

**SHAPIN' UP:** At left, Kristen Gayle takes part in a recent Nia Jam class — a cardiovascular dance program combining classic movement forms from the martial arts, healing arts and dance — at the Milton Sports Centre. The event was a fundraiser for the Milton Community Resource Centre. At right, Carol Fuller tries out the multi-faceted exercise program while (bottom left) Darcel de Sylva (left) leads the class.

GRAHAM PAINE / CANADIAN CHAMPION



We're unlocking the secrets of heart disease one door at a time.



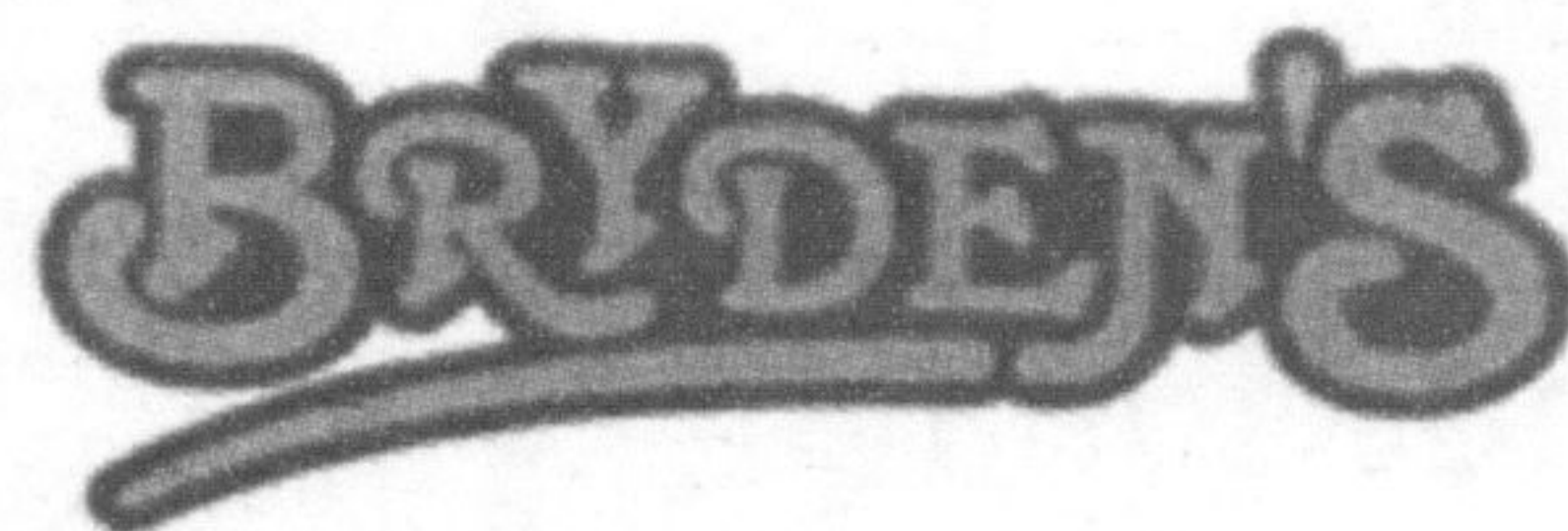
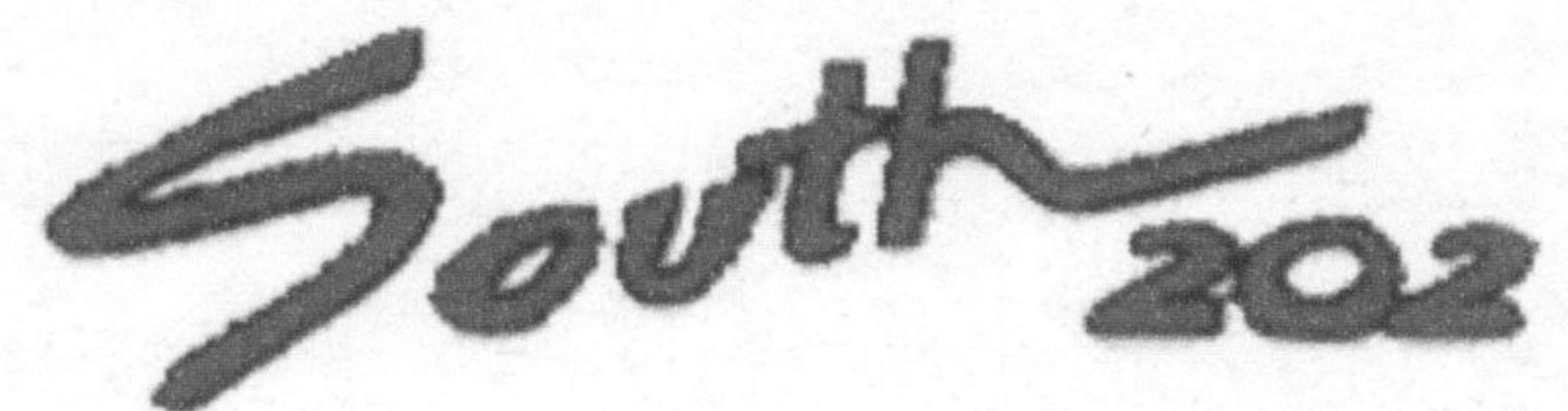
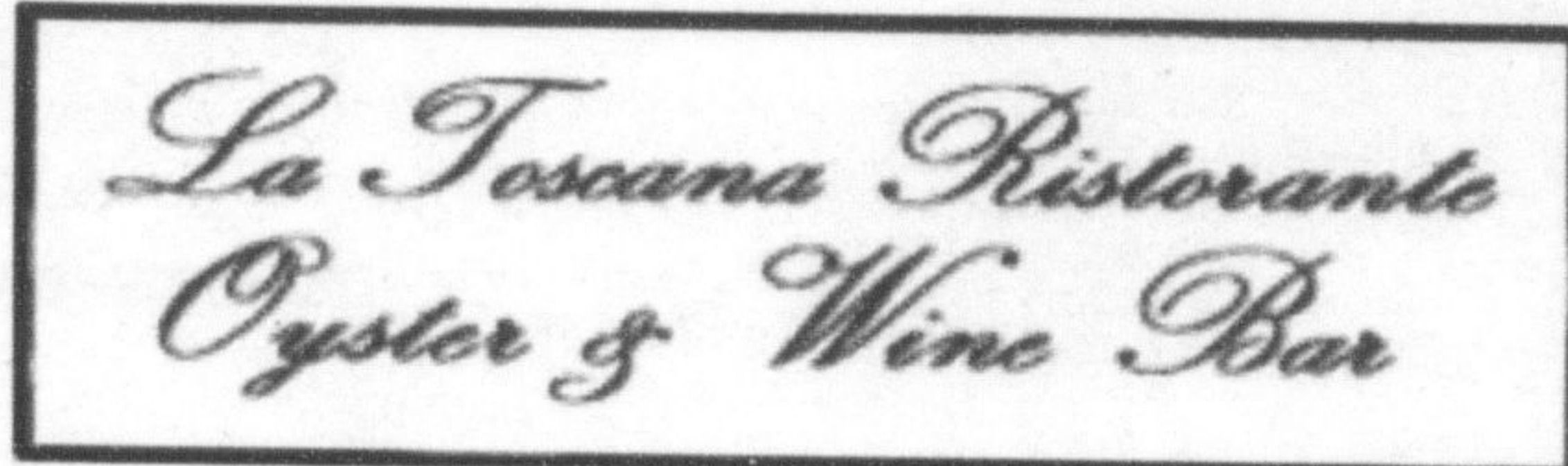
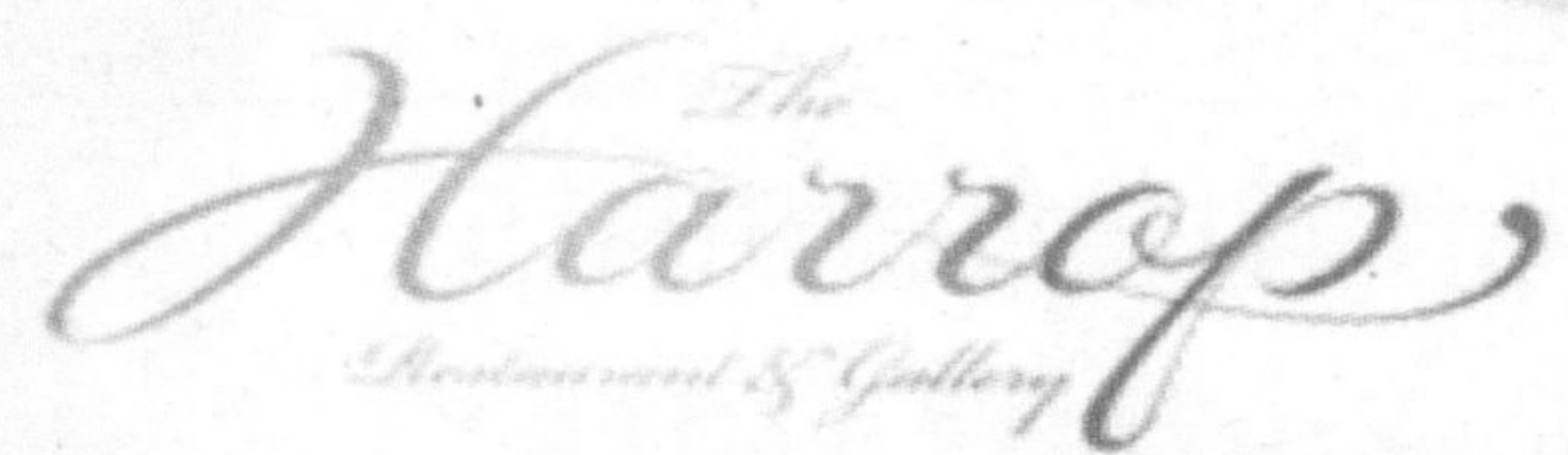
February is Heart Month. Please give.

Finding answers. For life.

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5 "Meals for 2"  
To be Won  
online

"Your Local Restaurant Guide"



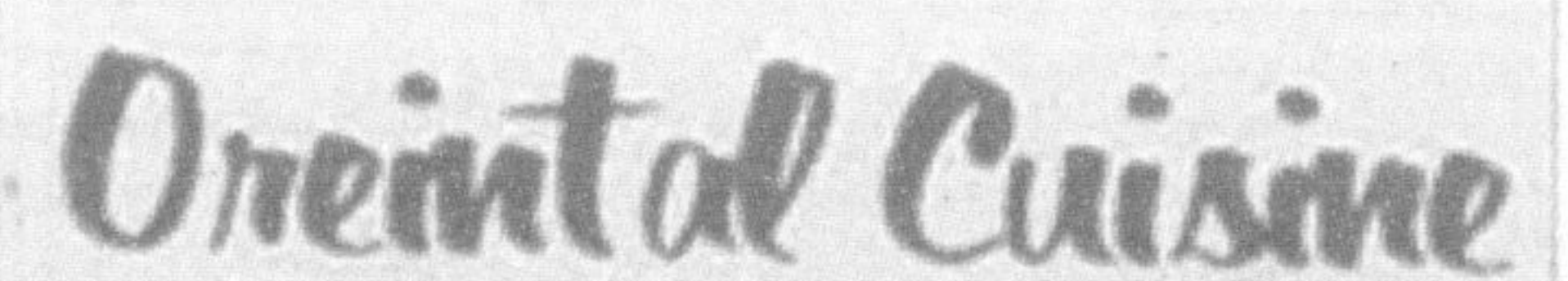
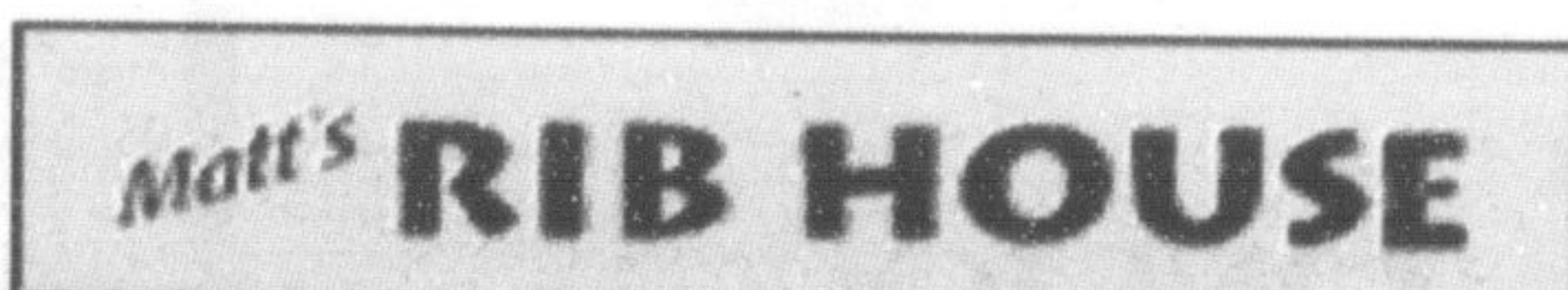
Dining Out, Picking Up or Home Delivery

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Menus - Coupons - Specials



The Trail Eatery  
"Excellent Food, Hearty Portions"



Milton - Campbellville - and more to come