

# HEALTH & FITNESS DIRECTORY



**FAMILY CHIROPRACTIC CENTRE**  
DR. GABOR MADARASZ

Special interest in auto injuries.

**873-1871**

80 Guelph St., Suite 1, Georgetown

**POOL! HOT TUB! SAUNA!**  
ALL AVAILABLE AT .....

**DOWNTOWN FITNESS**  
WOMEN ONLY

Available, new spring +  
schedule for classes.  
All one low price.  
Satisfaction guaranteed.  
Call for free trial

**873-9655**



Foot Care Specialist Custom Made Orthosis

**BETTY E. McTAGUE**  
**CHIROPODIST**  
Registered Chiropody Act 1944

Foot Health begins with the 1st Step,  
by putting your best? foot forward.

9669 8th Line S. For Appt. (905) 702-0111  
Georgetown, Ontario Fax. (905) 702-0112  
L7G 4S5

**Lacking energy?  
Stressed out?  
Interested in feeling better?**

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

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

**If You Would Like  
To Advertise In Our  
Fitness Directory  
Call Classified  
today!**  
**873-0301**

## HOSSFLEX

Body Building and Fitness Equipment  
**GET IN SHAPE FOR SUMMER**

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



Brian Hawes

R.R.# 1, Limehouse

(905) 877-3712



**WORK THAT BODY  
FITNESS PROGRAMS, INC.**

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

Call or visit:

**232 Guelph St. Georgetown**  
**905-877-0771**

**Prevent Athletic Injuries  
with our Knee and Ankle  
supports.**

CONTACT:

**YOUNG'S PHARMACY**

47 MAIN ST. S. & Homecare HOURS  
GEORGETOWN Mon - Fri 9-9  
Sat 9-6

**877-2761 FAX 873-0838**

**ERIN HEIGHTS GOLF CLUB**

- \* 9 hole regulation golf course
- \* Green fees - \$18.00 weekdays  
\$20.00 weekends
- \* Snack bar & Pro Shop facilities
- \* Fully licensed
- \* Tournaments welcome



For more information call:

**905-822-4869 519-833-9702**

**GEORGETOWN KARATE CLUB**  
FITNESS & FUN FOR THE  
WHOLE FAMILY

WE OFFER:

- \* Year round training
- \* Classes from ages 4 to adult
- \* Full contact sparring
- \* Traditional Okinawan Katas
- \* Registered Black Belt Programs
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Federation, Naha, Okinawa, Japan

150 ARMSTRONG AVE., GEORGETOWN  
(BEHIND HOME HARDWARE)  
873-9489

**BRING THIS AD IN AND RECEIVE  
2 COMPLIMENTARY CLASSES**

**HEARING AID CENTRE**

M. Iannuzzi and Associates

10 years experiences

Free on premises hearing tests

Repairs in 48 hours

House calls

Battery club

Visa and Mastercharge

72 MILL ST. (formerly located in the old Bank building)

**Downtown Georgetown**

**877-8974**

**DALE WALKER**

Registered Massage Therapist  
Georgetown Therapeutic Massage Clinic

Massage Therapy is recommended for and beneficial  
in the treatment of many conditions.

For further information please call:

**(905) 873-1924**

31A Main St. S. Downtown Georgetown

Many insurance companies provide partial / full coverage under  
extended health care plans.

**321** 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.

**320** 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** Firewood

WHILE quantities last purchase 3 full cords 16'  
log-dry hardwood for \$500. Call Northern Hardwood.  
(519) 856-4583

**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, 5-  
speed, \$1,800.00 as is, o.b.o. Call 873-7656 after  
5pm.

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, 5-  
speed 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  
873-0301**

**505** Careers

**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)  
Systems Development and Maintenance

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

Box 2248  
C/O The Georgetown Independent  
211 Armstrong Ave.,  
Georgetown, ON, L7G 4X5

**510** General  
Help wanted

\*\*\*\*\$475\*\*\*\*

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

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

**Adults with cars needed for early  
Sunday morning deliveries in  
the Georgetown/Acton area.  
Please call M. Scicluna. 877-  
3353**

**ALASKA Summer Jobs!** Salmon Fishing and  
canneries, earn up to \$30,000 in 3 months. Most living  
expenses paid. Hiring now! 504-646-2803 Ext. S426,  
24 hours.

**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 self-  
motivated, 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