

# Learn about nutrition Saturday

The Canadian Cancer Society is hosting a nutrition forum in the auditorium of Markham Stouffville Hospital at 2 p.m. this Saturday.

Guest speaker John Martin, a registered nutritional consultant, will speak about the importance of making healthy food choices.

There is no charge to attend, but registration is suggested. Contact the Canadian Cancer Society at 294-5925.

It is estimated that approximately 20 to 30 per cent of all cancers are related to what you eat. Diet, including alcohol, has been linked to cancers of the breast, colon, mouth, stomach, pancreas, and prostate.

The Canadian Cancer Society believes that a healthy diet is one of the best defences against cancer.

Canada's Guidelines for Healthy Eating include the following:

- Enjoy a variety of foods to provide you with a balance of nutrients. Try to include different foods in your diet by choosing a new food or new recipe each week.

- Emphasize cereals, breads, other grain products, vegetables and fruits. Ensure that these foods are part of each meal to increase your daily intake. Have fruit juices instead of soft drinks, or vegetable-based dishes more often than meat-based dishes.

# Express Yourself workshop Sunday

Two Markham women are encouraging residents to participate in a new experiential workshop.

Their idea behind the workshop, improving the mind through physical activity, may not be a new one. But their approach definitely is.

The brain child of Jodi Hill, a certified movement practitioner, and Jo Ann Stevenson, a yoga enthusiast and a creative writer, the Express Yourself Workshop was designed to help participants find a new awareness within themselves.

"You direct yourself and you learn to do something you've never tried before," Stevenson said. "The body is an honest scribe and it will express for you even when you feel you can't."

Set to music, participants are free to move independently or follow the directions of Stevenson and Hill. Participants are also to bring a journal or notepad with them to the sessions, the idea being to keep track of any thoughts or insights that come to them during the workshop.

"The body carries around tension and getting it out on paper really helps release that tension," Stevenson said.

Stevenson, the former editor-in-chief of the *Markham Economist & Sun* and *Stouffville Tribune*, added that after a workshop, she can write more freely and creatively.

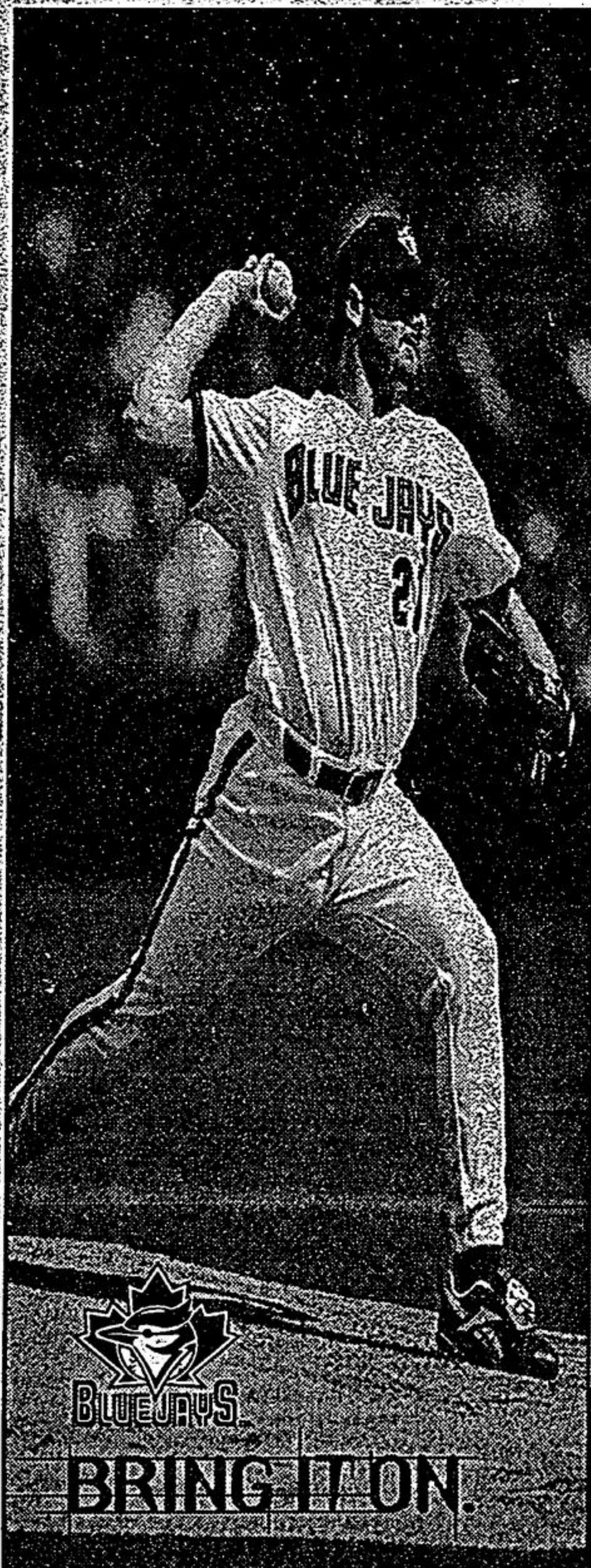
Theresa Irwin of Markham attended the November workshop. "The writing and the movement really flowed well together," she said. "There's a lot of freedom. The good thing about it is everyone works at their own pace and it was a lot of fun."

The next workshop is scheduled for Sunday, March 29, at Grace Anglican Church, 19 Parkway Ave., from 2 p.m. to 4 p.m.

The cost of attending the workshop is \$20 and preregistration is recommended.

For more information or to register, contact Hill at 940-1038 or Stevenson at 294-7943.

-Lorraine O'Grady



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April 1, 2 - 7:05pm

April 1, Opening Day Shoppers Drug Mart Team Calendar Day\*\*



April 3 - 7:05pm April 4, 5 - 1:05pm

April 4, Bell Mobility Magnet Schedule Day\*\*

April 5, Blue Jays Bonus Day\*\*



April 17, 7:05pm April 18, 19 - 1:05pm

April 18, Jr. Jays Magazine Day\*\*

April 19, Roger Clemens Commemorative Coin Day\*\*

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### Flyer Inserts For Friday, March 27, 1998

CANADIAN TIRE \*Selected areas only

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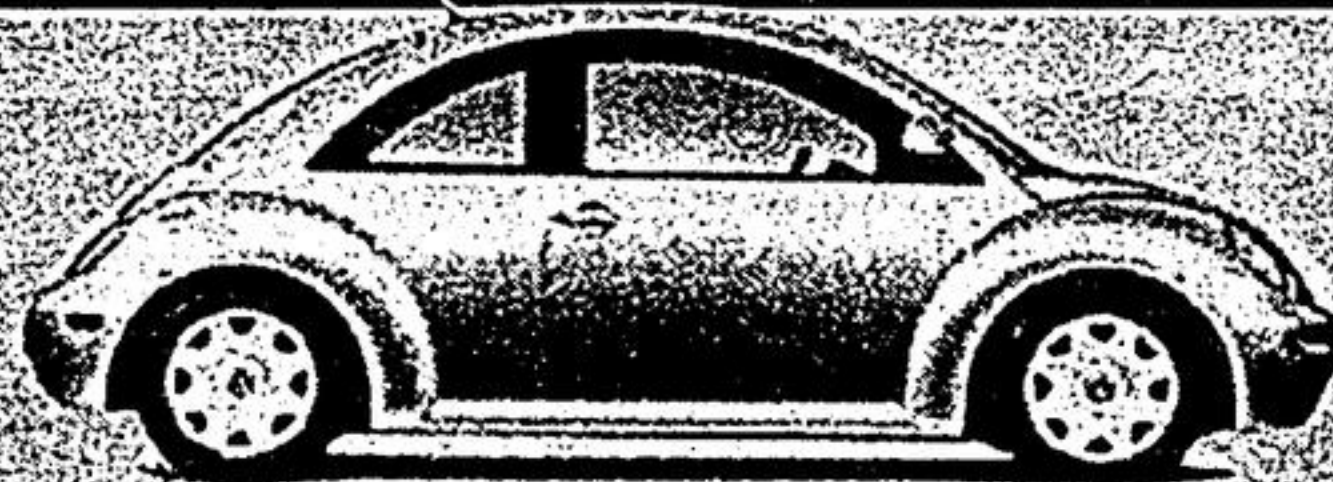
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### ADVERTISING CORRECTION:

In our Sheer Beauty flyer, included in this news paper this week, please note: Page 8 - Organza by Givenchy. Description is incorrect. Copy should read: Eau de Toilette Natural Spray 50ml \$68.

We sincerely apologize to our valued customers and regret any inconvenience or confusion this may have caused.

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