

Beverly Hills tailored weight loss programs see results

Finding and maintaining an ideal weight may seem impossible but with an individual program tailored by Beverly Hills Weight Management and Nutrition Centre the pounds will start melting away. Opened three years ago in Milton, by Marion Healy, registered nutritionist with over 15 years of experience, the clinic has assisted clients with eating disorders, losing weight, gaining weight and overall lifestyle improvement.

Clients begin their Beverly Hills treatment with a pre-diet analysis to record vital signs and create a personal case history. This allows counsellors to devise a balanced nutrition plan and proper counselling to fit each individual's goal. Counsellors are fully trained and able to develop a program to fit like a glove.

The key to success for Beverly Hills clients lies in the staff who are committed to helping

clients develop a healthy lifestyle. Aside from providing motivation, counsellors will go as far as accompanying clients grocery shopping.

Beverly Hills incorporates the use of Electro Muscle Stimulation into their weight loss programs. EMS offers the equivalent of up to nine hours of exercise in one 40 minute session. This program is effective not only for those with limited time to exercise but also people who suffer from knee or back pain, Arthritis, Fibromyalgia and Osteoporosis.

The clinic also provides a six week stabilization program and a one year maintenance program to guarantee success.

Beverly Hills Weight Management and Nutrition Centre is located at
550 Ontario St. S. Unit 18
905-875-2889

Royal Bank provides community oriented banking

Banking has come a long way from its modest origins and the Royal Bank has been right on the forefront.

"Technology has changed substantially and the customer has a lot more options," said Debbie Rennie, manager of customer service at the Milton branch. "Customers can access information 24 hours a day, seven days a week."

Banking is continuing to change in order to save time while managing your finances. Even with the incorporation of telephone, Internet and instant teller banking, Royal Bank remains a community oriented establishment.

On top of full service banking, the Royal Bank offers customers easily accessible foreign currency and employees trained in sign language. The bank is also equipped with a TTY machine to assist hearing impaired customers.

During its 29 year reign, the Royal Bank and

its employees have supported many local charities and community events including junior achievement programs and the J. Scott Early Foundation. The bank also supports school co-op programs annually.

Ms Rennie said the long tenured staff, many of which are Miltonians, offer customers personal and caring service. Staff are always looking for an opportunity to better serve customers.

"It's about helping clients achieve their goals," Ms Rennie said.

Continual customer service enhancements include meeting the growing demands of the town. Plans are already underway to install a second Royal Bank branch within the next year to 18 months.

The Royal Bank is located at
55 Ontario Street (Milton Mall)
905-875-0600

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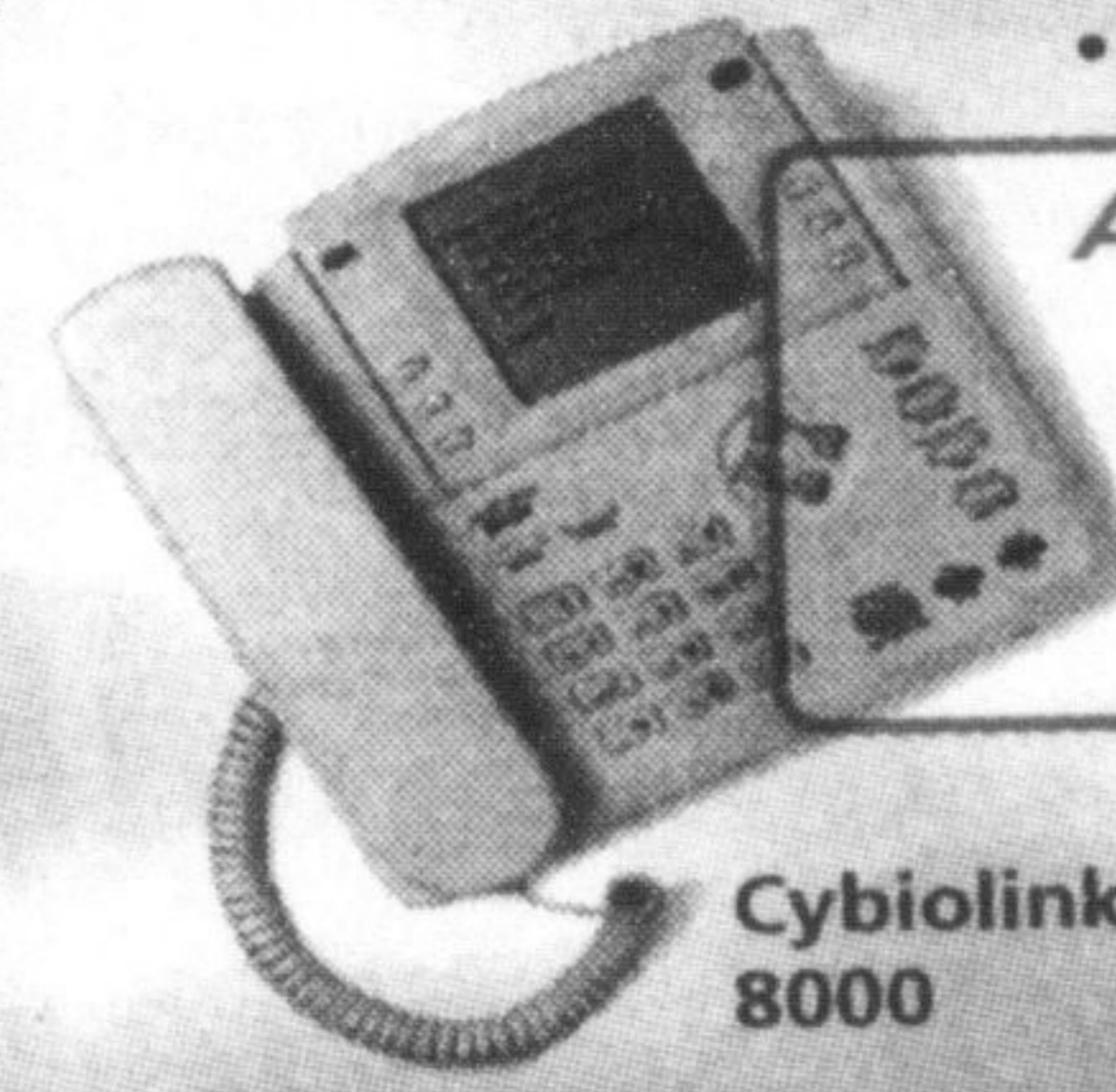
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Thank You!
From Dr. Ted Karolidis
And Staff



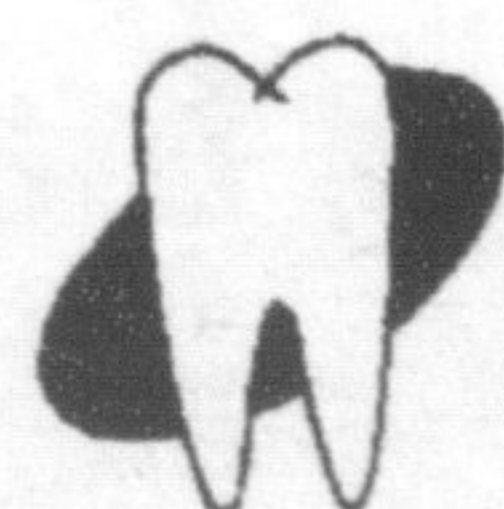
My staff and I would like to thank everyone for honouring us with the Milton's Choice Award for favourite dentist.

We have been serving the Milton community for four years, and all the people I have met in that time have made it a wonderful experience for myself and my staff.

We appreciate the continued support of our patients, and look forward to welcoming and taking care of the dental needs of new patients and emergencies.

If you wish to schedule an appointment, or have any questions, please call us at 905-878-6482.

Thank you once again, and we will work hard to maintain our standard of care to the people of Milton and surrounding communities.



Dr. Ted Karolidis

Carriage Square Mall (corner of Martin & Main)
905-878-6482



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