

THE CUTTING EDGE IN NUTRITION

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

Eating 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 fresh-food diet. You can apply the lessons contained within this book to improve your appearance, vitality and health.

Beauty is the universal language. Whether it is skin-care, a fresh-food 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.



Hospital Foundation shows its appreciation

William Osler Health Centre (WOHC) Foundation held an appreciation luncheon and reception in the courtyard of the hospital to recognize 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

NOW OPEN

Lose 2-6 lbs/week OR YOUR MONEY BACK*

Truestar for Women Fitness and Nutrition Centers now offer a total health program for fast and lasting results.

Included in your program is:

- 30-minute fitness for women beginner • intermediate • advanced
- Personalized nutrition counselling
- Weight loss and weight management with **guaranteed results***
- Free personal coach
- 24/7 online support

*based on following the Truestar program

Call for FREE Consultation

BEFORE
172 lbs



AFTER
132 lbs



"I lost 40 pounds with Truestar."


For your free consultation call:
905-702-0072
Miller Main Plaza
221 Miller Drive, Georgetown



Truestar™
FOR WOMEN

Nutrition & Fitness Centers

www.truestarforwomen.com



The Kiwanis Club of Georgetown
&
The Georgetown Children's Chorus
present

Harvestfest

2004

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

Now Open!!



Martindale GARDENS

RETIREMENT RESIDENCE

In The **HEART** of Milton

Enjoy an independent life style
Where assisted living is always an option

NOW OPEN

Affordable all inclusive rates
Studio style suites from \$2,100.00 per month
One bedroom suites from \$3,200.00 per month
Two bedroom suites from \$3,600.00 per month

Call for your personal tour

905-693-8592

45 Martin St. Milton