

Holiday Gift Guide

Michele lost 42 lbs. 50 inches

BEFORE **AFTER**

Lose your weight for only \$1/pound*

HELD OVER

Q.U.I.T.™
Buy 2 & get 3rd @ 1/2 Price!

You can become smoke-free in just 7-21 days. Minimize withdrawal symptoms & cravings!

\$5.00 OFF
Formula FB™

All natural herbal supplement
- enhances fat breakdown
- stabilizes blood sugar levels
- reduces cholesterol and appetite

\$5.00 OFF
WM 4000™

All natural herbal supplement
- controls cravings for carbohydrates and sugars
- raises metabolic rate naturally
- caffeine and ephedra free

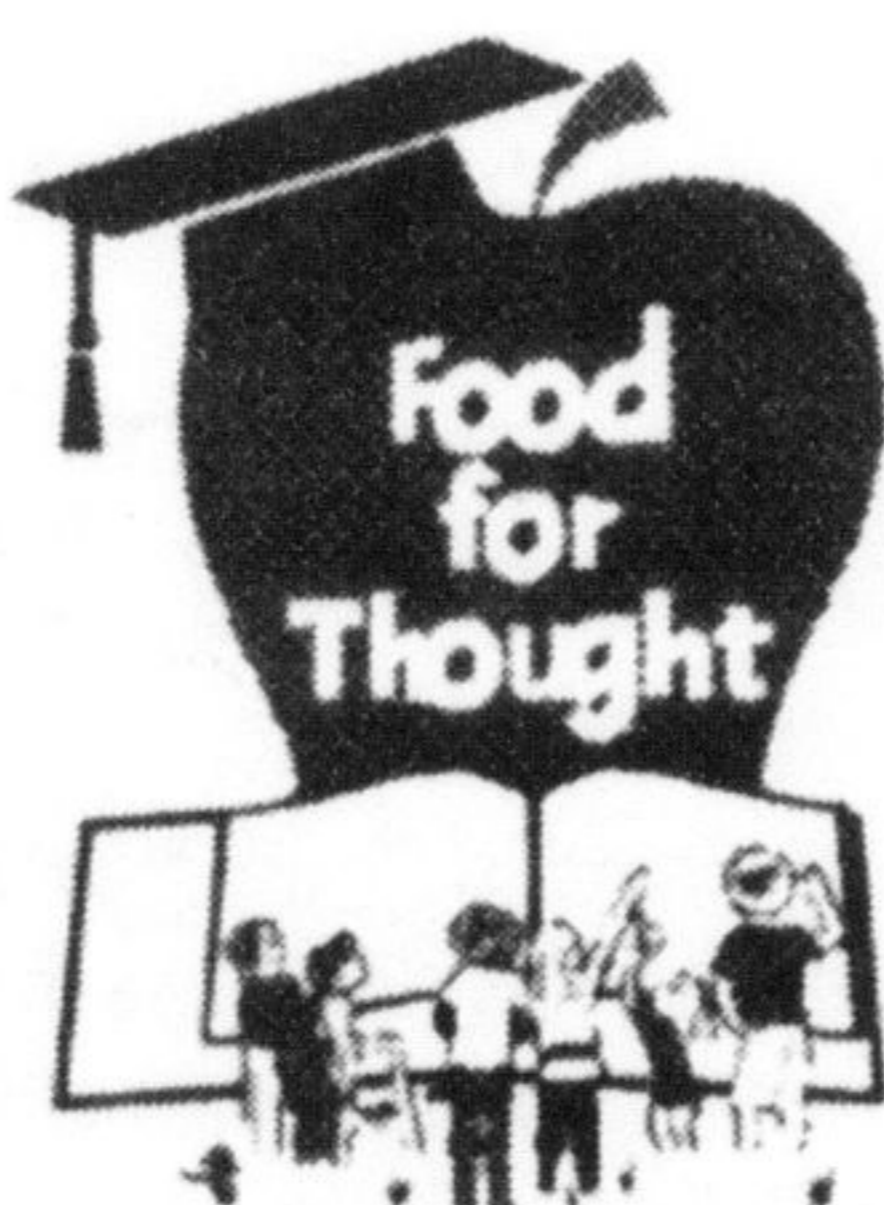
Herbal Magic™
Systems International

15 Martin St. **905-693-9594**
Carriage Square
www.herbalmagicsystems.com

Nutrition Notes

Did you know...

1 in 5 Canadian children are not getting the recommended five servings of fruits and vegetables they require daily.



Halton Food for Thought
Contact Program Coordinator
905-845-5597 ext. 201
foodforthought@cogeco.ca

20% OFF
STOREWIDE
Excluding Jewellery at

JO'LEEN'S
Clothing • Accessories • Gifts

224 MAIN ST. E. MILTON 878-0506
GLITZ • CASUAL • CLASSIC

HALTON HILLS Fine Jewellery Children's Day Specials

Formerly the Gold Connection

Jewellery Boxes \$10.
Jewellery Cleaner \$5.

Selection of Pewter Ornaments
Reg. \$8. ... **Special \$6.**

Sun Catchers \$15.

Charms In stock items only ... 40% Off.

Saturday, December 14

Consult with our Gift Experts

Anita Sue Mike Mary Ann

218 Main St. E. Milton (905) 875-2999
Mon - Fri 9:30 AM - 8:00 PM • Saturday 9:30 AM - 5:00 PM • Sunday 12:00 PM - 4:00 PM
Sunday December 22 9:00 AM - 8:00 PM