

# WANTED

30 PEOPLE WITH HEARING LOSS  
Qualified Participants Needed for Technology Field Test

We're looking for people like you, who may be experiencing difficulty hearing in noisy environments to evaluate a remarkable new digital hearing aid and a rehabilitative process that could be the solution to your difficulties. There's no cost or obligation to participate!

Call us toll-free today to see if you qualify for this Field Test. Potential candidates will be given a FREE hearing test to determine their candidacy.

Selected participants will be given a FREE in-office demonstration and the opportunity to evaluate the latest, most advanced hearing aid technology for 30 days. This latest digital technology solves the biggest challenge for hearing aid wearers – hearing well in noisy environments.

Nobody will notice it because of its minute size, fitting snugly and comfortably just behind the ear. Everything works automatically, so you can get back to enjoying your relationships, rather than thinking about your hearing. Following your 30 day Field Test, these hearing aids will be available for purchase, including everything you need for 3 full years.



NOW ENROLLING!



**CALL NOW - Candidates are being selected.**

*The selection process for this test period will end March 31<sup>st</sup>, 2017.*

**Book your FREE appointment today!**

See the list of clinics below or visit [ListenUPcanada.com](http://ListenUPcanada.com)

- Brampton | 7980 Kennedy Road South | Call Natalina at 1-888-227-6630
- Brampton North | 108-2250 Bovaird Drive East | Call Deb at 1-888-227-7028
- Burlington | 1435 Plains Road East | Call Julie or Diane at 1-888-227-7029
- Etobicoke (Sherway) | 405-190 Sherway Drive | Call Michele at 1-888-227-7183
- Georgetown | 324 Guelph Street | Call Fanny at 1-888-227-8417
- Milton | 15 Martin Street | Call Sara at 1-888-227-8520
- Mississauga Central | 102-101 Queensway West | Call Gorana at 1-888-227-9118
- Mississauga Clarkson Village | 1865 Lakeshore Road West | Call Anna at 1-888-228-0139
- Mississauga King | 71 King Street West | Call Jane at 1-888-228-0159
- Mississauga Streetsville | 217 Queen Street South | Call Josephine at 1-888-228-0299
- Mississauga West | 1140 Burnhamthorpe West | Call Maritza at 1-888-228-0608
- Oakville | 117 Lakeshore Road West | Call Megan at 1-888-228-0619
- Rexdale | 123 Rexdale Boulevard | Call Kerri at 1-888-228-0801



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Hearing tests are provided free of charge for adults ages 18 and older. Some conditions may apply. Please see clinic for details. Offer not valid in Quebec.

Promo Code:  
NSP-WNTD-GIFP

HEALTH [theifp.ca](http://theifp.ca)



Plant-based eating does not have to mean being vegan or vegetarian.

## Plant-based eating is easier than you think

You may have heard of plant-based eating, but did you know it does not have to mean being vegan or vegetarian? Rather, plant-based eating is about eating a diet of mainly plant-based foods like vegetables, fruit, whole grains, legumes, nuts, seeds and vegetable oils, while enjoying fewer animal-based foods.

A healthy diet low in saturated and trans fats may reduce the risk of heart disease.

Follow these easy tips to incorporate more veggies into your meals.

1. Go meatless one day a week. Try having a vegetarian meal at least once each week. No one said you had to change overnight, but slowly introducing more vegetables and meat alternatives to your diet and subsequently reducing your meat intake helps make for an easier transition.

2. Opt for plant-based oils. Vegetable and plant-based oils, like canola, sunflower and olive oils contain good fats, like monounsaturated and polyunsaturated fats.

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