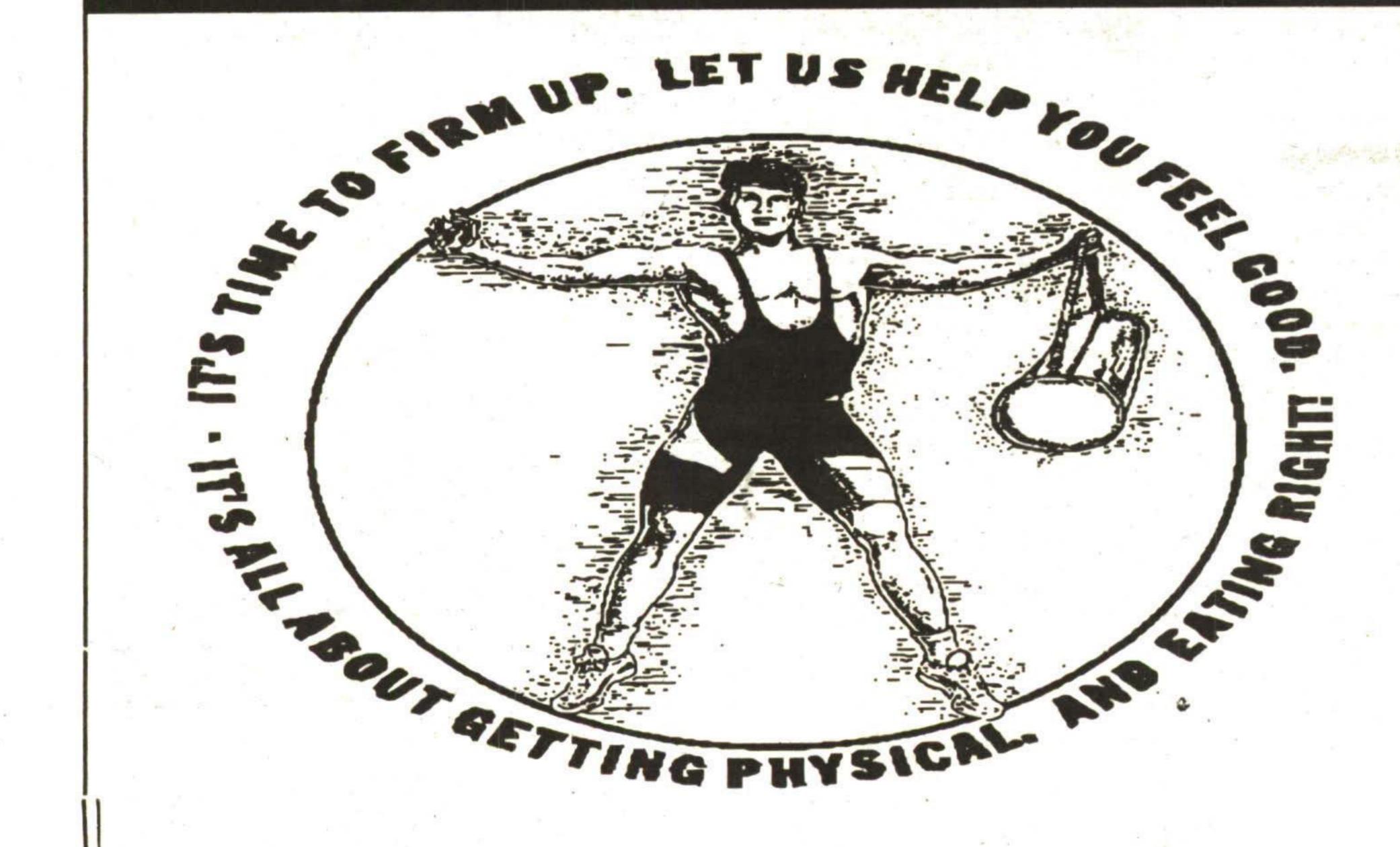
HEALTH & FITNESS

DIRECTORY





FAMILY CHIROPRACTIC CENTRE DR. GABOR MADARASZ

> Special interest in auto injuries. 873 - 1871

80 Guelph St., Suite 1, Georgetown

WORK THAT BODY FITNESS PROGRAMS, INC.

- * aerobic exercise classes
- * full weight room
- * computerized cardio equipment
- * babysitting
- * friendly, professional & certified staff

Call or visit:

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DOWNTOWN FITNESS WOMEN ONLY

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L7G 4S5

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Foot Health begins with the 1st Step,

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For Appt. (905) 702-0111

Fax. (905) 702-0112

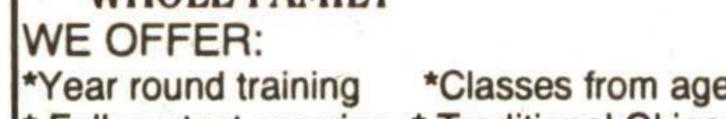
For individual nutritional assessment and advice: CALL: NOVA POLLOCK, R.N.C 875-1741

Interested in feeling better?

Monday 9 a.m. - 7 p.m. Tues. -Sat. 3 p.m.-7 p.m.

GEORGETOWN KARATE CLUB FITNESS & FUN FOR THE

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*Classes from ages 4 to adult * Full contact sparring * Traditional Okinawan Katas * Registered Black Belt Programs

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M. lannuzzi and Associates 10 years experiences . Free on premises hearing tests . Repairs in 48 hours

> House calls . Battery club

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Personal Programs Full line of Body building and Fitness Equipment Free Consultation Free Set-up and Delivery

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Massage Therapy is recommended for and beneficial in the treatment of many conditions. For further information please call:

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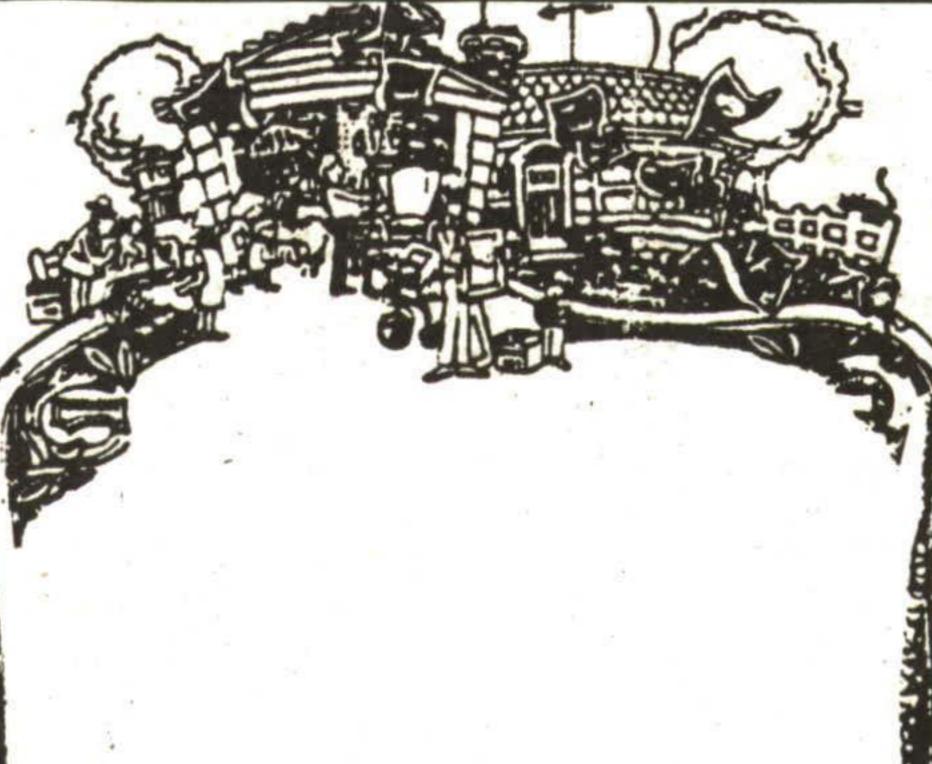
31A Main St. S. Downtown Georgetown Many insurance companies provide partial / full coverage under extended health care plans.

Craft Sales

THE ACTON PARENT-CHILD RESOURCE CENTRE'S ANNUAL MOTHERS DAY CRAFT SHOW & SALE

Saturday April 30th, from 9 a.m. - 3 p.m. at the the Acton Band hall, 85 Wallace St. Acton. Over 25 tables of crafts, gifts and much more. Free admission. For table rental call Bea at 853-4243.

Garage sales



IT'S GARAGE SALE TIME!

Garage Sale time is just around the corner! Look through the attic or basement and sell those items you don't use anymore. Call us to place your ad and receive free signs and instructions on how to have a successful. Garage Sale - It's that easy! Call Classifieds - 873-0301

330

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370

Pets, supplies & boarding

BREEDERS and young budgies, cockatiels, cages, mess boxes, feeders, etc. 853-0113

FREE, female Beagle puppie. Call (519) 853-3059

400

Cars for sale

1984 Mercury Cougar, 5 L, V8, fully loaded, keyless entry, tinted windows, mags, \$900. OBO. 877-5954

1984 Toyota Supra power windows and door locks sunroof, am/fm stereo & cassette, cruise control, 5speed, \$1,800.00 as is, o.b.o. Call 873-7656 after

1985 Plymouth Reliant, PS/PB, low mileage, lady driven, asking \$1,800. o.b.o. 877-0951

1985 Pontiac 6000 LE station wagon, 6 cyl. stereo, air, cruise, etc. Excellent condition, no rust, certified. \$2,900 or OBO. 853-1253

1985 Pontiac 6000, air cond., \$1,700 as is. Call (905) 873-6204

1986 Hyundai Excel, 5 speed, A/C, certified. \$1000. OBO. 873-1947

1987 Mercury Topaz GS, 4 door, auto,ps,pb., air, am/fm, low kms., Certified. 519-853-0564

1987 Toyota Tercel, 2 door coupe, auto, am/fm cassette,sunroof,lady driven,116,000 kms., \$3800. OBO certified. 873-9478

1987 Toyota Tercel, 2 door, automatic, well cared for, 107,000 kms. \$3500. 873-4454

1990 Pontiac Gran Prix LE, 4 door, white, 6 cyl., 90,000 kms. \$9,900 OBO. 877-7925

410 Trucks for sale

1988 Ford F250, heavy duty 3/4 ton 75,000km, 5speed plus overdrive, tinted windows, running boards & lights, box liner, custom wheels, Am/Fm cassette, very sharp, \$7,400. 877-0642

435 Motorcycles

MOTORCYCLES wanted: Clean, good. '83 - '89. Shadows, Magna's, Intruders, Verago's H.D., FLH-FXE '70's. Cash paid. 905-877-0919

Make our Classified Section Work For You!

Call Carol or Mary at

COMMERCIAL ARTIST

Bernia of Canada Inc., Converters of Pressure Sensitive Labels has an opening for an Experienced Commercial Artist with solid background in Corel Draw to work in a non-smoking environment.

Applicant should have solid knowledge of the Flexo Industry and be familiar with distortion, trapping, step and repeat, etc.

Send your resume, with expected salary by mail or fax only to:

> Bernia of Canada Inc. Attn: Personnel Manager P.O. Box 220 Georgetown, Ontario L7G 4X6

Fax: (905) 877- 0353

SENIOR ACCOUNTANT

Georgetown manufacturing firm seeks a highly motivated individual to fill an immediate opening for the position of Senior Accountant. The ideal candidate will have the following qualifications:

Enrolled in a CMA/CGA Program(level 4-5) Proficient in the areas of: Financial Statement Preparation/Review Budgeting/Planning Inventory Management Office Administration Supervision PC Applications (Lotus 1-2-3)

Competitive salary and excellent employee benefits are offered. Interested applicants, please submit resume with salary requirements in confidence to:

Systems Development and Maintenance

C/O The Georgetown Independent 211 Armstrong Ave., Georgetown, ON, L7G 4X5

General Help wanted

\$475.

Homeworkers needed to make stylish beaded earring, year round, at home. Info. send a selfaddressed stamped envelope to:

ACCEX CRAFT, 829 Norwest Rd., Ste. 813, Ext. 3107, Kingston, Ontario, K7P 2N3

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Bernia of Canada Inc.

Due to our continued growth, we have the following openings for responsible individuals to work in our smokeless, air conditioned environment.

Flexographic Press Foreman

The candidate for this position must be self-motivated and able to co-ordinate and schedule the work in the Printing Dept. He or she will have a solid working background of the Narrow Web Flexo Industry including process work.

Flexographic Press Operator

The candidate for this position should have minimum 5 years experience in Narrow Web, C.I. and Inline Presses. The candidate must be able to mount plates. match colour inks and do process work.

Assistant Press Operator

The candidate for this position must be self-motivated person to assist the pressman in the mixing of inks, mounting plates and clean up, etc. Experience will be an asset, but we will train.

Shipper and Receiver

This position will be ideal for a person that is selfmotivated, quick learner and has a clean drivers abstract, and enjoys working in a FAST PACED ENVIRONMENT.

If you qualify and are interested in any of the above positions, please send your resume.

Bernia of Canada Inc. Attn.: Personnel Dept. P.O. Box 220 Georgetown, Ontario L7G 4X6

CLASS AZ drivers wanted, local and long distance drivers needed. Flatbed experience required. Call 905-875-2811