

Regional program offers support to unemployed adults

Job loss is one of the most serious life crises a person can experience.

Recent research has shown that unemployment is associat-

ed with a number of related problems: increased major and minor illnesses, depression, anxiety, and family violence. Despite this, there is still little

systematic support for the unemployed. Unemployed people are generally left on their own to rationalize the job loss and handle the many problems which arise.

Managing unemployment successfully, a program adapted from the Canadian Mental Health Association Handling Unemployment Group (H.U.G. Program), is a four-week support program sponsored by the York Region Public Health Department. The next group

begins Jan. 18 in Aurora. The program consists of 8 sessions, two mornings per week between 9 a.m. and 12 p.m.

Managing Unemployment Successfully capitalizes on individual strengths, and promotes mutual support.

Facilitators encourage members to share their concerns and identify their needs. Discussion topics include: stress

and time management; dealing with family and friends; preparing for job interviews; and job search techniques. These issues are handled in a variety of ways: group discussions, guest speakers, etc. and the expertise of group members.

To register, call the York Region Public Health Department at 884-1133 or 881-4240.

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Monday Thursday
2pm-3pm 7:30pm-8:30pm

Guest speaker sessions times may vary.

Please register at reception
Phone: 470-2400



- "Fad Diets" - To Diet or Not To Diet. Valuable nutritional info.
- "Importance of Exercise" With Ron Warne Optimal Lifestyles Inc.
- "Myths of Nutrition and Exercise."
- "Fit or Fat" a video of Covert Bailey's discoveries
- "Executives on the Run" Terry Dinelle (Registered Dietician) will discuss the New Canada's Food Guide.
- "Keeping Your Teeth For A Lifetime" Dr. Ian Erwood.
- "What's In That Food?" Label reading, choosing the correct foods fat free, cholesterol free, low sodium etc.
- "Making Recipes Lower In Fat."
- "Pot Luck (Fat Free) Dinner."
- "You'll see it when you believe it" Guest Motivation & Behavioural Specialist.

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1993

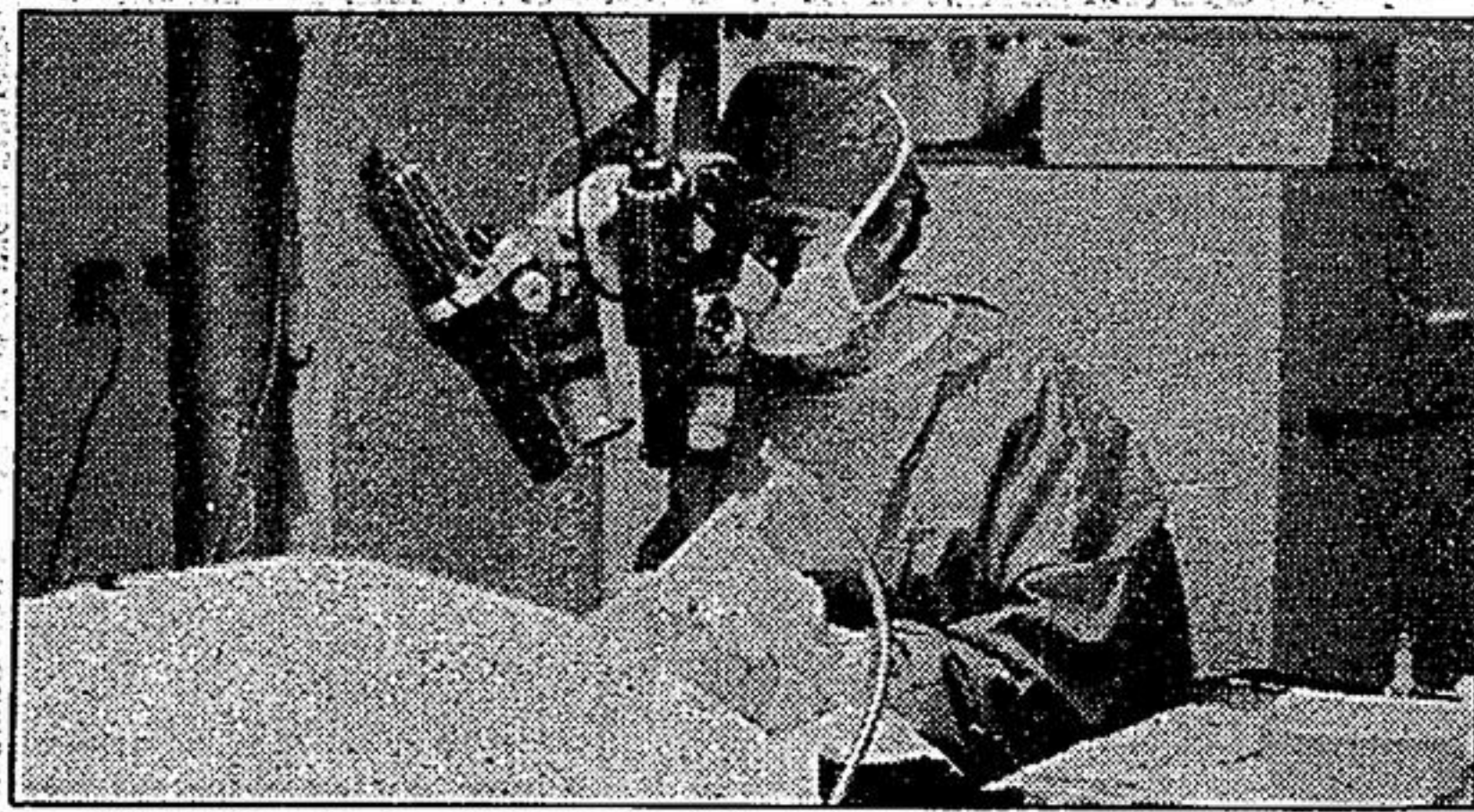
JANUARY WATER BILLS

ARE DUE AND PAYABLE ON OR BEFORE
FRIDAY, JANUARY 22, 1993

AT

MUNICIPAL OFFICE - 19 CIVIC AVENUE
OR BY MAIL - P.O. BOX 419 - STOUFFVILLE L4A 7Z6
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E.E. BLACKBURN, A.M.C.T.
DIRECTOR OF FINANCE



Tired of Wearing Glasses or Contact Lenses? Choose Between

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At the Karas Vision Centre in Richmond Hill, Ontario, patients may choose between the two procedures under the guidance of Dr. Yair Karas, an eye physician and surgeon who has performed over 4000 vision correcting procedures over the past 8 years. Since Dr. Karas performs both Radial Keratotomy and Laser Keratectomy, patients will not be confronted by the biases of those eye surgeons who perform only one type of procedure. Dr. Karas intends to use the two procedures in order to correct very nearsighted patients.

For Further Information, contact:

The Karas Vision Centre

10,014 Yonge Street
Richmond Hill, Ontario L4C 1T8
(416) 884-2020 / 884-8733



VISION CENTRE

Services Provided by: Y. Karas, M.D., F.R.C.S.(C.), Diplomat of the American Board of Ophthalmology.

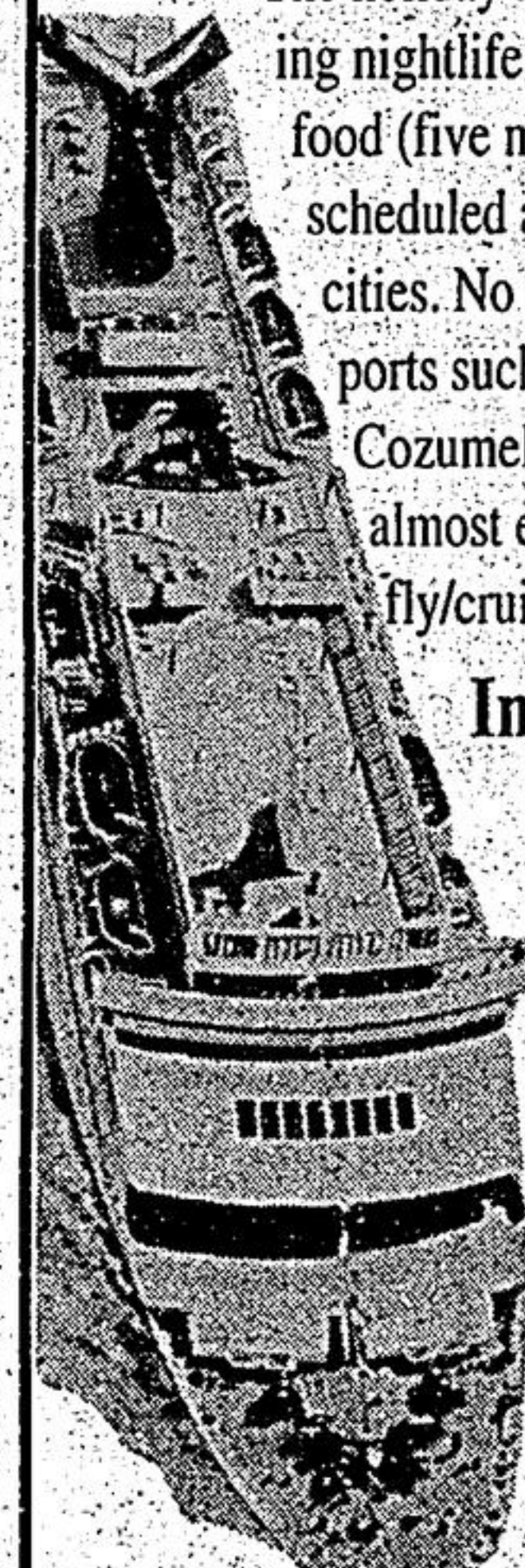
Dr. Karas will be presenting a series of seminars on Radial Keratotomy and Laser Keratectomy. The next seminar will be Wednesday, January 13, 1993 at 7:00 p.m., at the Thornhill Community Centre Public Library, 7755 Bayview Avenue, Thornhill, (the northeast corner of Bayview Avenue and John Street). For reservations, contact The Karas Vision Centre at (416) 884-2020 or (416) 884-8733.

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