



KERRY W. LOST: 33 lbs. 46"

"The staff was so encouraging. It seems too good to be true."

Thanks Herbal Magic!"

- Full service programs.
- Guaranteed weight loss.
- Lose up to 7 lbs./wk.
- No prepackaged foods.
- Safe, easy & effective!

Herbal Magic. Weight Management and Nutrition Centres

*Based on full pogram. Excludes product. Expires Oct. 31/00

Enroll Today! Call . . .

15 Martin St. (Carriage Square) www.herbalmagicsystems.com

693-9594

Come on downtown with Mom & Dad and have fun during our...

Saturday Oct. 28 10 am-12 Noon

LOOK FOR THE MARY BROOK PUMPKIN WAGON at the Farmers' Market

Business Improvement

MARTIAL ARTS

- FAMILY KARATE
 - -KIDS, TEENS & ADULTS
- COMBAT HAPKIDO
 - SERIOUS SELF-DEFENSE
- TRADITIONAL WEAPONS
- LADIES KICKBOXING
- DAY, AFTERNOON & EVENING CLASSES

(above Rogers Video)

Changes

Consignment Shoppe

Drop by with friends to discover unique local crafts and Gently Used Women's Clothing & Accessories.

> Present this ad for

DISCOUNT

on consignment clothing. Coupon valid until Nov. 15/00

Tuesday to Saturday 10am - 6pm

327 Bronte Street South

875-2426

