

CLASSTIME

• "Living Better with CHF" is the topic of education sessions held every Monday from 11 a.m. to noon at PGRH. Call coordinator Marvin Barg at 565-7432 for more info.

• Talking Circle & Toastmasters hold monthly meetings to learn public speaking skills. Call 562-6325 for info.

• Lessons for those suffering from congestive heart failure are available from the Heart Function Clinic at PGRH. Education sessions run every Wednesday from 11 a.m. to 12 p.m. at PGRH. Call Marvin Barg at 565-7432 to register.

• Dr. Hans Diehl's Coronary Health Improvement Project is coming to PG. Doctor Diehl will be teaching how to eat more, lose weight and drop blood cholesterol and reverse or normalize diabetes. Sessions are free and are held March 15 and 19 at PGRH and March 21 and 25 at CNC. All sessions start at 7 p.m., seating is limited. For info, call 564-8967.

• An "Anger Management For Men" weekend program runs this spring in two parts. Part one is March 30 to April 1, part two is April 20 to 22. Each part is \$321, GST included. Call 562-0137 to register.

HELPINGHAND

• The Autism support group meets regularly on the second Wednesday of each month from 7 to 9 p.m., room 105 of PGRH.

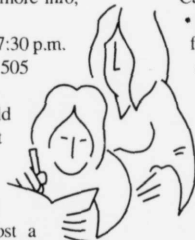
• La Leche League PG offers mom to mom support and information about breastfeeding. League meets the second Thursday of each month, 7 p.m. at the Northern Interior Health Unit. For more info call 563-6234.

• Anyone suffering from Obsessive Compulsive Disorder is invited to the OCD Support Group's weekly meetings, every Thursday, 7 p.m. at 555 George Street. For more info, call 564-8644 or 561-8033.

• Al Anon meets Thursdays, 7:30 p.m. downstairs at St. Michael's, 1505 Fifth Avenue.

• Al Ateen meetings held Wednesdays at 6:30 p.m. at First Baptist Church.

• Heartbeat — Survivor's Road 2 Healing — is a support group for those who have lost a loved one by suicide. The group meets the last Monday of each month at 555 George Street at 7 p.m. For more info, call 964-2207 or



FLOWERS FOR A CURE

The Canadian Cancer Society is looking for volunteers for their door-to-door canvas. Call Carol or Gwen at 564-0885 to take part.

The Canadian Cancer Society also reminds the public that daffodils — the floral symbol of cancer survivors — will be on sale at the Hart Centre Mall on March 30 and 31.

Plans are also well underway for the CCS's "24 Hour Relay For a Friend" at Massey Stadium on May 5 and 6. Get a team together and register them by April 18 at the society's office. They are located at #401-411 Quebec Street or call the above phone number.

Show your support for a cure.



Canadian Cancer Society will be selling daffodils to raise awareness of cancer survivors.

check out the website at www.road2healing.com.

• BRIDGES — a self-help course to help people find acceptance, support and friendship for those recovering from mental illness. For more information, call Kathryn at 564-0375.

• Menopause support group meets March 26, 7 to 9 p.m. at the Northern Interior Health Unit. Topic is osteoporosis.

• The Muscular Dystrophy Association of Canada's northern chapter meets the third Wednesday of each month at the Parkside Care Home, 7 p.m.

• Canadian Blood Services is looking for groups, associations, companies, or anyone who wants to donate blood for life. Call Laura-Ann at 563-2560 for more information.

• The Prince George Brain Tumor Support Group meets the third Thursday of every month in Room 105 at PGRH. For more information, call Karen at 962-2850.

• Missing Mates is a self-help group for widows and widowers, that meets the second Friday of each month at the Prince George

Hospice House on Clapperton Street. The meetings start at 7:30 p.m. and for more information call 962-6245 or 563-7157.

• Therapeutic Support and Relaxation Group, for people with cancer and their support person, meets every Thursday night in Room 103 of PGRH. Sessions run from 7 p.m. to 8:30 p.m. For more information, call Lynda at 561-1460.

• The Prince George Lupus Support Group meets on the fourth Monday of each month at 7 p.m. at the Salvation Army Citadel on Ospika. For more information, call Ralph at 962-7282 or Penny at 564-9426.

• There will be a Hepatitis C support group meeting at the Northern Interior Health Unit at 7 p.m. on the second Tuesday of each month. Everyone who is interested in Hepatitis C is welcome. For more info, call Sandra at 962-9630 or Gina at 963-9756.

GET TOGETHER

• Pro-Life holds their annual potluck/silent auction fundraiser March 31 from 6 to 9 p.m. at the Sacred Heart Auditorium. A to R brings

main dish, S to Z bring dessert. Singles \$5, families \$10. Call 963-9189 for more info.

• The Canadian Cystic Fibrosis Foundation's PG chapter is holding their annual meeting February 20, 7:30 p.m. upstairs at 1270 2nd avenue. Potential new members are encouraged to come and help recognize 30 years of volunteer support for CF research. For more info call 962-8003.

• Christian singles 39+ invites singles to meet for potluck, fun and devotional fellowship every second and fourth Saturday of the month at First Baptist Church, 5th and Harper. For more info call Marilyn at 614-9095 or Cathy at 561-2078.

• Active 45+ mixed singles group meets every Monday, 7 p.m. upstairs at the YMCA. Free membership, just call Stan at 562-8448 or Susan at 563-2464.

• Celebrate the Green Isle March 17 with the Elks. Dance and DJ plus more runs from 8 p.m. to midnight.

• South Fort George Community Association holds their annual general meeting March 28, 7 p.m. at the South Fort George Elementary School library. Nominations for office accepted until March 16 with elections held during the AGM. Call Katherine at 562-0925 for more details.

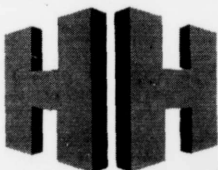
• PG branch of Canadian Hard of Hearing meets March 15, 7:30 p.m. at CNC, room 1-436. Guest speaker is Jennifer Machen and her seeing-eye dog Bronze. New members welcome.

ETCETERA

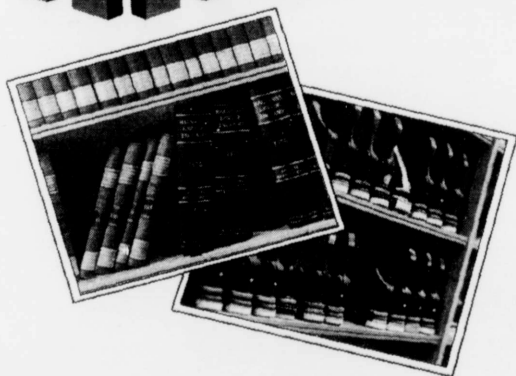
• Andy and Blackwater Country will provide an evening of music March 17 at the Seniors Activity Centre. Doors open at 7 p.m., admission is \$8, all over 19 welcome.

• Every Sunday is family day at the Two Rivers Gallery. Play with puppets, dress up and explore with family and friends. Members get in free, admission includes picture-drawing and crafts.

• Seniors are keeping busy at the Senior Activity Centre on Brunswick. March 26, 1 p.m. is the members general meeting, 5:30 p.m. March 28 is a members potluck dinner and March 29, 12 p.m. is a tea and bake sale, open to the public. Cost is \$3.50.



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