

# *give* your heart *a hug*



## *Did you know?*

You are doing one of the best things for your health by taking that first and important step toward losing weight. Weight loss reduces your risk of:

- diabetes
- hypertension
- cholesterol
- heart disease
- stroke

Visit us today for a healthy and happy lifestyle change.

**♥ Lose your weight for a dollar a day. ♥**

*Based on full program. Exp. Feb. 28/06*

**372 Queen St., Acton  
(Sobey's Plaza)  
519-853-8123**

**Herbal Magic**  
WEIGHT LOSS & NUTRITION CENTRES  
[www.herbalmagic.ca](http://www.herbalmagic.ca)