

HEALTHY LIVING

Reducing the risk of prostate cancer

(NC)—Prostate cancer is the most commonly diagnosed cancer among men and the second deadliest cancer. One in eight men will develop it within their lifetime and one in three of these men will die from it. As the incidence of prostate cancer increases with age, most cases of prostate cancer are diagnosed among men over the age of 65.

In order to reduce the risk of getting prostate cancer, men should exercise regularly and eat according to Canada's Food Guide, which includes lots of fruits and vegetables that contain the antioxidant selenium. Recent research studies have shown that selenium and vitamin E may reduce a man's risk of developing prostate cancer. Foods that are rich in selenium are seafood, meat, grains and certain types of nuts. It can be difficult to get the recommended amount of vitamin E through diet alone, however it can be found in vegetable oil, nuts, whole grains and wheat germ. In order to ensure an adequate intake of selenium on a regular basis, take a reputable daily multivitamin such as Centrum®.

Women often take a more active role in the family's overall health. By encouraging the members of your household to eat a proper diet, exercise regularly and maintain an overall healthy lifestyle you can reduce their risk.

- News Canada

VITAMIN Q&A

WHEN SHOULD I TAKE MULTIVITAMINS?

Q: Is the time of day that I take my multivitamin important?

A: It is recommended that you take your supplement at the same time each day, for example with one of your daily meals. By taking your multivitamin at the same meal each day it can be easier to remember and become part of your daily routine.

- News Canada

Yoga in the heart of Milton



Inner Sanctum

15 Martin St., #3, (Carriage Square)

e-mail: ~wsammur@home.com

YOGA & MEDITATION classes/workshops/supplies

Summer Session begins July 10, 2001
Call to register (905) 876-0551

Inner Sanctum invites you to:

Bring a Friend

Purchase one yoga class or session at regular price, receive a second for 1/2 price.

Coupon must be presented upon registration, and cannot be combined with any other discount or offer.
Limit 1 coupon per participant, coupon limited to 2001 summer session only.

Thinking about quitting?

CALL THE CANADIAN CANCER SOCIETY'S TOLL-FREE SMOKERS' HELPLINE 1-877-513-5333

Dance Elite

Summer Camps

A great way to keep busy this summer and enjoy a variety of creative activities



Junior Camp (ages 7-10)

July 9 - 16,
9:30 a.m.-3:30 p.m.

Intermediate Camp (ages 11-13)

July 16 - 20
9:30 a.m.-3:30 p.m.

Senior Camp (ages 14 & up)

July 16 - 20
6:30-9:30 p.m.

Beginner Camp (ages 5-7)

July 23 - 27, 10:00 a.m. - Noon

Fall Registration

Available Now

Register at the studio
Wed. June 20



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Improve Indoor Air Quality

Did you know that in most homes the level of pollutants may be 10 times higher indoors than outdoors? With people spending as much as 90% of their time indoors it is important to be aware of the quality of air around them.

With a Beam Central Vacuum System allergy sufferers breathe easier. Beam carries dirt, dust mites, pollen and other allergens out of living areas - to a collection canister usually located in the garage - to improve indoor air quality as much as 52%! Beam removes 100% of the dirt, dust and allergy causing particles (including dust mites) it contacts.

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*EPA study shows frequent vacuuming and deep-cleaning improves indoor air quality by as much as 52%.

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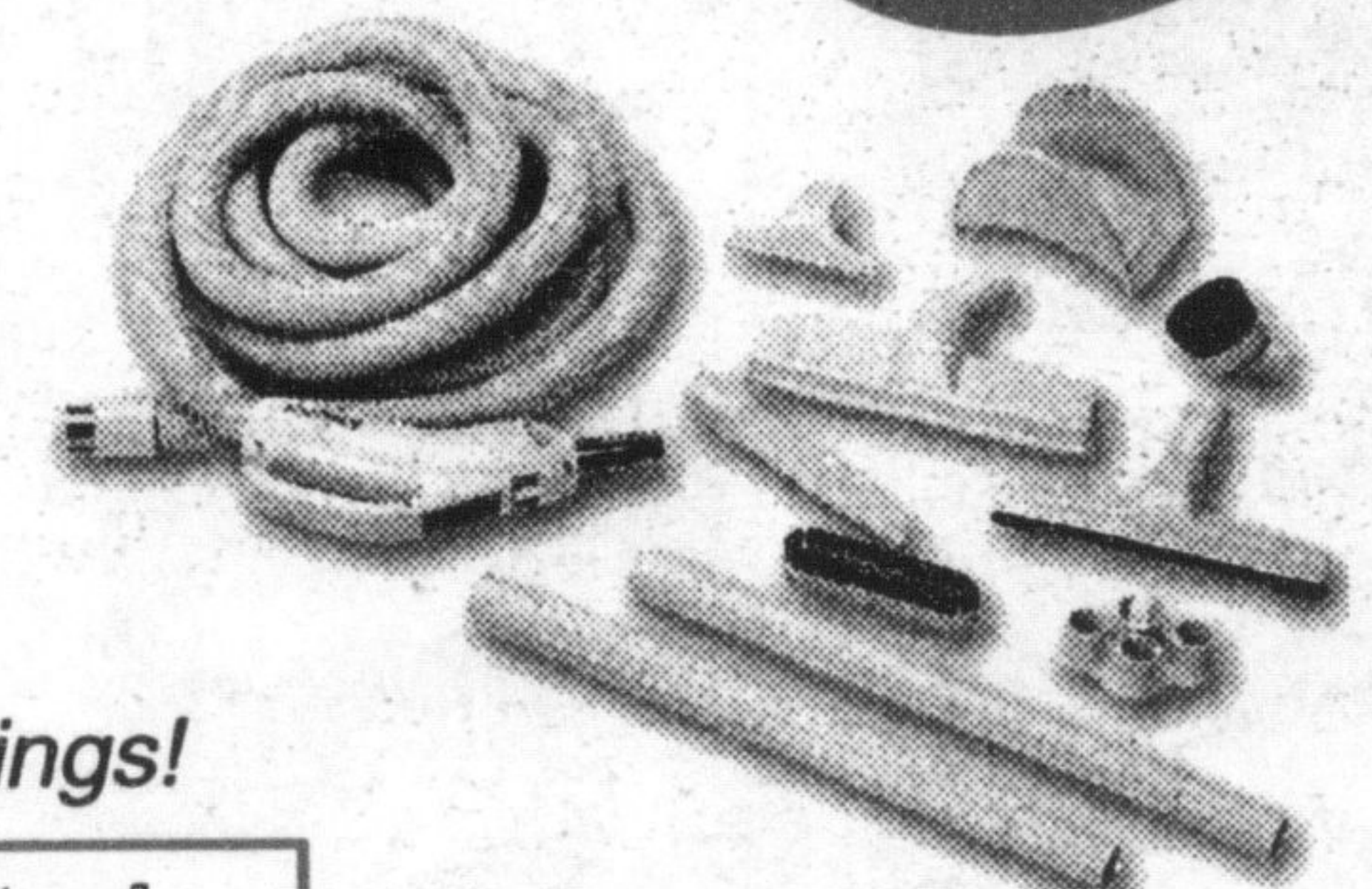
Model 189 Central Vac With 11 piece Air Package



- Powerful 2-stage 5.7" motor will clean most homes
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