THE CUTTING EDGE IN NUTRITION

for Beauty

In Eating for Beauty, David Wolfe, one of America's foremost nutrition experts, describes how to cleanse, nourish, and beautify by utilizing the benefits of a freshfood diet. You can apply the lesto improve your appearance, vitality and health.

Beauty is the universal language Whether is is skin-care, a freshfood diet, vital energy, or any other facet of healthy living. David Wolfe is the authority. Contains over 100 full-colour photos and illustrations and references the most unique and highest-quality natural beauty products in the world.

Please join DAVID WOLFE, the RAW FOOD NUTRITIONIST

David Wolfe represents the Leading edge in Raw Food Nutrition, Personal Improvement, Technology and Spiritual Transformation. Visit www.rawfood.com

David conducts nearly 100 health lectures, seminars and hosts at least 5 Raw adventures retreats each year in the United States, Canada, Europe, and the South Pacific

Date: FRIDAY, OCTOBER 15TH, 2004

Time:

6:00 to 7:00 PM - Raw Food Sampling & Demonstration

7:00 to 9:00 PM - Lecture

Location:

MOLD-MASTERS SportsPlex 221 Guelph Street (Hwy. #7), Georgetown Tel: 905.873.0194 email: nancy@healthlady.com

Cost: \$45.00 + tax - R.S.V.P. SPACE IS LIMITED



Hospital Foundation shows its appreciation

William Osler Health Centre (WOHC) Foundation held an appreciation luncheon and reception in the courtyard of the hospital to recognized those who had donated to the foundation, and conduct tours of the hospital. Among those recognized were Margaret and Fred Helson (centre) who were presented with a certificate of appreciation by WOHC Foundation president and CEO Anne Randell, and WOHC Foundation Georgetown Campus chair Paul Armstrong. Photo by Ted Brown



1056 2-6 lbs/week

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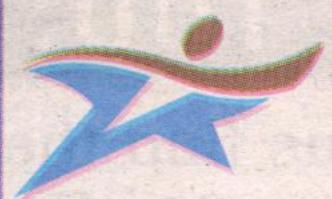
- Free personal coach
- 24/7 online support

*based on following the Truestar program

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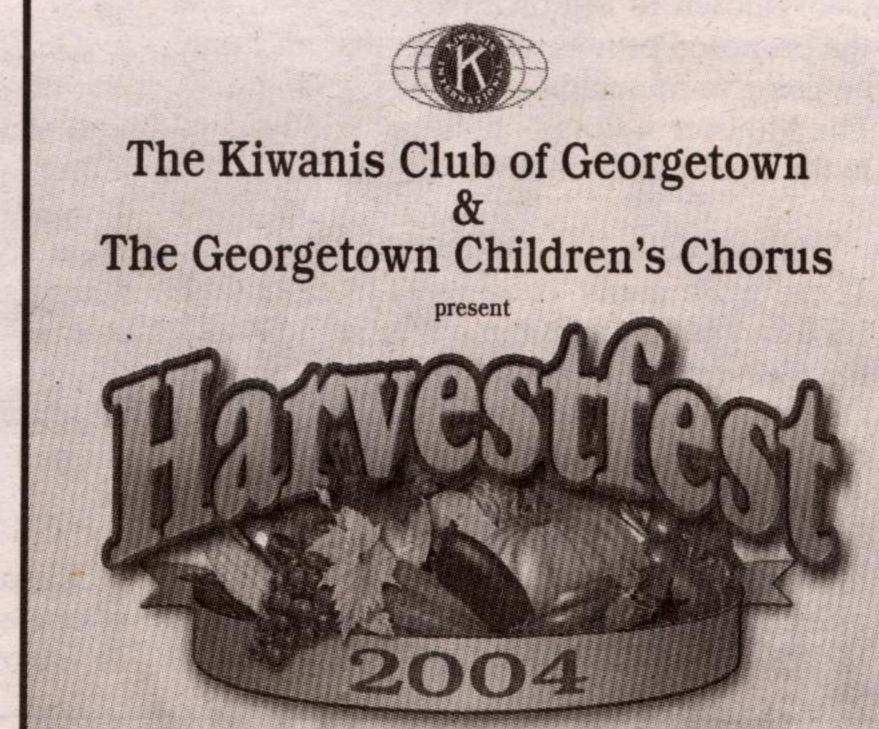
www.truestarforwomen.com

pounds with Truestar."

AFTER

132 lbs

BEFORE



Friday, November 12, 2004 Holy Cross Church, 224 Maple Avenue Wine tasting starts at 6:30 pm Dinner (Hip of Beef), Dancing to Live Band & Silent Auctions

Tickets: \$50/person (Covers all above)

To order tickets, contact lfraser@fraserdirect.ca or call 905-877-4411



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