



KELLY NOLAN

Avita Integrative Health & Restoration Clinic

Our Integrative Clinic opened in September 2009 with a loyal following of clients on hormone treatments for perimenopause, menopause & andropause.

Located in north Brampton, our clinic & compounding pharmacy is easily accessible to clients in the outer-lying areas seeking **Bio-Identical Hormones, Customized Detoxification Programs** & a variety of other services.

Our **HCG Weight Loss** program provides the client with a customized weight loss program under the guidance & monitoring of our health care professionals. HCG is available as both a homeopathic remedy & a prescription drop.

Our Integrative Clinic also offers testing including Saliva Hormone Testing, Allergy Testing, Hair Analysis & Adrenal Testing.

Kelly Nolan, Clinic Director & Pharmacy Owner, has received advanced training in the highly specialized areas of bio-identical hormones, pain management & customized compounding.

"Our goal is to offer the client great service & new, cutting-edge treatment plans."

5A Conestoga Drive, Ste 300,
Brampton
905-455-0488
kelly@avitaintegrativehealth.ca
www.avitaintegrativehealth.ca

Restoring Inner Balance...
HCG SEMINARS: July 7th & July 21st,
7 - 8 pm



CARRIE BURROWS

Carrie Burrows (Georgetown Fitness Boot Camp)

Georgetown Fitness Boot Camp owner-operator Carrie Burrows knows from personal experience that when you look better, you feel better.

"I was an overweight kid who became an obese teen," she says. "The summer before university, I was miserable and that was a turning point for me."

Carrie majored in kinesiology and lost 100 pounds. When she was pregnant, she gained the weight back and then lost it again.

"I've been through the weight loss process on my own," she says. "Now I get to help other people change their lives."

Over a four-week period, Carrie's boot campers meet for hour-long classes that combine cardio and strength training for a full body workout. She makes things challenging with different weights and equipment for each session. Classes are held outside during the spring and summer and move into school gyms during the cold seasons.

Carrie also provides one-on-one training and nutritional programs to help kids, adults and sports teams meet their fitness goals. Unlike a traditional gym, Georgetown Fitness Boot Camp provides a support system and holds its members accountable, so if you don't show up for class, you will get a call.

"Everybody is there for the same reason: to get healthy and get fit," Carrie says. "I love seeing how lives are changed by being healthy. Impacting people via their health is an unbelievable honour to have."

GEORGETOWN FITNESS BOOT CAMP
Georgetown's ORIGINAL and #1 fat loss program
647-988-4237
georgetownfitnessbootcamp.com



KERRI EVERETT

Kerri Everett (Fringe Hair Salon)

Even before it opened, Fringe by Red Lemon Hair Salon had people buzzing. Mysterious ads popped up around town that simply said: "Fringe is coming." On December 1 of last year, Fringe arrived. Co-owned by Kerri Everett and Red Lemon Hair Salon's Vince Ruso, the salon was created to help grow young energetic talent.

"I think everybody was ready for something new and exciting," says Kerri, who has been in the business for 10 years. "We opened this second location to support young artists and educate and develop their new talent."

Fringe's eight stylists work six-hour workdays in an effort to create a balance between their professional and personal lives. The salon's focus on continuing education means guest artists are constantly stopping by to teach the stylists the latest tricks and techniques.

Kerri worked hard to create a unique, friendly environment where stylists are encouraged to work together as a team in a team. This non-competitive atmosphere coupled with the talented stylists has created a very loyal customer base for the new salon.

"Working in Halton Hills has been great. We've had awesome support from our clients, from the community and from other small businesses," Kerri says. "I love everything about what we do. It's fashion-focused, it's team-oriented and we do smokin' hair."

Phone: 289.642.1898 Text: 289.400.1898
Web: fringehairsalon.ca



Keith Vaters

Keith Vaters, the owner of Asbuilt ClimateCare, is proud to live and work in the community he loves. Having just celebrated Asbuilt's twenty-third year as a local business, Keith has never been more excited about the opportunities that are available to his customers.

"Dependable, efficient and safe heating and air conditioning is key to a homeowner's happiness and comfort," Keith says. "Geothermal is the fastest growing technology in the marketplace right now. It is exciting to be able to work with customers to achieve a long term investment in their homes. Geothermal is not only sustainable, but helps them reduce their carbon footprint."

Keith built his business on the principles of integrity and fairness. "Our motto at Asbuilt is to make easy for our customers to do business with us. This is shared with the staff on the front lines at the office and the tech's that work out in the field. We are committed to building strong relationships with our customers," Keith says. "All our staff live and work in our community making it so important to respect and value of those who support our business. This is something that the big store companies cannot offer." Keith thanks all his customers who have relied on Asbuilt for all their heating and cooling needs.

Asbuilt continues to offer a wide range of products, expertise and customer service on which their loyal customers have grown to depend. Asbuilt is a one-stop shop which includes products like furnaces, fireplaces, air conditioning, barbecues, geothermal, infloor heating, sheet metal and gas piping.

5 Armstrong Ave.
GEORGETOWN
905-877-8023
www.asbuiltclimatecare.com



KHADINE COLLINS-FINLAY

Oxford! Where Active Minds Begin!

Since 1984, Oxford Learning has helped hundreds of students go Beyond Tutoring (TM) to reach their learning potential - not just for one grade or one year, but for a lifetime! Using the science of cognitive development, our unique programs teach children how to learn more easily, effectively, efficiently, and permanently. We don't ask students to review and master the same old stuff. We help them build the cognitive and metacognitive learning skills they need to help them absorb, process and understand. Cognitive skills are those used to absorb and process information. Our curriculum and teaching methods change how students learn and think. Students develop confidence because they understand they control how they learn.

Khadine Collins-Finlay, Managing Director says "At Oxford, we're more than a business, we're a family. My colleagues and I, and our qualified, enthusiastic teaching staff all work for the greater good of these children.

There is nothing that makes us happier than to see a child complete their program and leave Oxford feeling happy and confident. Not only have they achieved their academic goals, they take with them lessons for life.

Helping children is what we do. Seeing them smile is what we love.

Since 1984
324 Guelph St., Unit 7
Georgetown
905-877-3163
georgetown@oxfordlearning.com



Jim Hoekstra

Jim Hoekstra's job has put him in touch with a wide variety of different people over the years.

Hoekstra owns and operates Bos Lift Truck Service, a local company that sells, services and rents out warehouse equipment and heavy machinery like forklifts, front-end loaders and attachments. The business also sells a very in-demand exhaust system that has nearly zero emissions. There are also four mechanics on staff that travel around to service the equipment at various factories and businesses in the area.

Bos Lift Truck Service has been in business since 1982. Hoekstra took over in 2000 and has continued the company's tradition of excellence. Thanks to the internet, customers come from far and wide to work with Bos Lift Truck Service.

"With the internet, you really get out there and people don't care where you're from," Jim says. "I get to live in the town I choose to live in, the town I was born and raised in."

Bos Lift Truck Service is located at 332 Guelph Street in Georgetown. For more information, call 905-877-2525.

332 Guelph St., Unit 7-9, Georgetown 905-877-2525