



Photo by GRAHAM PAINE

Lucky winner

Sleep Factory's Erminia Cannataro (left) congratulates Lori Gullage — the winner of a 50-inch projection TV — at the Milton Main Street location.

Postpartum health classes being offered

An exercise class to help new moms restore their core is being offered at River Ridge Physiotherapy.

Postpartum Health For Moms is held Tuesdays from 7 to 9 p.m. for four weeks. The next session will begin April 6.

The classes are taught by a registered physiotherapist, and infants are welcome

to come along.

The course costs \$140, which is covered by some extended health plans.

Each session is limited to 10 participants. River Ridge is located at 311 Commercial St., suite 105.

To reserve a class spot, call (905) 693-8852.



Home hardware

PRESENTS

DALE BRACE

Our Colour Consultant

SAT. APRIL 3RD

FROM 10:00 AM - 4:00 PM

Dale will be here to answer all your decorating questions

Receive an
**18 Piece
PAINT
ROLLER SET**

Stk# 1656-489 Reg. \$9.97



\$5⁰⁰
for only

...With Every
FREE
Colour Consultation



Home hardware
building centre

MILTON HOME HARDWARE BUILDING CENTRE

385 STEELES AVE. EAST, MILTON
TEL: (905) 878-9222 FAX: (905) 878-4049

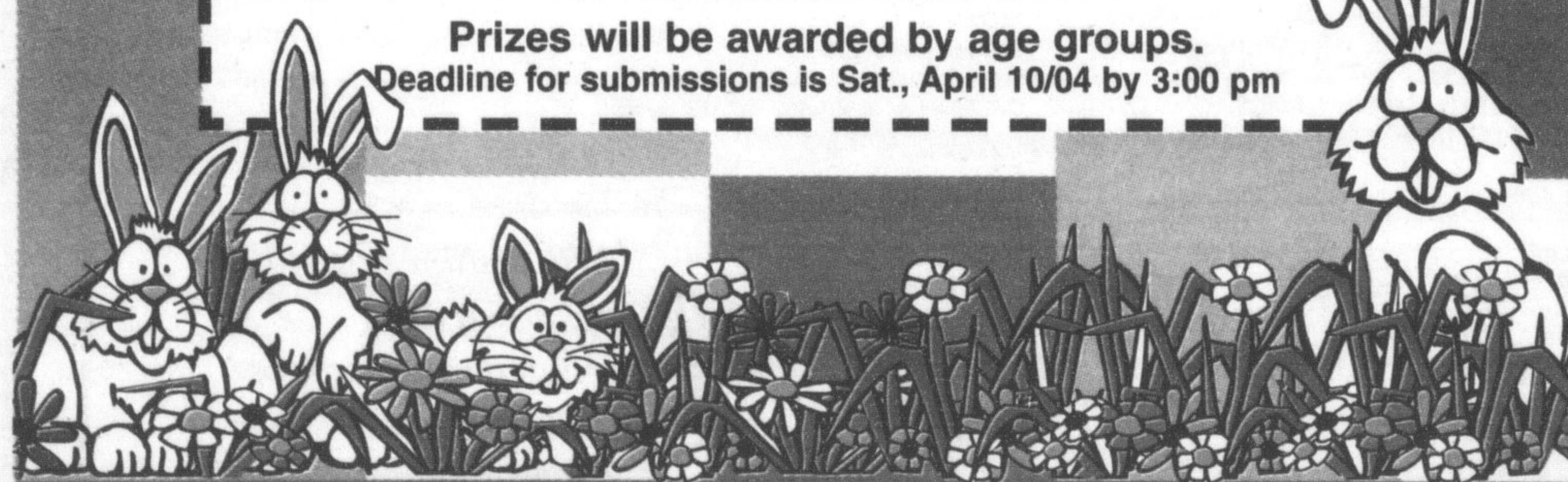
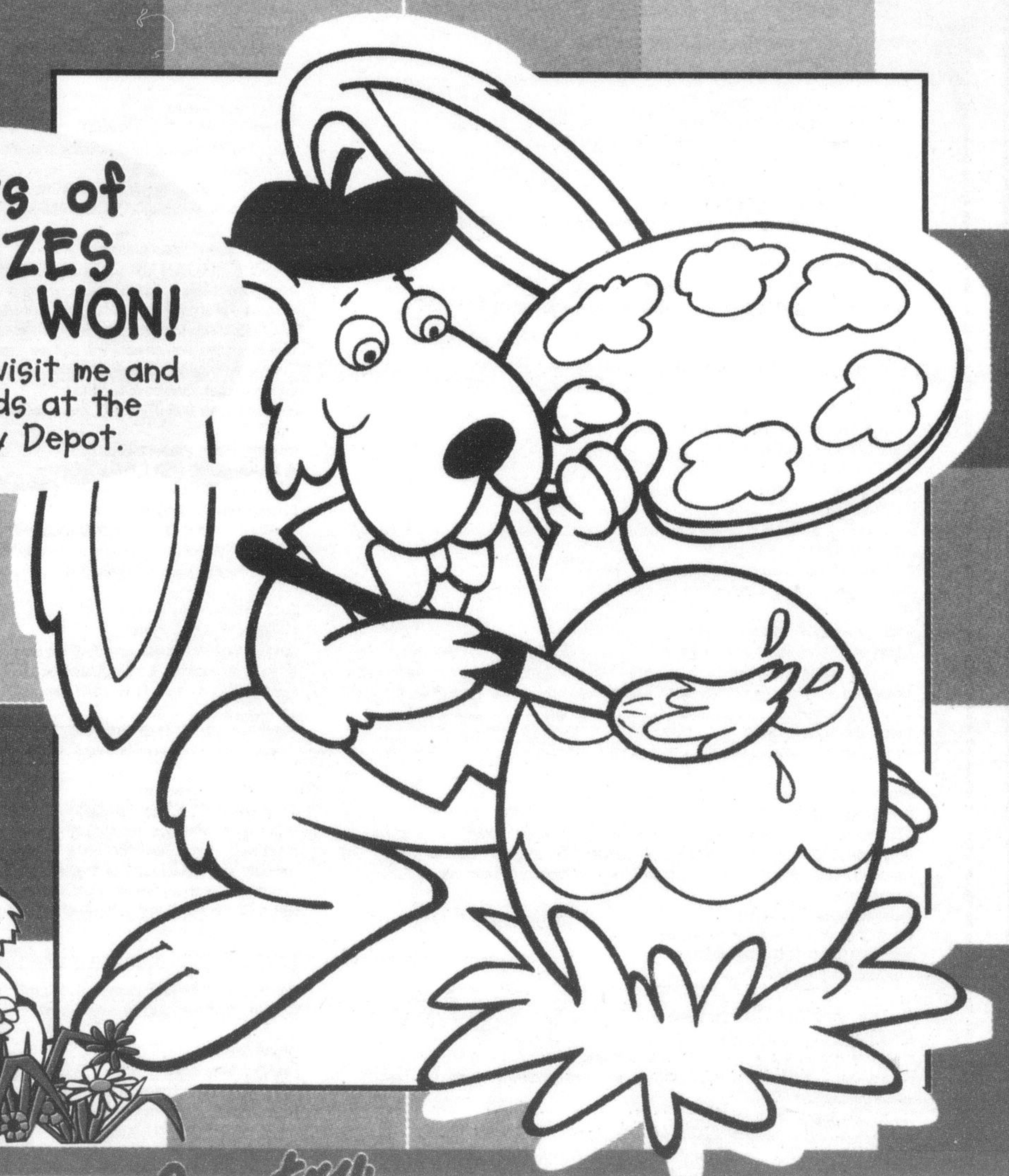
HOURS:
Monday-Friday
8:00AM-9:00PM
Saturday
8:00AM-6:00PM,
Sunday
10:00AM-5:00PM

EASTER COLOURING CONTEST

Lots of PRIZES to be WON!
Come and visit me and my friends at the Country Depot.

Name: _____
Phone: _____
Age (12 & under): _____

Clip out & submit your entry to
THE COUNTRY DEPOT
28 Bronte St. N., Milton
Prizes will be awarded by age groups.
Deadline for submissions is Sat., April 10/04 by 3:00 pm



MILTON Country Depot



28 Bronte St. N.
905-878-2391
• Monday - Friday 8-6pm
• Sat. 8-5pm





- Pet Food & Supplies
- Clothing, Footwear
- Bird Seed
- Lawn & Garden
- Giftware
- Farm Supplies
- Propane
- Equine Supplies