

ADVERTISING FEATURE

HEALTH & FITNESS

Body movement dos and don'ts

NC - There's nothing like prevention for avoiding injury on the job.

Training is the key to prevention. Here's a list of dos and don'ts to prevent injuries caused by poor posture and unsafe work conditions.

- ✓ Do keep your shoulders relaxed.
- ✓ Do hold your elbows comfortably at the sides of your body.
- ✓ Do keep your wrists straight.
- ✓ Do change body positions frequently.

ly.

- ✓ Do adjust work surfaces and seats to their proper levels.
- ✓ Do keep frequently used items in front of you within easy reach.
- ✓ Do lift heavy loads by bending your knees.

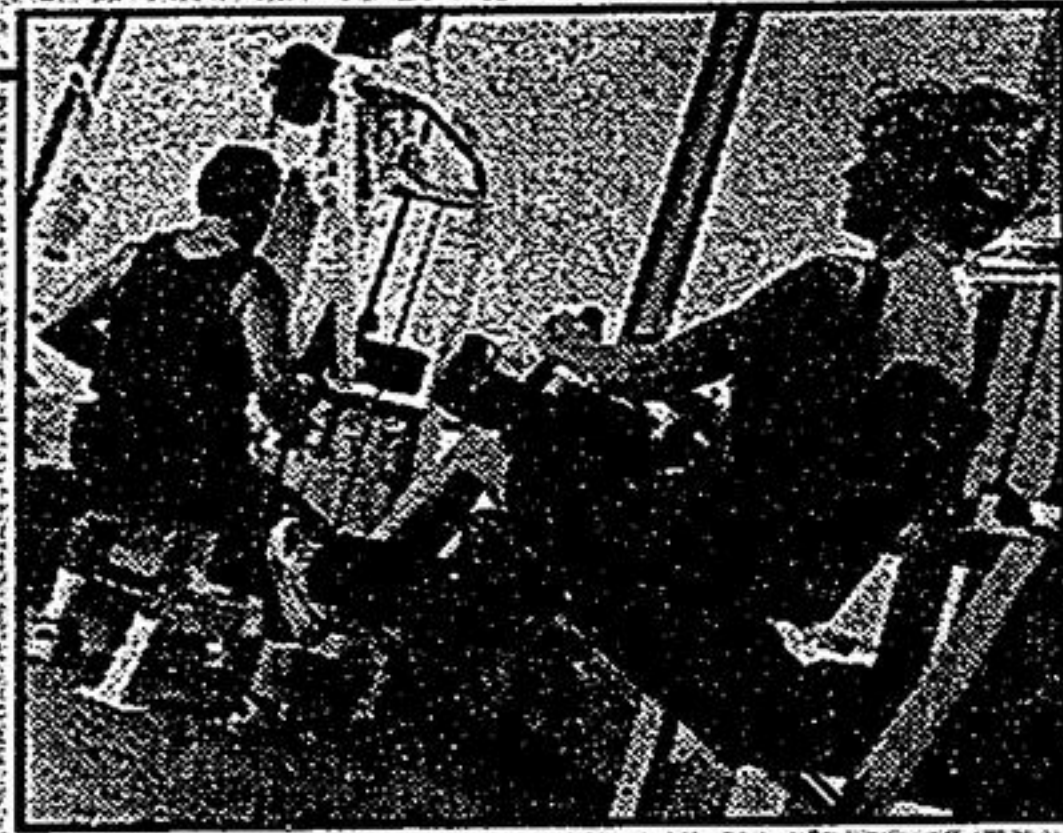
ly.

- ✓ Do not hold your body in one position for long periods.
- ✓ Do not bend forward or lean sideways too far.

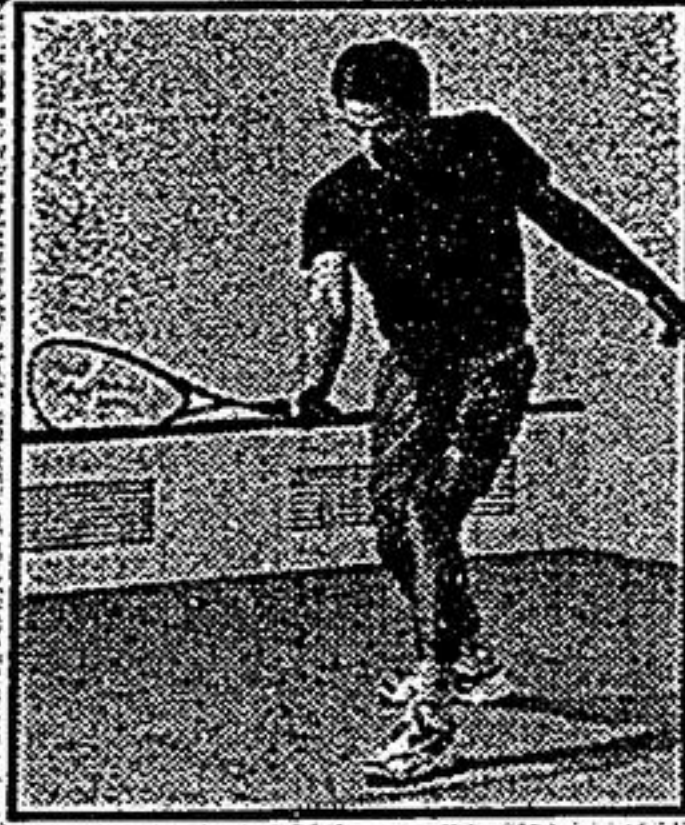
- ✓ Don't crouch over for long periods.
- ✓ Don't work too long with your arms raised.
- ✓ Don't repeat the same movements over and over again without proper pauses.

Training and information are the answer.

If you'd like further information contact the Canadian Centre for Occupational Health and Safety at 250 Main St. E. Hamilton Ontario, L8N 1H6.



Turn over a "new leaf" at CLUB MARKHAM and...



FALL FOR FITNESS



SAVE
over
\$200⁰⁰
OFF ENTRANCE FEES
Hurry! First 25 new Adult Annual Members will receive 1 FREE MONTH at the Club!

FREE
5-Day
TRIAL MEMBERSHIP*
You're invited to join us for all the fun, fitness and friendship you can handle - for 5 consecutive days and it's all yours - for free!

Located in the **EMBASSY SUITES**
8500 Warden Ave. at Hwy. #7 • 905-470-2400

*Don't delay! You must register before September 21, 1998. Offer not valid to past or present members or previous "free membership" users. You must be 19 years of age or older. Additional charges for some services apply.

Dr. Michael Pollak DDS
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- Bleaching, Bonding, Implants
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GENERAL DENTISTRY
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CONVENIENT LOCATION - EXTENDED HOURS
(Sunkist Plaza) Hwy. 48 & 16th Ave., Markham
472-2454
FREE DENTAL CONSULTATION

NEEDED

90 OVERWEIGHT PEOPLE

Health & fitness centre needs 90 overweight people for a new, advanced monitored behaviour modification, reducing, nutrition and exercise program.

All calls kept confidential.

90 participants will be offered this program without cost plus a complimentary membership to a leading Health centre, subject only to maintenance dues.

REGISTER NOW - LIMITED TIME OFFER

ETOBICOKE Debbie (416) 622-8897	TORONTO Jennifer (416) 966-2900
SCARBOROUGH Phyllis (416) 759-9847	MARKHAM Debbie (905) 475-6888

FOCUS ON FAITH

Salvation Army offers grief support group

The local Salvation Army branch is offering a support group of interest to those who have lost a loved one to death.

The LIFT Bereavement Self-Help Group starts on Thursday, Sept. 24, and will meet for nine weeks at 7 p.m. at the Salvation Army Family Services office on 50 Bullock Dr., Unit 6.

The group is not a therapy group, but it is based on the belief that shar-

ing common experiences and concerns can aid in the process of recovery from bereavement.

Grief is an emotion which can't be intellectualized or educated away. It is the pain felt when a loved one dies.

Death normally leaves survivors feeling stunned, empty and worthless without the loved one. Those grieving are usually sad, and cannot

believe the death has happened. Coming to terms with the loss, and adjusting to a new life does not come easily.

One way of helping is to attend a grief support group. The group can help in the following ways:

- Providing a supportive environment that can rekindle love for life and living.
- Helping to trust again.
- Encouraging members to not

only receive support and understanding for themselves, but also to provide help to others who are grieving.

- Allowing the grieving person to explore their many thoughts and feelings about grief in a way that helps them be compassionate with themselves.
- Providing emotional,

physical and spiritual support in a safe, non-judgemental environment.

Countering the sense of isolation that many bereaved people feel.

For more information on the LIFT Bereavement group, please call the Salvation Army at 472-3009 (between 9 a.m. and 5 p.m.) or anytime at 294-5237.

CENTENNIAL COMMUNITY CHURCH
A FELLOWSHIP BAPTIST CHURCH
A Church to Call Home

9:45 a.m. Sunday School
11:00 a.m. Morning Worship
Praise & Worship Group, Crosswalk
6:30 p.m. Evening Fellowship

8176 McCowan Road (just south of Hwy. 7)
Markham, ON • Tel. 905-475-7695

Home of Centennial Child Care Centre

CENTRAL UNITED CHURCH
131 Main St., Unionville 474-0183
Worship Time: 10:00 am
God Has A Dream For Your Life
A warm welcome awaits you!

THE BAHAI FAITH FROM A-Z

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MANIFESTATION

Manifestation is the manner in which God interacts with human affairs; a word to describe the founders of the world's religions. Each is like a mirror that perfectly reflects the light and heat of the sun; but is not itself the sun.

For further information about the Bahai Faith please call Feresia at 905-771-6171 or 1-800-433-3284

MARKHAM MISSIONARY CHURCH
Evangelical Missionary Church of Canada

SUNDAY
Bible Discover Hour 9:30 to 10:30 am
Morning Worship 10:50 am
Evening Celebration 7:30 pm
Nursery is offered

WEDNESDAY
9:15 am Ladies Coffee & Crafts
7:00 pm AWANA (ages 3 to 12), Junior High, Adult Study & Prayer
8:15 pm Choir

THURSDAY
7:00 pm Senior High
8:30 pm Basketball Fellowship

Ask about our:
Bible Study/Care Groups, Growing Kids, God's Way, Ladies, Badminton, Men's Fellowship, Youth Program, Children's Sports Club
5438 Major MacKenzie Dr. East
Markham, Ontario, L3P 3J3
(905) 294-5081 (905) 294-5383 (fax)

BETHESDA LUTHERAN CHURCH
20 Union St., Unionville 477-1731
(Near Hwy. 7 & Main)
Sunday School 9:30 a.m.
Worship 10:30 a.m.

St. Andrew's Presbyterian Church
Everyone is welcome to join us
Sunday at 11 for Worship
& Church School for all ages
143 Main St. Markham
(905) 294-4736

To advertise your services please call Susan O'Brien 294-2200
All Faiths Welcome