

# HEALTH AND FITNESS

## STEP INTO THE '90's OUR HEALTH & FITNESS GUIDE

### WILL POINT YOU IN THE RIGHT DIRECTION



**GEORGETOWN** INDEPENDENT **ACTON** FREE PRESS **HALTON HILLS** WEEKEND

### ★ FLASH ★ Bulletin

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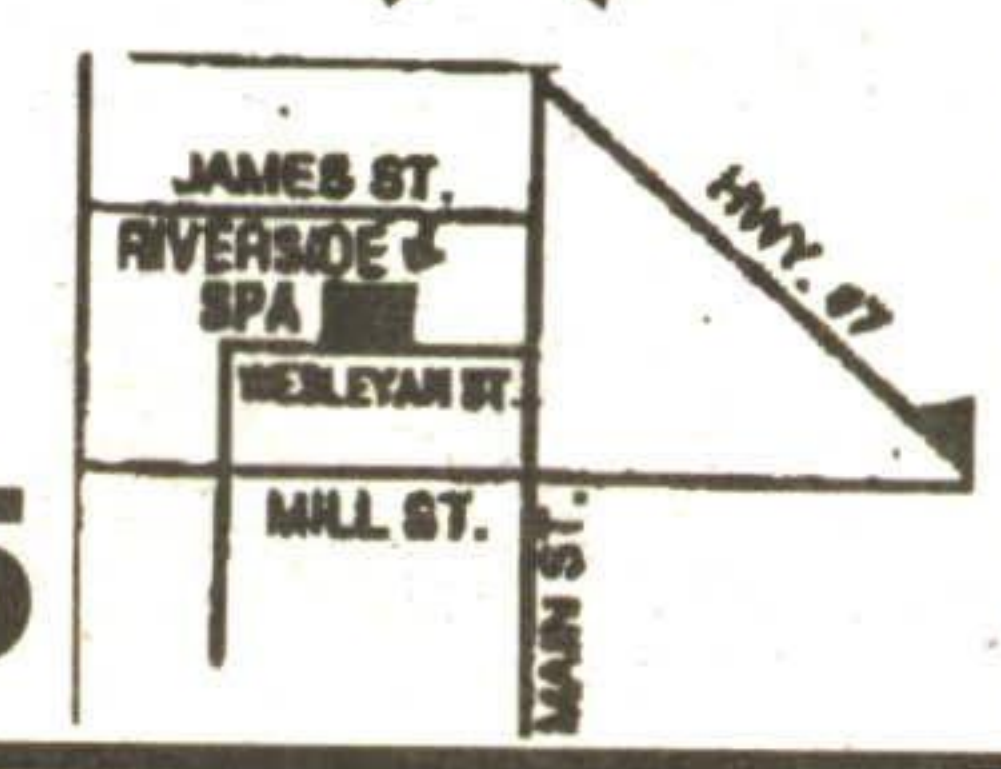
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