

Donate today and help support women's health in your community.

Every September, Shoppers Drug Mart® stores across Canada put up a Tree of Life, and you, our customers give generously to fill it with paper leaves, butterflies and cardinals, with 100% of all proceeds going directly to women's health initiatives in your community. Over the years, you've contributed over \$14.7 million and we're hoping you'll help us make a difference again this year.

Visit your local Shoppers Drug Mart between **September 17 and October 14** and buy a leaf (\$1), a butterfly (\$5), or a cardinal (\$50) to help women's health grow in your community.

To donate online or find out which women's charity your local Shoppers Drug Mart store supports visit www.shoppersdrugmart.ca/treeoflife



CH parks to put on a fall show

Conservation Halton's Fall into Nature offers five full days of activities spread out over two weekends at six different Halton parks. The festival celebrates the spectacular landscapes and fall colours of the Niagara Escarpment.

Fall into Nature is on Thanksgiving weekend, Oct. 8-10, and the weekend of October 15 and 16, at Mountsberg, Crawford Lake, Kelso, Rattlesnake Point, Hilton Falls and Mount Nemo Conservation Areas.

A detailed schedule of events is available online at www.fallintonature.ca. Visitors will enjoy a variety of unique outdoor experiences including:

- Chairlift rides to the top of the escarpment with spectacular views
- Self-guided and interpreter led tours through our many trails and landscapes
- Tractor-drawn wagon rides through the parks
- Educational and interactive programs (visit an Iroquoian Village, learn about the science of nature)
- Live performances (music, First Nations dancers)
- Demonstrations (Bird of Prey shows, reptile shows, mountain biking)
- Various other activities (children's activities, BBQs, family campfires, and more)

On Saturday, October 15, Conservation Halton will hold its inaugural For-



est Festival at Rattlesnake Point. Come out and celebrate the International Year of Forests and learn about the importance of trees and forests in our region. Enjoy interactive displays on the use of forest products, logging demonstrations and more fun activities.

Park visitors who purchase a one-day park entry during the festival will receive a Fall into Nature passport valid for one full day's admission to all six parks. Show your passport on subsequent days and receive a discount on your entry.

Fall into Nature is made possible in part through the generous support of the Government of Ontario Celebrate Ontario Program. Conservation Halton launched its first Fall into Nature festival in 2009 and over 28,000 people attended, last year over 45,000 people attended.

What's on your Bucket List?



PAUL GAUGUIN CRUISES 7 NIGHT Tahiti

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In-suite bar setup and butler service in categories B and above
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Explore Castles on the Rhine
Discover Machu Picchu
Snorkel the Great Barrier Reef
Write Home from Tahiti
Ballroom Dance on the Queen Mary 2
Galapagos Cruise-Tour



BOOK A CRUISE OCT 1-31 FOR EXCLUSIVE OFFERS!

up to **\$1,700** USD ONBOARD CREDIT

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up to **\$1,500** USD ADDITIONAL SAVINGS

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FREE AIRFARE

Plus, book by Oct. 15 for up to 1,500 Bonus Aeroplan Miles!

CONTACT US TODAY!



Book your Bucket List Trip with Expedia CruiseShipCenters - Milton and one of these suppliers between October 1st and 31st, 2011. One Lucky traveller will win \$1,000 CAD towards their trip. Contact our office for full details.

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