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GRAHAM PAINE / CANADIAN CHAMPION

A HEARTY KICK-OFF: Mayor Gord Krantz joins Heart and Stroke Foundation of Ontario area co-ordinator Robin Gooch (left) and area manager Carolyn Seabrook-Ferguson in a ceremonial flag raising at Town Hall to proclaim February as Heart and Stroke Month. Volunteers will be going door-to-door this month, offering Miltonians heart healthy messages and collecting donations.

Studio HARMONIA

Mindful movement for body & soul

Fundraiser for MDH CT-Scanner

Sunday February 18, 2007 1 to 4 p.m.

DANCE, SHOP, DRUM, BID & INDULGE YOURSELF
Let's Live, Love and Laugh away the February Blues:

Dance the **Nia** way from 2 to 3 pm

- Pay entrance donation or call for a pledge sheet
- Prize for Dancer with most pledges
- **Hand Drumming Circle "All ages welcome" 3-4pm**
- **12 Fabulous, One of a Kind Vendors**
- **Silent Auction**
- **Relaxation Treatments (\$1/ minute)**
- **Psychic Readings (\$1/minute)**
- **\$20 entrance donation—kids free!**



Local Business 'Team' Nia Challenge
Kick off your shoes and join us for a fun filled afternoon of dance and laughter!
PRIZE for 'team' with most participants!!!!

Bronte Corporate Centre

410 Bronte Street South, Suite 201
South Entrance, Milton, ON L9T 0H8
Just North of the Hospital.

905 875-0075

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Milton District Hospital Foundation
Our Family, Our Community, Our Hospital

Charitable Registration No. 119245330 RR 0001
Milton District Hospital Foundation