

Weight Watchers join Heart and Stroke camp

With the understanding that lifestyle change is the first step to improving your heart's health, the Heart and Stroke Foundation and Weight Watchers chose "The Day of the Heart" to kick off a fundraiser for the Heart & Stroke Foundation's education and research program.

From Feb. 14 and continuing for four weeks, thousands of Weight Watchers members in Southern Ontario will garner pledges from family and friends to support the work of the Heart & Stroke Foundation. Each pledge in the "Get Physical for Your Heart's Health" campaign is dedicated to the members' resolve to adopt a heart-healthy exercise that also fits the Weight Watchers recommended burning of 150 calories a day through exercise on its new and innovative program.

The Heart & Stroke Foundation of Ontario, known for its pro-active stance on heart health, and Weight Watchers of southern Ontario have banded together to emphasize two of the lifestyle messages they share in common — healthy eating and regular exercise.

The fundraiser will culminate in a public celebration on April 17 at the Curzon SkyDome Club in Toronto when members and interested individuals will be invited to burn off 150 calories for their heart's sake. All of the funds raised at this event plus a nominal entrance fee will be donated to the Heart & Stroke Foundation of Ontario.

Says Ken Elsey, Director of

Communications for the Heart & Stroke Foundation, "As well as encouraging its members to adopt a healthy lifestyle by integrating physical activity into a daily routine, Weight Watchers is providing an opportunity for the Foundation to raise significant funds for our research and educational programs."

In addition to attendance at weekly meetings for guidance and group support, members of Weight Watchers are expected to engage in moderate daily exercise as a key ingredient of a well-rounded weight control program.

"Successful weight control is nearly impossible without increased physical activity," says Marie Ludwick, area director of Weight Watchers for Southern Ontario. "However, this does not mean the old 'no pain, no gain' variety of exercises. Instead, our members learn that regular, moderate physical activity, such as walking, can have a positive impact on weight-loss success."

Volunteers from Heart & Stroke and Weight Watchers will be on hand at the Curzon SkyDome Club to assist people who want to try out the exercise facilities and attend the cheque presentation ceremonies. All attendees will receive gifts and mementos of the event from Weight Watchers.

Both Weight Watchers and Heart & Stroke expect that "Get Physical for Your Heart's Health" will be the first of many collaborative endeavors in the future.

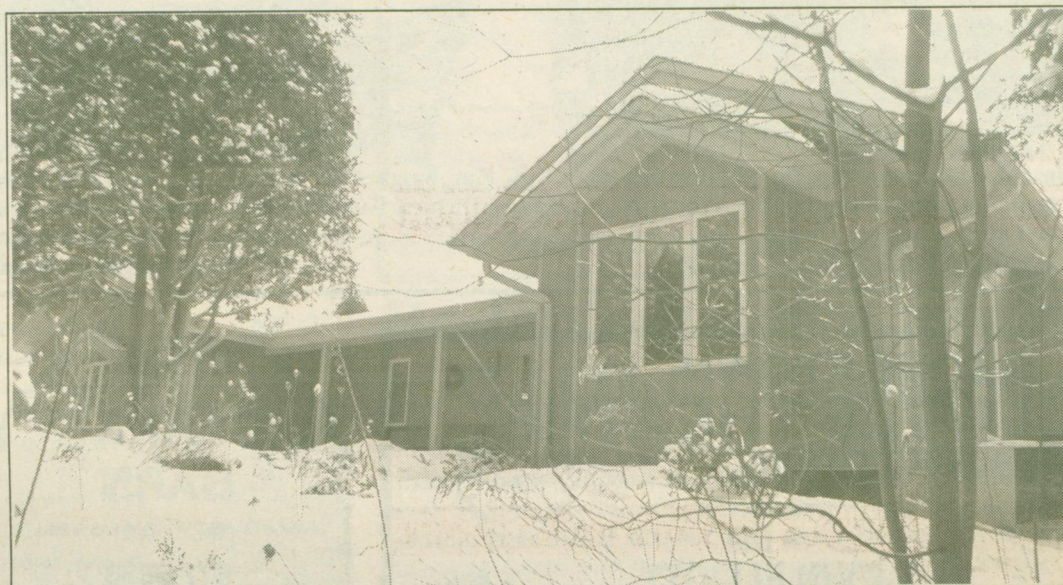
Naturalist's Paradise...



This dynamic home sits on 4.59 acres of woodlands (200' x 1,000') with a pond and stream. This home's positioning maximizes views, privacy and the enjoyment of wildlife.



The house's design combines exceptional quality with a floor plan that encourages a comfortable yet elegant lifestyle.



February is
Heart and Stroke
Month



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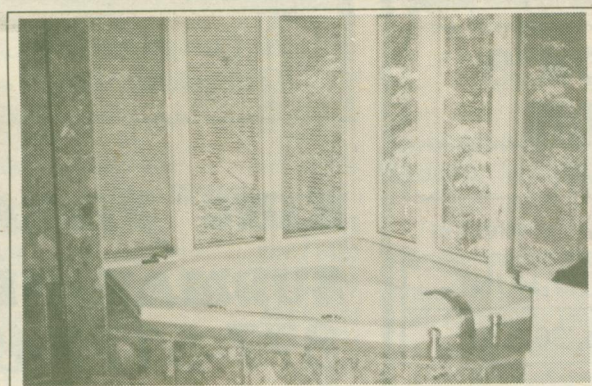
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SUNKEN LIVINGROOM

- complimented by neutral Berber carpet
- cathedral ceilings
- wet bar
- marble fireplace
- walkout to spectacular deck at tree level

BEDROOMS

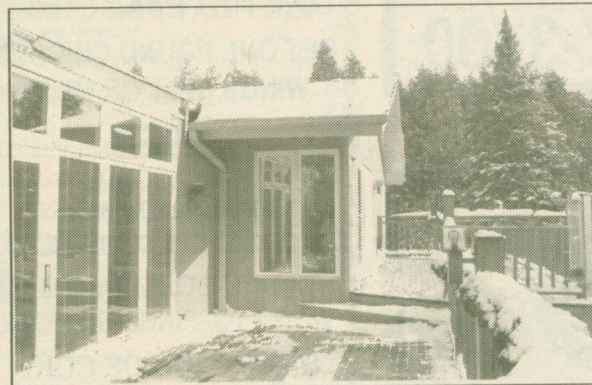
- master (16.4' x 17.5') with walkout to deck and walk-in closet
- Two other private bedrooms in their own wing

KITCHEN - 19' X 10.6'

- bleached hardwood floors
- Beckerman cabinetry
- Jennair stove and grill

MASTER BATHROOM

- 6 piece bathroom
- marble shower
- Jacuzzi



ADDITIONAL FEATURES

- Main floor laundry
- Three car garage
- Fully insulated basement
- Pella windows
- Central vac
- Emco plumbing



KATHY ELLIS
* sales representative

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