



March 1st: RSP Contribution Deadline

RSP or TFSA? Find out what's right for you.

straight financial talk you can use

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GEORGETOWN FITNESS BOOT CAMP

As low as **\$5.00** a class
Georgetown's **ORIGINAL** and **#1 fat loss program**
IS NOW INDOORS!

Expect these RESULTS:

3-5% Reduction in Body Fat

5-12 Pounds of Weight Loss

1-3" decrease in your midsection (minimum)

100% Gain in Energy + Self Confidence!

No Contracts - Just a Commitment to your Health

NO MATTER YOUR AGE, SIZE OR FITNESS LEVEL, YOU CAN ACHIEVE GREAT RESULTS.

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The Auto Show All-Wheel Drive Winter Event



**Make Tracks to
401 Dixie Infiniti
Today!**

2011 G25x

\$525/mth + HST \$0 Down
NO CHARGE All-Wheel Drive

2011 G25

\$468/mth + HST \$0 Down
No charge winter tires

Lease on luxury models 2011 G25X G4XK71 AA00 / 2011 G25 G4TK71 AA00 Lease based on 48 month term, 20,000 km a year and a 2.9% Lease Rate on approved credit, FREIGHT & PDE INCLUDED only license extra. Limited time offer expires Feb 28th 2011 LET IT SNOW!



INFINITI

401 DIXIE INFINITI

YOUR AUTO SHOW DESTINATION

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www.401dixieinfiniti.com

VISIT US AT 5500 DIXIE ROAD, MISSISSAUGA - JUST SOUTH OF THE 401



HYPOTHERMIA

WHAT SHOULD YOU DO?



DO...

Keep the person warm by wrapping him/her in blankets and moving him/her to a warm place. Remember to be very gentle in handling the person.

Put hot water bottles, heating pads (if the person is dry), or other heat sources on the body, keeping a blanket, towel or clothing between the heat source and the skin to avoid burns.

Give warm liquids to drink, if the person is awake.

DON'T...

Do not warm the person too quickly by immersing him or her in warm water. Rapid rewarming can cause heart problems.

Never rub the surface of the person's body, this could cause further damage if they are also suffering from frostbite.

Avoid giving alcohol and caffeine to drink, it can hinder the body's heat producing mechanisms.

Canadian Red Cross