

# November is Courage to Change Month at Herbal Magic

Help support your local woman's shelter.

Throughout November, Herbal Magic will be accepting cash donations for local women's shelters. We're also requesting "nurture" donations, such as toilet paper, facial tissue, paper plates and cups, and pillows.



It's not just what you lose, it's what you gain. Help support the Courage to Change Campaign.

**Herbal Magic**  
WEIGHT LOSS & NUTRITION CENTRES

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**COURAGE**  
to change

[www.herbalmagic.ca](http://www.herbalmagic.ca)