

## Best-selling author to headline Health and Wellness Fair Jan. 23

Best-selling author Tosca Reno will be the special guest speaker at the Health and Wellness Fair, taking place Saturday, Jan. 23 at Holy Cross Church Hall in Georgetown.

Reno has been travelling across the country doing TV, radio and guest speaking appearances and motivating her audiences with her own personal journey, experiences and knowledge of health and wellness.

At age 40, she found herself miserable, overweight, stuck in an unhappy marriage and living an unfulfilled life. She was able to turn her life around and is now a best-selling author, motivational speaker, wellness consultant, media personality and fitness model.

Reno has written 10 books, including the incredibly successful *Eat-Clean Diet* series, and now travels across North America to deliver her message of health, wellness and inspiration. Don't miss this opportunity to see, hear and even ask her questions.

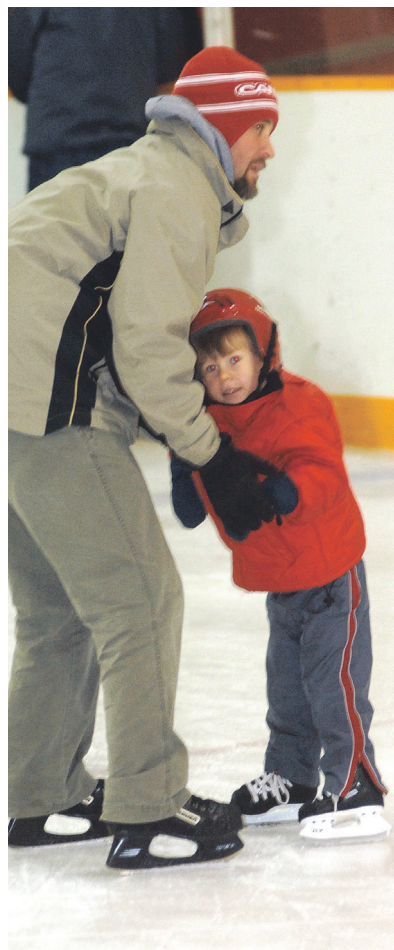
The Health and Wellness Fair will also feature information, exhibitors and vendors with all the top fitness and

health practitioners, including natural skin care nutritionists, naturopaths, fitness clubs and personal trainers, whole organic food experts, yoga instructors, meditation experts and chiropractic therapists. There will also be representatives talking about water ionizers, infrared saunas, juicers, ear candling and live blood analysis, as well as door prizes, contests and much more.

"Mark the date and spend the afternoon learning and talking to some of the top fitness and health professionals in the area," says event co-ordinator Susan Wilson. "What better way to kick off the New Year than to find out about all your local health and wellness providers? Halton Hills has so much to offer when it comes to fitness and health."

The Health and Wellness Fair takes place on Saturday, Jan. 23 with doors opening at 11:30 a.m. Reno will be speaking 1:30-2:30 p.m. with a Q&A and book signing afterwards. Tickets are \$20.

For more information and to purchase tickets, visit [www.healthnut.ca](http://www.healthnut.ca) or call Susan at 905 877-7697.



### Learning a healthy winter pastime

Racheal Gibson, 6 and her mom Caroline were among the dozens who laced up to take advantage of the free public skating at Memorial Arena recently. Free skating was also offered at Mold-Masters SportsPlex and the Acton Arena & Community Centre. The skating was sponsored by Acton Rotary Club, Georgetown Optimists Club and Coca-Cola. Left, Nathaniel Heinbuch, 3 was a little shaky on the ice as dad Matt gave him his first skating lesson. The two also laced up to take advantage of the free public skating at Memorial Arena. The next free skates are on Jan 31, 2-3:20 p.m. at Mold-Masters courtesy of MPP Ted Arnott and Family Day, Feb. 15, at Acton Arena and Mold-Masters, 2-3:20 p.m., courtesy of RBC Royal Bank.

Photos by Ted Brown

healthnut presents... **Health & Wellness Fair 2010**  
Holy Cross Church Hall • 224 Maple Ave • Georgetown, Ontario

**Saturday January 23**  
[doors open at 11:30 am]

special guest speaker - 1:30 pm  
**Tosca Reno** ~  
Author, Fitness Model, Columnist



Tosca Reno is a best-selling author of The Eat-Clean series, has graced the cover of *Oxygen* magazine 5 times including January 2010, has her own TV show, is a fitness model, consultant and body builder. Tosca will speak for approx. 1 hour then is available for Q&A and book signing.



Spend the afternoon learning and talking with the top fitness and health professionals in your area. Explore the latest health and wellness products such as water ionizers, natural skin care, saunas, whole organic living food, and supplements plus much more.

#### EXHIBITORS AND VENDORS

- NUTRITIONISTS
- MASSAGE THERAPISTS
- CHIROPRACTIC THERAPISTS
- FITNESS CLUBS & PERSONAL TRAINERS
- NUTRITIONAL SUPPLEMENTS & NEEDS
- REFLEXOLOGY
- YOGA & NIA INSTRUCTORS
- WATER EXPERTS
- BIO-FEEDBACK MAT
- WHOLE ORGANIC LIVING FOOD
- NATURAL SKIN CARE PRODUCTS
- PLUS MUCH, MUCH MORE

\$20 admission. To purchase tickets on line go to [www.healthnut.ca](http://www.healthnut.ca) or contact Susan Wilson for more information 905.877.7697



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Join Our **Pro-Active Breast Health Program**  
at  
Heal Thyself Wellness Centre  
& Thermography Clinic of Halton Region

**"Your Breast Friends for Health"**

Dr. Simmons, MD is now accepting new patients

## Winter Session has begun, still time to join.



Simply Yoga  
Simply Health

with SHERRY LAWSON

### WINTER SESSION

Monday, Jan. 4th to  
Friday, March 29th, 2010

Pro-rated registration please call  
519-833-9402

**Terra Cotta Community Centre**  
(High Street, Terra Cotta, 15 mins. from Georgetown)

* MON.	7:30 pm - 9:00 pm	Beg/Inter	11 wks
TUES.	MEDITATION		
	9:15 am - 9:55 am	(no charge)	11 wks
TUES.	10:00 am - 11:30 am	Beg/Inter	11 wks
TUES.	7:30 pm - 9:00 pm	Int/Exper	11 wks
WED.	7:30 pm - 9:00 pm	Beg/Inter	11 wks

**Hillcrest Church**  
(5th Sideroad & Trafalgar across from Pineview Public School)

THURS.	8:00 pm - 9:30 pm	Beg/Inter	11 wks
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**St. Andrews United Church**  
(Mountainview & Sinclair, Georgetown)

* FRI.	8:00 pm - 9:30 pm	Beg/Inter	11 wks
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**Rampulla's Martial Arts**  
14 Main St., South)

TUES.	1:00 pm - 2:30 pm	Beg/Inter	11 wks
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\*No classes March Break

**Gift Certificates Available** New Year's Resolutions