

Just for the

The Independent
& Free Press

HEALTH

FRIDAY, Jan. 13, 2006 • 8 Pages

of it



Mom and daughter bond while fighting

Amy (mom) and Abigayle Korzack-Rasmussen learn new ways of working out together while training in the family classes at Rampulla's Martial Arts studio at 211 Armstrong Ave. in Georgetown. For more details see story on page 3.

Photo by Shawn McAlpine



25% Off
Laser Hair Removal
for Men & Women*

*Offer expires Jan 31/06

adamson
SPA AND SALON^{inc}

- safe
- "cool comfort"
- painfree
- efficient

Our Nd:YAG laser technology is extremely safe, permanent and completely suitable for all skin colours.

2 Adamson Street, Norval
Hwy. 7 (Bovaird W.) & Winston Churchill
905-877-1604
www.adamsonspa.com

