



Avita Integrative Health & Restoration Clinic

Sue, 51, was happily married, enjoyed life & sex. Then Menopause hit bringing unbearable hot flashes, mood swings, irritability, unacceptable weight gain & low libido. All her blood tests including **Thyroid** were normal, but Sue knew something was wrong. Then she completed a **Saliva Hormone Test** to establish a baseline & started a customized treatment plan of **Bio-Identical Hormones**.

Avita has had great success in treating perimenopause, menopause & thyroid imbalance with an individualized approach beginning with a **Saliva Hormone Test**. Many women will suffer from symptoms of undiagnosed **Hypothyroidism, the unsuspected illness**. Our Integrative Clinic provides the client with a variety of treatment options to balance hormones through detoxification, nutritional programs &/or precise dosing of **Bio-Identical Hormones** made by our on-site compounding pharmacy.

Each client is given the opportunity to individualize their treatment plan depending on the intensity of symptoms...it is important to recognize that **ONE SIZE DOES NOT FIT ALL**.



5A Conestoga Drive,
Ste 300, Brampton
905-455-0488
kelly@avitaintegrativehealth.ca
www.avitaintegrativehealth.ca

TEST NOW!

KELLY NOLAN, BScPharm.

\$25 Off a Saliva Hormone Test
Expires July 14, 2014



Digitext

Gary Quanbury, the owner of Digitext has been working in the Halton Hills area for over 20 years and specializes in Web Site Design (including Smart Phone), Business Videos and Music Composition for Multimedia.

Due to the incredible increase of Smartphone use when browsing the web (up to almost 60%), Digitext is now creating Smartphone/Mobile websites for their customers. They can create a separate mobile website that is easy to read from a smart phone and will not interfere with a businesses' current website. They are also in the business of High Definition video production for businesses that can be used on their websites, YouTube (check out their project for the Toronto Sheet Metal Contractor Assoc) which are distributed with USB flash drives. Just last month, Gary was the winner in the countryside category at the Halton Hills Health, Home & Happiness Show Video Contest for "Ice Storm" which he had filmed in Georgetown.

To add to his credentials, Gary is also a composer and has a CD available on iTunes, Cd baby and Amazon called "Nature Serenity" which is composed of 11 tracks of soft piano music that can be found by googling Gary Quanbury.

Digitext enjoys working in the community and helping businesses become more successful digitally because that is the way we are evolving these days!

DIGITEXT

WEB SITE DESIGN - MULTIMEDIA & MUSIC SERVICES

905-873-8059

www.digitext.ca sales@digitext.ca

GARY QUANBURY



Nicholson Network Services Inc.

If you're looking into keeping your businesses' data secure and protected, Nicholson Network Services is the place! They offer computer hardware and backup solutions for small and medium businesses in Halton Hills. There is no room for error or data loss as the implications will wipe out a business either financially or ruin their reputation (remember Target). They enjoy making a difference to every business they work with and better technology means a more efficient business.

They have been in business for over ten years in Halton Hills and have worked in the IT field for over twenty years. Many years ago they realized it wasn't the hardware that was most important to a business, but rather its data. If your business had a fire or flood what could you replace? What couldn't be replaced? Correct, your data and that is why they focus on data protection solutions.

Larry Nicholson, enjoys his career because he's extremely good at it and feels that a life of service is a good way to live one's life. It is about people first, technology second!



32 Munro Circle Georgetown, ON L7G 6A3
Tel: 416-848-3121

larry@nicholsonnet.com • www.nicholsonnet.com

LARRY NICHOLSON



CircaFit

A dream of one day opening a fitness centre where everyone would always receive instruction and motivation by friendly professionals, came true for the four owners of the locally-owned and family-operated CircaFit Training Centre two years ago.

Alex MacLeod, owner/head trainer, Kru Mike Large, owner/Muay Thai Kru, Robert MacLeod, owner/Administration and Celeste Large, owner/Sales & Marketing want to make fitness fun and "bring back the kid on the playground in all of us."

"We want our clients to feel welcome and inspired, and never be bored."

CircaFit Training Centre offers a fun and unique, results-based fitness experience with raw, full-body circuit training workouts that target muscle tone and strength, increase core stability, and improve cardiovascular activity. Professional Certified trainers lead multi-level 40-minute classes throughout the day, starting at 6 a.m.

Mike has 35 years experience in martial arts including a Brown Belt Brazilian Jiu-Jitsu, professional MMA fighter and accredited Muay Thai Kru under Ajarn Khan Phady.

"I do it for the love of competition and coaching. We have a great Muay Thai program with many promising and hardworking students," he said.

Alex's credentials include: CanFit Pro Certified, CircaFit Head Trainer and Program Creator, Blue Belt in Brazilian Jiu-Jitsu and Professional Sports Specific Team Trainer.

"We were thrilled to open a gym in our hometown and are really grateful for the strong support of the community. It's truly satisfying to see members achieve beyond what they thought possible."

Celeste Large, Kru Mike Large
Alex MacLeod and Robert MacLeod



60 Armstrong Ave
Georgetown ON
Phone: 905 702-0200
www.circafit.com



Wild Wing (under OLD management)

In 2007, Dave Rimmer opened Wild Wing with his young kitchen manager, Mike "machine" McCallum, where they enjoyed tremendous success operating in Georgetown South. In 2010, Dave decided to sell the restaurant and has now returned to bring that Wild West feel back to the place he once called home!

Dave really missed the families and friends and the relationships that he had built a few years ago and finds it amazing to see so many familiar faces a few years later. Mike McCallum has been there since the place opened and is the backbone of their food service operation. They have 101 flavours of wings to choose from and it will be Mike "machine" McCallum tossing your favorite sauce on most nights!

"We pride ourselves on our commitment to customer service and food quality and we have a great team eager to serve you from 11am to midnite : seven days a week!!!! Hope to see you soon." Dave, Mike and staff



371 Mountainview Rd. S. 905-877-9911 • 647-385-9544
Georgetown, Ontario L7G 5x3 daverimmer411@gmail.com

MIKE MCCALLUM & DAVE RIMMER



Eve's Leaves

Karyn McConaghie, started Eve's Leaves as a home based online/ festival/ tradeshow business in 2012 and then opened her retail store in downtown Georgetown, October 2013.

At Eve's, they foster environmentally conscious consumerism, offering ethically manufactured women's and men's clothing from sustainable sources: Eco-Fashion. Their "leaves" are made out of bamboo, hemp, soy and organic cottons that require less laundering than traditional fabrics. Many of their pieces are convertible, so each versatile piece can be transformed into multiple looks, so it is less to buy, less consuming and one more way to support our planet!

They bring you designs and fabrications farmed, woven and manufactured within North America, some exclusively made in Canada (Toronto and Vancouver), with a vision of growth and supporting a "shop local" mentality, they are now proudly working with 7 designers, six of which are Canadian and one American, all with the same vision of eco-friendly, forward-thinking fashion.

Join their ever-growing fan base of customers who share their passion for eclectic, organic and unique fashions. Come to their store to have a look at their collection or shop on-line.



78 Main St. S Georgetown, Ontario
(Entrance off Mill St.)

905-864-5215

evesleaves@hotmail.ca • www.evesleaves.ca

KARYN MCCONAGHIE