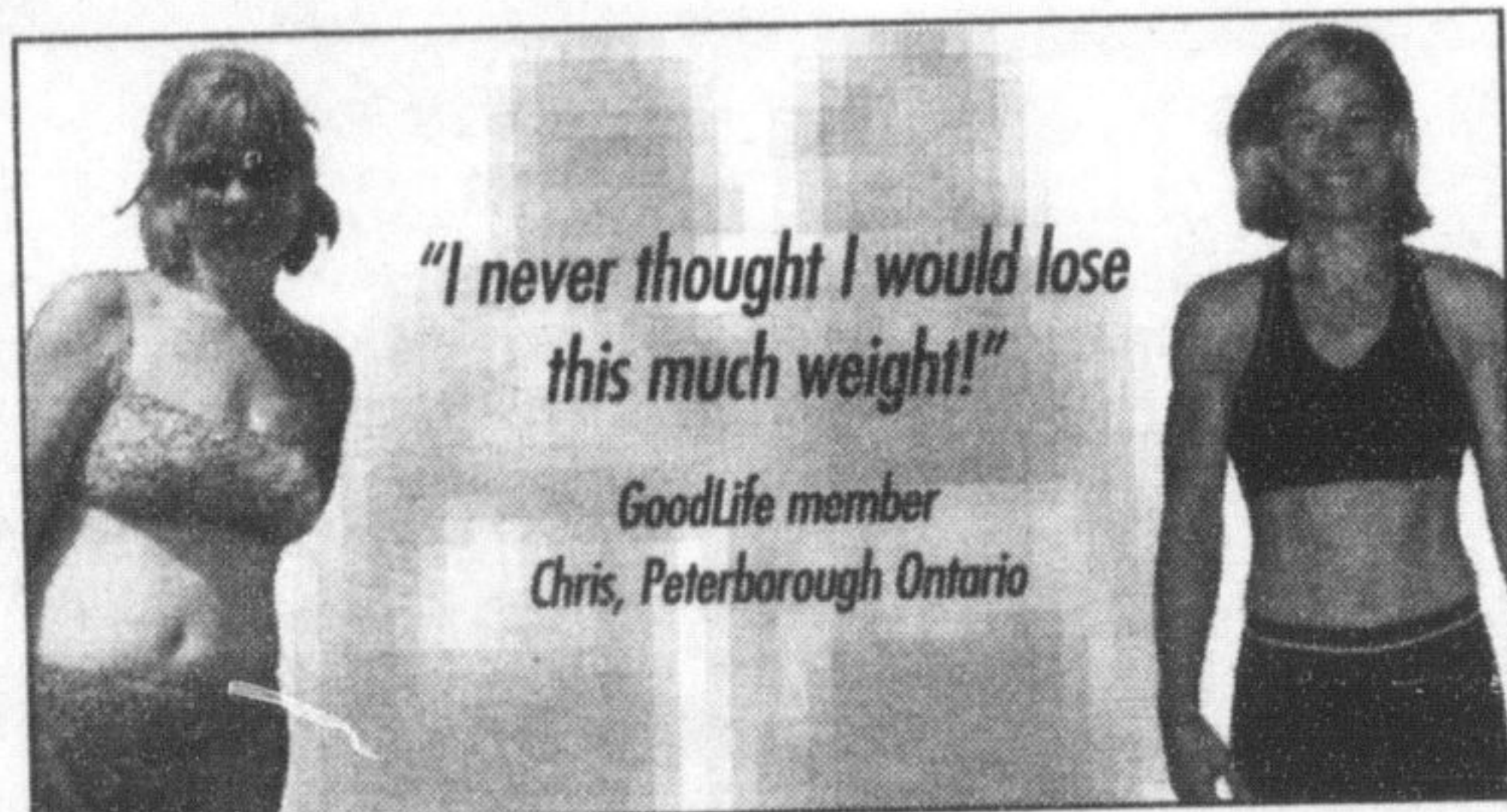


# An opportunity for all women and men who would never dream of getting fit.

**Guaranteed Weight Loss Program and proof we can reduce your risk of heart disease, stroke, diabetes and cancer!**

**See how good you could look in just 10 minutes with the Visual Fitness Planner!**



### The Visual Fitness Planner ...

- is a scientifically based software program that lets you see the impact of a healthier lifestyle right on screen.
- will show you how, with exercise and proper nutrition, you can reduce your risk of heart disease, stroke, diabetes, cancer and lower your cholesterol.
- provides you with diet and meal plan solutions and a journal to log your progress.
- produces a detailed report that provides a comprehensive lifestyle program with targets and timelines for you to reach your desired results!

**Ask these questions to make sure that your fitness club is equipped to help you achieve the results you want.**

1. Is there enough equipment in the club so you can have a quick and efficient workout without having to wait in line?
2. Is the Visual Fitness Planner available so you can develop a comprehensive, results oriented schedule before you begin your exercise program?
3. Is a child minding program available for your children while you work out?
4. Is there an orientation program that takes the mystery out of fitness and makes you feel right at home when you join?
5. Has your fitness club been in business for at least 25 years, providing a level of credibility, stability and reliability?
6. Does your fitness club offer you one membership but access to over 80 clubs across Canada?
7. Are there exclusive group exercise programs available that offer a wide range of classes for people at any fitness level?
8. Are the fitness instructors at your club certified?

**GoodLife Makes It Easy to Get Started!**

**FREE**

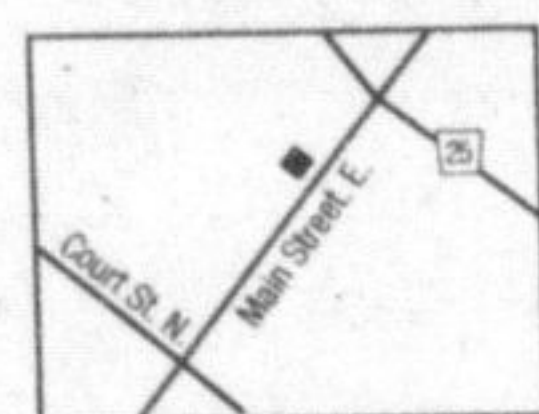
- Visual Fitness Planner Assessment and Detailed Action Plan (Value \$59).
- 7 Day Trial Membership!
- 30 Day Money Back Guarantee\*

\*Minimum 12 workouts in 30 days required to qualify for money back guarantee. First time members only.

**CALL TODAY!**

**(905) 876-3488**

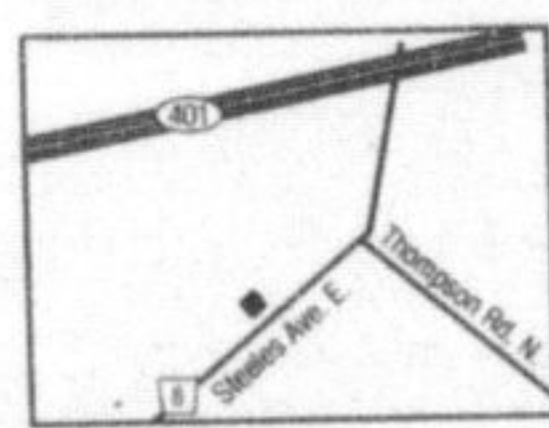
409 Main St., Women Only



or visit us at [www.goodlifefitness.com](http://www.goodlifefitness.com)

**(905) 876-3488**

855 Steeles Ave. E., Co-Ed



Canada's Number 1 Fitness Club

**GoodLife**  
FITNESS CLUBS

Makes it easy™

# Dateline

• from DATELINE on page 10  
Thursday Sept. 9

The Burlington chapter of the Schizophrenia Society of Ontario meets at 7 p.m. in the library of Port Nelson United Church, 3132 South Dr., in Burlington. For more information, call (905) 634-6797.

Milton District Hospital holds a breastfeeding clinic with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jean Gallen at (905) 878-2383, ext. 7030.

The Canadian Federation of University Women, Milton and District, holds a wine and cheese welcome meeting at 7:30 p.m. at Patty Wilcox's home. For more information, call (905) 876-4524 or (905) 878-2421.

Registration is held for Kilbride Beavers, Sparks, Cubs, Brownies, Scouts and Guides at Kilbride Public School in the Community Room from 7 to 9 p.m.

The Fine Arts Society of Milton's Evening Group of Artists meets from 7 to 10 p.m. at the Milton Mall, upper level. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call (905) 854-5753.

Halton Hands In Motion Knitting and Crocheting Guild holds its first meeting of the season from 7 to 9 p.m. at the Georgetown Seniors' Centre, 318 Guelph St. (rear entrance). New and returning members are welcome. Membership costs \$25 per season, and is free for the first visit. For more information, call Diane at (905) 877-1521.

The Milton Seniors' Activity Centre, 500 Childs Dr., holds its free Walking Club, which meets at the centre at 10 a.m. and carpools to its chosen destination. People of all fitness levels are welcome. It holds contract bridge at 1:30 p.m. The cost is \$2 for members and \$4 for non-members. Bid euchre games take place at 1:30 p.m. New players are welcome. The centre holds a foot care clinic in the afternoon, performed by a VON nurse, by appointment only. The cost is \$22. It also holds its Seniors' Cinemas at 1:30 p.m. featuring the action/drama Hidalgo. The cost is \$2, which includes refreshments. For more information on these activities, or to book an appointment for the foot care clinic, call (905) 875-1681.

## BABIES 'R' US Toys "R" Us

Celebrate BabyFest at Babies "R" Us at Toys "R" Us on Saturday, September 11th. In addition to great deals on a huge selection of everything you need for baby, Babies "R" Us hosts various professionals, organizations and services to provide you with the latest facts, tips and services for you and baby.

Participants include THYME Maternity with all the latest fashions and trends, local daycare or healthcare centres, and more. Plus fun activities like in-store games, a free craft session and give-aways while quantities last.

See your local Toys "R" Us store for a list of participants and times and while you're there, pick up a free copy of our 2004 Babies "R" Us Catalogue.

## Time For An Adjustment?

At Kim Family Chiropractic, we focus on total health and well-being. We offer the opportunity to find and eliminate the cause of your problem without drugs and surgery. What sets us apart is how we accommodate our patients. We have early morning and evening appointments, minimal wait times, emergency care and family and senior citizen payment plans. We encourage you to stop by for a visit. Our child friendly and open environment promotes health, wellness and healing.

**Dr. John Kim**

Using the most advanced technology, research-based techniques and post graduate training in the United States, Dr. John Kim's mission is to serve and educate the community on how the body works, how to save

time and money, and most importantly, how to get and stay well. He constantly strives to improve and update his knowledge in the field of Chiropractic and related studies by attending post graduate seminars. His love of Chiropractic and genuine concern for others are two qualities that impress those who know him well.

### Advanced Training

Dr. John Kim has received advanced training in pediatric care through two different American organizations. He is certified in the Webster's In-Utero Constraint Technique for pregnant mothers, which has been featured on The Learning Channel's hit series "A Baby Story", as well as in *Mothering Magazine* and *Midwifery Today*. He also uses a specific table that has special modifications for the pregnant figure. Dr. Kim has also received advanced training

in extremity adjusting and has worked with athletes of all levels.

### Who can benefit from care?

Millions of people benefit regularly from Chiropractic care. Success stories include people that have experienced back pain, neck pain, headaches, motor vehicle injuries, sports injuries, sciatica, poor posture, ear infections, sinus problems, breathing difficulties, colds, the flu and immune problems.

A spinal check up is the only way to find out if we, at Kim Family Chiropractic, can help you!

We invite you and your family for a complimentary consultation. Call today to schedule your appointment.

**Grand Opening**  
Tues. Sept. 14  
7-10 pm  
Everyone Welcome



Dr. Kim, performing a specific adjustment.

**Kim Family Chiropractic**  
Discover your health potential

106 Wakefield Rd. (Across from Milton Mall)  
(905) 878-2333 • [www.healthfromwithin.ca](http://www.healthfromwithin.ca)