kerr, who launched the project with colleagues Jill Lepard and Marty Meshberg.

Programs are available in everything from reflexology, massage and psychotherapy, to various specialized group or private sessions involving professional consultants. Children's drama and child enrichment programs are examples of upcoming offerings at the country centre.

The therapists don't diagnose but they will refer a person to a doctor if they feel its necessary for health reasons.

"We're not replacing doctors, we're working in collaboration with them," explained Mrs. Kerr, a group animation therapist with more than 10 years of experience in the field.

Most of the centre's clientele,

including many residents of the Markham and Metro Toronto area, have been attracted to the Altona facility by word of mouth.

Mrs. Kerr, who formerly operated out of a Stouffville location, said her therapy centre proposal had been on the back burner for about 10 years.

"I've been waiting to do it for years but I didn't have the location," she noted.

Now that her dream has come true, she stressed that she and her partners are thoroughly enjoying their role as holistic health healers.

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## Preschool enrolment

The Markham Co-operative Preschool is holding Open House and registration for the 1987-'88 school year next week.

The preschool, which provides a program for three and four year old children, will open its doors to the public on Wednesday, Feb. 18 from 9:30 to 10:30 a.m. at the Box Grove Community Centre.

For more information call 294-7168.

## Solufeed

### WEDDING PHOTOGRAPHY

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## 100 people bid their bucks at Markham Village Lanes first auction



Men, women and children got into the act at the Markham Village Women's event for the Lanes. Markham Village Lanes Club which went for \$3,400. The Markham Village "Double Your Dollar" Auction (bucks), a men's vest from Lanes is an enthusiastic group of merchants who Peaches 'n Jeans for \$2,230 aim to get the whole town the Sheraton Parkway involved in fun promotion with lots of giveaways. Hotel and more. A total of \$40,000 bucks was spent. Watch for their next promotion — "Your Passport to the Sun"

Over 100 enthusiastic people bid on items from all the shops. Some of the more popular items were a one-

It was an exciting even-



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