

**Volume 16
Issue 2**

Summer 2003

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Many thanks go out to all the volunteers who helped at last year's AIDS Walk. If you'd like to help again, please call Selly at 345-1516. And, don't forget all our other Fundraising events, please come out and support them all, either as a participant or as a volunteer. See YOU at the Walk!

Walk the Walk!

On Sunday, September 21st the National AIDS Walk joins AIDS Service Organizations across Canada as a unified voice in the fight against HIV and AIDS. However, did you know that prior to the National Walk we know today, ATB organized an annual fun run around Boulevard Lake that consisted of registered runners and timed lengths? As you can see, the event has come a long way! Over the years not only has it developed into a Walk but rather an event that encourages everyone (not just runners!) to take part. We have been very fortunate to form friendships with churches, high schools and businesses through their participation and contributions to this event. ***Remember that the Walk is a time to get excited – not just about the event but also about life!***

Our AIDS Walk is not just another fundraising event for the agency. The Walk is a day to ***celebrate our accomplishments*** with friends, family, volunteers and supporters of the agency. It is the largest single fundraising event for ATB but in equal value it is about education to the community about the agency, our work and the fight against HIV and AIDS.

Every year our dedicated 'Walk veterans' sign up to collect pledges and support the event as their annual commitment to AIDS Thunder Bay. Yet, it is inspiring each year to see the many new faces that have signed up to participate for the very first time. Many of these individuals are the very faces you may see throughout the year (s) volunteering with the agency at other events and in some instances even as the office receptionist - ***talk about dedication!***

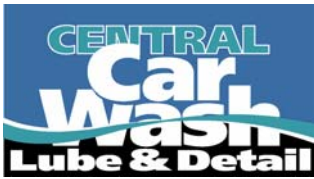
If you have never participated or have attended in previous years, please consider joining us! We would love to see you at the Walk, helping us raise our profile as well as funds that will assist people and families affected and infected with HIV/AIDS. But wait! If you're one that loves to get involved and would like to help even more, why not ***issue a fun challenge*** amongst one another or businesses? On the other hand, why not see who 'has the stuff' to raise the highest pledge amounts or compare achieved incentive levels! Really, ***your imagination is the only limit*** on how fun and exciting the challenges can be. Ultimately we would like to see you participate, whether you are able to raise \$25 in pledges or simply make a donation on the day of the event. The more people we have at the event, the bigger the success it is (and more fun too!).

It is never too late to register and participate! The St. Ignatius Cheerleaders can attest to that because after registering a *mere week* before the Walk, they managed to raise an ***earth shattering*** \$1000 plus! As you can see, nothing is impossible if you set your mind (and heart!) to it.

If you would like further information about the day's events and the actual route, please call Crystal at 345-1516.

September

AIDS Walk - Our largest single fundraising & education event of the year! You can make a difference: A pledge is the first step!



Wednesday, September 10th

Our friends at Central Car Wash, 811 Central Avenue will be holding a car wash benefit day. Wash your wheels and help support our programs and services!

October

Reminder: October is the last month to purchase or renew your membership in order to vote at the Annual General Meeting.



Parade of Pops Series

Sat., October 25th
8 p.m.
Thunder Bay
Community
Auditorium

QUEEN: *A Night at the Opera*

An evening of the music of **"Queen"**, perhaps the most sophisticated of the '70's British rock bands, with the popular *Jeans 'n Classics* group and a special appearance by the TBS Chorus. Peter Brennan and your favourite *Jeans 'n Classics* stars return to perform *Bohemian Rhapsody*, *We are the Champions - We will Rock You*, *Somebody to Love* and many more!

AIDS Thunder Bay is the Balcony Sponsor for this concert and is encouraging everyone who enjoys entertainment, excitement, variety, and some popular music to join us for this night out. *Balcony tickets for this concert are only available through AIDS Thunder Bay. For only \$10.00 you can experience the Symphony for the first time or a night on the town at a fantastic concert! Book Early! Only 213 tickets available.*

November

The Silent Auction is one of the highlights at our Annual General Meeting. If you would like to donate something for this fundraiser, please call Crystal

Mini Putt Event

This is a new event that is in the works! On Wednesday, November 19th watch for our special theme night at the Thunder Bay Golf Dome, 141 Northern Avenue that includes mini-putt, special *"mock tail"* drinks designed for the night, and a virtual golf contest. Fun for the family or a night out with friends!

CHAPTERS Bookstore

***Save your holiday book shopping for our
benefit night on November 24th!***

Chapters Bookstore is hosting a fundraising event for AIDS Thunder Bay. We are in the process of developing a showcase of talent for the evening. Stay tuned to our website for further details. AIDS Thunder Bay will receive 10% of the purchases made by our guests as a cash donation for the agency.

AIDS Walk Thunder Bay

Sunday, September 21, 2003

The Outpost, Lakehead University



Why Walk?

*Because prevention
remains our only cure!*

Just by walking you can win great stuff!

**Top prizes will be awarded based on highest pledge amounts collected*

1st Prize "Trip for two courtesy of *WestJet Airlines*"

- \$50 Gift Certificate to *Bistro One*
- Gift Certificate from *Sooter's Studio*
- \$50 Gift Certificate to the *Community Auditorium*
- Gift Certificate from *Fresh Air Experience*

2nd Prize "Hot Tub Rental from *Hot Tub Express*"

- Gift Certificate to *The Trip Outdoors*
- \$25 Gift Certificate to *Porto Divino*

3rd Prize "Sunday Brunch for 2 at the *Valhalla Inn*"

- \$25 Gift Certificate for *Caribou Restaurant*
- Movie Combo from *Famous Players*

Top Team

- Sailing excursion from *Sailing Thunder Bay*
- Pizza from *Domino's Pizza*
- Night of bowling from *Mario's Bowl*
- Tickets to a *Thunder Wolves* game

Top Dog

- Goodies and treats courtesy of *Super Pet*
- Gift Certificate from *Applebee's Restaurant*
- Special gift from *Snip n'Clip*

Top School

- *Dairy Queen* Ice Cream Cake & *Pizza Hut* Pizza
- Tickets to a *Thunder Bay Border Cats* game
- Gift package to *Ron's Virtual World*
- Trophy (one year title) & ***Bragging rights!***

Special Thanks to Sponsors:

Bowater

Grand Portage Lodge
& Casino

Hot 105 FM

Janzen's Pharmacy

Jenken's Funeral Home

RBC Royal Bank

Sunset Memorial Gardens

The Outpost

WestJet Airlines



Register Online: www.aidswalkcanada.ca

RETURNING FOR
THE SECOND YEAR,
THUNDER BAY'S
PROVOCATIVE...

**VISIONS & LIGHT
FILM FESTIVAL**

November 7 - 9, 2003,
Cumberland Cinema

Film is a powerful medium for raising awareness
of important social issues.
Sit in the dark and be educated, enlightened and entertained.

**SCREENING LINE-UP & FESTIVAL EVENTS WILL
BE ANNOUNCED ON SEPTEMBER 15, 2003**

www.visionsandlight.com

A Partnership of AIDS Thunder Bay, Canadian Mental Health
Association & Centre for Addiction and Mental Health

THUNDER BAY RAISING AWARENESS

EDUCATION UPDATE

AIDS Awareness Campaign

AIDS Awareness Week this year runs from November 24 -30, followed by World AIDS Day on December 1. We will be hosting a benefit night at Chapters on Monday, November 24, and are planning a candlelight vigil for Dec. 1. We will be introducing a new social marketing campaign, as well as highlighting the week with bar outreach. Other plans for the week are in development. Additional details will be made available on our web site as they develop. If you or your agency would like to participate in the week with presentations, workshops, displays or other events, please contact us at 807-345-1516 or by e-mail at info@aidsthunderbay.org.

Older Adults

Most material on HIV/AIDS focuses on young people. However, over 10% of HIV and AIDS cases in Canada are found in the over-50 population. Although some don't like to think about the fact, many adults continue to be sexually active well into their older years. This can put them at risk of HIV infection, especially as they may not think of themselves as being at risk.

Older adults are also parents and grand-parents who are in a position to teach young people about making healthy choices and avoiding HIV/AIDS. Over the coming months we will be running a campaign to target older adults. For more information , or to arrange presentations or workshops call David at 807-345-1516, Ext. 13.

Web site

If you haven't seen it already, check out the new look of our web site at www.aidsthunderbay.org. You will find information about the agency and upcoming events. A new section is designed especially for clients of the agency. The site also features answers to Frequently Asked Questions about HIV/AIDS, and information about HIV testing in Thunder Bay. You can now send e-mail to info@aidsthunderbay.org, and we will be implementing new individual e-mail for all staff in the near future.

Notes from the Executive Director:

Sunday, September 21 is one of the most important days in ATB's year. It is a day we plan for, 9-10 months in advance. It is a day we devote creative thinking, positive energy and thousands of hours in preparation for. It is a day for which we marshal a small army of supporters and volunteers – who themselves have contributed thousands of hours in collecting pledges. It is our annual AIDS Walk. Please join us on that day. It is a day very important to the whole community.

Our annual AIDS Walk is one of several important events that we have been planning for through-out the summer months. On October 29-30 we host our 12th Opening Doors HIV/AIDS Counselling Conference. Planning has been underway since May. The event is expected, once again, to have capacity attendance. Call our office (345-1516) if you want to register. In November we will hold our 18th Annual General meeting. If you take out a membership by the end of September, you will be able to vote and select our next Board of Directors.

Finally, I want to acknowledge numerous colleagues who have left positions of work with the HIV/AIDS field, and who have assisted our own work through their efforts: Joanne Lush, leaves the Peterborough AIDS Network to join the staff of the AIDS Bureau. Lauri Edmiston – who spoke so eloquently at our AGM last year, is leaving the Toronto PWA Foundation to head up the Canadian AIDS Treatment Information Exchange. Subha Sankaran has left the Alliance for South Asian AIDS Prevention, as has Brent Oliver from the AIDS Committee of Ottawa. And Duane Williams and Janis Tripp have left their positions at the AIDS Bureau. Janis leaves behind an extraordinary 9 year record of professional and personal service that we have greatly benefited from here in Thunder Bay.



ORGANIZATION HELPS IMPROVE LIVES OF PEOPLE LIVING WITH HIV/AIDS

TORONTO, 2003-03-31— If you're living with HIV/AIDS, good treatment information can make a big difference in the quality of your life.

"We can help," says Anne Swarbrick, former Executive Director, Canadian AIDS Treatment Information Exchange (CATIE), the only fully national bilingual AIDS treatment information service in the country. "Our information is accurate, easy to understand, confidential, up-to-date, complete and unbiased. All our publications are free of charge in Canada."

Founded in 1991 and a national partner in Health Canada's AIDS Strategy, CATIE has produced some 70 Fact Sheets in French and English. They provide information on symptoms, treatments, side effects, and drug interactions. It also publishes a series of practical guides to living with HIV/AIDS. CATIE recently revamped its newsletter, *The Positive Side*, to turn it into Canada's only national holistic health information publication for and by people about living with HIV/AIDS.

"Having reliable treatment information helps people living with HIV/AIDS and their caregivers talk with each other and make better decisions. And you don't have to live in a big city to use our service. You can call us toll-free at 1-800-263-1638. If you don't reach our staff immediately, leave a message and we'll get back to you within 48 hours. Or you can go to our website, www.catie.ca, and download most of our publications," says Swarbrick.

In keeping with its mission to improve the health and quality of life of all people living with HIV/AIDS in Canada, CATIE tailors each of its publications to a specific group of readers, from researchers and health professionals to people with little formal education. Several of its publications are devoted entirely to abstracts of journal articles about the latest advances in medical research from around the world.

"CATIE publications help AIDS support organizations and health professionals across Canada reach out more effectively to people in their own communities," says Swarbrick.

Our National Reference Library is home to 1,400 books and 10,000 documents on more than 500 subjects. We also subscribe to more than 75 medical journals and consumer-oriented treatment periodicals. To find out what we have, check our library catalogue on-line at www.catie.ca. You can request single copies of articles and book chapters for research or private study from our library. In addition, our librarian can help you find the HIV/AIDS treatment resources you need. Visit our newly revamped e-library at www.catie.ca or contact us at library@catie.ca.

CATIE presents workshops across the country.

Contact: Brian Huskins, Outreach & Partnership Coordinator: 1-800-263-1638 ext. 254

The Extra Mile

News from the Volunteer Department

Here's what's happening in the coming months:

**Car Wash—Sept 10*

**AIDS Walk—Sept 21*

**TBSO—Oct 25*

**Opening Doors
Conference—Oct 29-30*

**Visions & Lights Film
Festival—Nov 7-9*

**Tag Day—Nov 15*

Mini-Putt—Nov 19

**AIDS Awareness Week—
Nov 23-29*

**Chapters Book Store—
Nov 24*

**Annual General Meeting*

**Silent Auction*

**World AIDS Day—Dec 1*

*If you would like to
volunteer for any of these
events, please call Selly at
345-1516.*

Volunteer Activities

Our annual Bingo Volunteers Appreciation Event was held on July 15 and certificates were handed out to several bingo workers and bingo bakers. These dedicated volunteers give us many hours of time on a continuous basis and we really appreciate them.

We have openings for volunteers to staff our reception desk. Our receptionists are the first person seen when a visitor comes through our doors. We want you to be that smiling face. If you can't take a permanent shift, how about training for this position and filling in where you can? Build your skills while spending time with us. No experience is necessary, we will train you. Regular shifts are 4 hours, morning or afternoon. If you would like to join the reception team, give Selly a call at 345-1516.

We also have openings for bingo volunteers, some shifts are only 2 hours. Bingos are held on the 2nd and 4th Tuesdays of every month beginning at 5 p.m. You can sign up for a regular shift or work an occasional bingo. If you'd like to join a fun-loving group, give Selly a call.

Several fundraising events will be taking place over the fall and winter months. If you would like to help with tag day, the mini-putt tournament, the AIDS Walk or bingo, call Selly at 345-1516.

Don't forget the upcoming AIDS Walk—we will need several volunteers. Or, if you prefer, sign up and collect pledges. You can walk as an individual or gather a group of family, friends or co-workers and form a team. Come on out and 'walk your shoes off'!

Here and There...

Front Line Newsletter

We are now posting our **newsletter online**. It is in Adobe PDF format so it can be read online or printed out. If you are now receiving our newsletter by snail mail and you have an email address, **PLEASE send us your email address** so we can add you to the email newsletter list. This will help reduce costs and allow us to keep producing the newsletter. Send it to info@aidsthunderbay.org.

Have You Purchased Your ATB Membership?

Is your membership up-to-date? If you would like to renew or purchase a membership, please fill out this form and mail or fax it to:

AIDS Thunder Bay
P.O. Box 24025
Thunder Bay, ON P7A 8A9
Phone #: 345-1516 Fax #: 345-2505

Or, bring your completed form into the office at 217 S. Algoma St., Thunder Bay, Ontario

Name: _____

Address: _____

Postal Code: _____

Phone #: (Work) _____ (Home) _____

When calling, would you prefer us to use discretion?
Yes _____ No _____

Would you like to receive information by email?
Yes _____ No _____

Email address: _____

This information may be used in future to contact you about fundraising/special events. Please note, AIDS Thunder Bay does not exchange mailing lists. All lists are confidential.

Basic membership	\$10.00	☐
Supporting membership	\$25.00	☐
I would also like to donate	\$ _____	☐

Suggestions? Compliments? Feedback?

ATB has a "suggestion box". We invite your comments or suggestions about any aspect of our agency or services. The box is located near our reception area. You may offer suggestions anonymously—however, if you are asking for a response back to you, we need your name and phone number.

We hope the new suggestion box will be used with a sense of good will and a spirit of support and encouragement. That's how we offer it to you.

For Information -

About AIDS or HIV Infection:

Call the AIDS Hotline at 1-800-668-2437

About Superior Points:

Call 624-2005, 625-8830 or 625-8831

About Anonymous HIV Testing in Thunder Bay

Call 625-5981 or 624-2000

About Regular HIV Testing

Call the Sexual Health Clinics 625-5976 or 624-2000

About Counselling or Referrals

Call AIDS Thunder Bay 345-1516

About HIV/AIDS Treatment Information

Call Catie (Community AIDS Treatment Information Exchange) 1-800-263-1638

Service bilingue disponible **ALL CALLS CONFIDENTIAL**
Monday to Friday 10 a.m. to 6 p.m. (Eastern Time)

CATIE

Community AIDS Treatment Information Exchange

1-800-263-1638

HIV/AIDS Treatment Information

email: info@catie.ca

internet: www.catie.ca

The opinions and medical information offered by "Front Line" are those of the individual authors and not necessarily those of the staff and Board of Directors of AIDS Thunder Bay. Medical information offered should be used at your own discretion. Please consult your doctor.

Please address any comments or concerns to:

Front Line
P.O. Box 24025
Thunder Bay, ON P7A 8A9

Or, e-mail us at: info@aidsthunderbay.org
Visit us on the internet at: www.aidsthunderbay.org

Attention all clients, volunteers and visitors to the AIDS Thunder Bay office. We are a 'scent-free' building. Please do not wear colognes, perfumes, aftershave, or scented makeup or hairspray when visiting our premises. They have been known to cause allergic reactions for staff, clients and volunteers. Some scented fabric softeners have also caused reactions.

Parting Glance

AIDS Thunder Bay would like to acknowledge the **United Way of Thunder Bay** for supporting our Emergency Financial Assistance Program. This is a wonderful community partnership that in turn will directly help people with HIV/AIDS and their families.

Frequently Asked Questions About HIV/AIDS

Question #5

How do I know if tattooing or piercing will be safe?

In tattooing or piercing, HIV can be passed when tiny, invisible particles of blood stay on equipment that has not been well sterilized. These particles can also stay in the tattoo ink. The safest way to get a tattoo or piercing is to go to a professional.

Professional piercers

- Use jewellery made of surgical steel or niobium
- Don't use stud guns

Professional tattooists

- Pour ink into new, disposable containers
- Use these containers only for your tattoo

Professional piercers and tattooists

- Use new sterile needles every time
- Wear latex gloves
- Have information about safety posted in the waiting area
- Give instructions afterwards on how to prevent infection
- Are experienced and knowledgeable
- Sterilize reusable equipment in an autoclave (An autoclave is a machine that uses very hot water to sterilize equipment. Equipment should be sterilized at 121 degrees Celsius (250 F) for 30 minutes).

Choosing a safe place to get a tattoo or piercing

Shop around and get recommendations from friends. Ask to see:

- Special containers for disposing of used needles
- Disposable ink cups for tattoo colours
- The autoclave (with a temperature gauge), and
- Some sterilized packages (should have black lines on packages to indicate that they reached the right temperature)

Check out several businesses; ask questions about their experience and safety measures. If you are not satisfied—LEAVE.

If you have already had an amateur or professional tattoo and think you may have been infected with HIV, hepatitis B or C, or any other blood-borne illness, you should consider getting tested at a health clinic, anonymous testing site, or by a doctor.

This is one of a series of fact sheets developed to answer frequently asked questions from clients of the Canadian HIV/AIDS Clearinghouse in 1999. This material was originally produced for the Canadian Health Network

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- ♦ Ontario Ministry of Health and Long-Term Care - AIDS Bureau
- ♦ Health Promotion and Programs Branch, Health Canada (ACAP)
- ♦ Thunder Bay Foundation
- ♦ John Andrews Foundation
- ♦ N.M. Paterson Foundation
- ♦ Elton John Foundation
- ♦ Fort William Rotary Club
- ♦ United Way

And all of the people involved in general fundraising and the support of many local businesses and individuals

CLGRO

Coalition for Lesbian and Gay Rights in Ontario
Box 822 Station A, Toronto Ont. M5W 1G3 Canada
phone 416-405-8253

www.web.ca/clgro clgro@web.ca

Contact us. Work with us. Join us.

A Word or Two ... from the Health Promoter

The following information does not necessarily reflect the opinions of AIDS Thunder Bay, rather it is offered to readers as a point of interest.

Colour Therapy uses

Colour therapy can be helpful for any problem whether, physical, mental, emotional or spiritual and as a relaxation therapy. And, indeed, Colour can be used for balancing our energies to avoid possible problems. Colour can be the catalyst for our healing process.

However, if a problem presents, it should always be remembered that **no complementary therapy should be considered as an *alternative* to professional medical advice**. Colour Therapy can be used safely alongside *any* other therapy or orthodox medical treatment.

Colour Therapy for all

Colour Therapy is a totally holistic and non-invasive therapy and, really, colour should be a part of our everyday life, not just something we experience for an hour or two with a therapist. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow for no reason. Nothing on this earth is here just by chance, everything in nature is here for a purpose. Colour is no exception. All we need to do is to heighten our awareness of the energy of colour and how it can transform our lives. A professional therapist will help you to do this. The capacity for health and well being is within us all.

Colour Therapy - Used on a deeper level

Colour therapy can be shown to help on a physical level, which is perhaps easier to quantify, however there are deeper issues around the colours on the psychological and spiritual levels.

Our well being is not, of course, purely a physical issue. Fortunately, many more practitioners, both orthodox and complementary are now treating patients in an holistic manner. That is to say, we are body, mind and spirit and none of these areas function entirely alone; each has an effect upon the other. This is why Colour Therapy can be so helpful since colour addresses all levels of our being.

As babies we first experience colour in the womb where we are enveloped in a nurturing and comforting pink. Then as a child we associate with colour as part of our first learning processes. These first associations contribute to our consciousness. As we get older we attach many different feelings, memories and meanings to certain colours and this can then become a feature in our subconscious. We can build up prejudices to colours which have happy, sad, or frightening connotations for us.

All life experiences have an affect upon us. Some experiences will be positive and some negative. It is these negative experiences which can manifest themselves physically over time as dis-ease. As an example:- perhaps we have, over the years, been in a situation where we have felt unable, for one reason or another, to speak our mind, or to express our needs and feelings. This can manifest as a problem in the throat chakra. The throat chakra relates in the spiritual aspect to self expression. Thus, if our self expression has been blocked, the energy in this area will not be free flowing.

Working with the appropriate colour/colours can help to dispel negative feelings, free blocks and re-balance the body.

Breathing

Breathing is very important - that sounds rather obvious, but it is surprising how few of us actually do breath 'properly'. Breathing is something we all take for granted and are inclined to forget about. However, shallow breathing can often be a symptom of stress. Similarly, shallow breathing can result in fatigue and stress due to the intake of insufficient oxygen.

Continued on next page

Shallow breathing can also result in dizzy turns as insufficient oxygen is getting to the brain.

Since approximately 90% of our energy is created by oxygen and nearly all the body's actions regulated by it - it is rather important that we get enough of it!!

Go somewhere quiet and lie down or sit in a chair with good back support so that your body is straight, allowing you to breath deeply and comfortably. Make sure you are not wearing any tight clothing. Tell yourself to relax. Work on every part of your body from the top of your head to your toes, consciously relaxing each part. Concentrate on your breathing, taking deep in-breaths, through the nose, letting the breath fill your body, relaxing and calming. Then breath out through your mouth , exhaling all negativity and stress and ridding your body of the toxins which build up there.

Repeat this a number of times - if you can only manage 10 minutes that would help a lot. Eventually you will be able to practice this anywhere, any time, when you are feeling stressed. Try not to hunch your shoulders as you breath in - try to consciously relax the shoulders and neck and breath from the abdomen - watch your tummy expand as you breath in.

There are a number of breathing techniques which are taught by practitioners of different disciplines, either on a one to one basis or in a group, such as a workshop perhaps.

If you have a particular medical problem, then a good place to start is with your doctor, who will be able to advise you.

Colour Breathing

A lovely and very helpful exercise is colour breathing - or breathing in the rainbow.

The purpose of this is to firstly, heighten our awareness of colour and secondly, to encourage a balance of all the seven main chakra colours for our well being.

Exercise:

Stand with feet slightly apart and arms by your side, relaxed with palms turned to the front. Relax the shoulders, and concentrate on your breathing, consciously relaxing all of your body from the top of your head to the tips of your toes. Breathing deeply in through the nose, holding for a few moments and then breathing out through the mouth. As you breath out, imagine expelling all the stress, negativity and toxins from your body. If you can do this exercise outside all the better, and, weather permitting, stand on grass with bare feet.

Affirmations, either spoken out loud or as a concentrated thought, can be helpful too to help us focus and avoid our minds from wandering. For example, red is the colour of courage and strength - we could say to ourselves - the energy of red fills my body and I have the strength and courage to move forward along my life's path. It doesn't matter how we word our affirmations - they will be unique to each individual - but remember the positive aspects of the colours and make sure your statements are positive.

Firstly breath in red from the earth, imagine it rising up through your whole body giving you strength and courage. Make an affirmation to suit your situation, as you breath in and experience the colour filling your body. Allow the colour to travel up through the body and out of the top of the head and then back down again to the earth. Repeat with orange and an appropriate affirmation, then yellow. These first three colours are absorbed from the earth. Then green. This colour is absorbed horizontally through the solar plexus, let it fill your body, thinking or speaking your affirmation, and let it leave through the back. Then blue which is absorbed from the sky, through the top of the head and out again going back up to the sky, similarly with the indigo and violet.

If this exercise is done daily, you will really notice how your colour awareness develops and you will be able to visualize the colours much more strongly as you do this exercise regularly, balancing and enhancing your body's energies.

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<http://www.colourtherapyhealing.com>*

**HEPATITIS C — IT'S SERIOUS.
YOU CAN HAVE IT AND NOT KNOW IT.**

Get the facts. For more information, visit

www.healthcanada.ca/hepc