



**130 Guelph Street, Georgetown**  
*(across from Christ the King School)*

**905-873-2476**

*November is  
 Courage to Change Month*

**Help women and children whose lives have been affected by abuse.  
 \$25 from each program sold goes to your local women's shelter.**

It's not just what you lose, it's what you gain. Help support the Courage to Change Campaign.  
 We're also accepting "nurture" donations of such items as toilet paper, paper plates and cups, and pillows.

**THE REST  
 OF 2007 IS  
 ON US!**



**Join now and lose up to 20 lbs. safely by January!!!**

OUR SATISFIED CLIENTS HAVE MADE US CANADA'S LARGEST WEIGHT LOSS FRANCHISE

\*Join by Oct. 31/07 & receive the remaining weeks of service in 2007 for FREE.

Based on purchase of full program, excludes products, not valid with any other coupons, specials or promotions.