

# Health & Tranquility

## Why Can't Fitness Be Fun?

*Fitness and Fun; two words that people hardly put together, but why not? Why can't fitness be fun?*

*At Live Once, that is exactly what the owner Elisabeth Magalhaes has set out to accomplish. Having over 15 years of professional experience in the fitness industry and over 8 years in dance; she wanted to take something that many find boring, laborious, generic or just too painful and turn it into something that you will enjoy doing, want to do, look forward to and, in the end, actually gives you results.*

*With certified and experienced staff, the classes at Live Once are small and intimate, safe and effective. As a mom of three, Elisabeth understands how precious and limited your time*

*is, so classes are designed to not only be fun, but efficient and effective! There is something for every woman there no matter her age or fitness level.*

*Try their fun and exciting Pole Dancing classes, or the more athletic Pole Fit classes, Tush n Abs, Flex n Stretch, Yoga Pilates Fusion, Spinning, Fitness Boxing and more! They also provide certified Personal Training services to help you achieve your goals one on one. Do you have a bachelorette, birthday, girls night out or any party to plan? Why not have a pole dance party with your friends either in studio or in home? What are you waiting for? Check out Live Once to rediscover how fun fitness really can be and do your body good!*



**LiveOnce**  
Pole Dance & Fitness Studio

- Pole Dance
- Pole Fit
- Spinning
- Parties
- Personal Training & more

www.LiveOnce.ca  
905-878-9125

Live Once is located at 100 Nipissing Rd. Unit 6, Milton, ON, L9T5B2, (905) 878-9125



**OSTEOPATHIC SERVICES**  
with  
**Meredith Craigie**  
BPHE hons., CK, CMT, NT, Osteopathy (CC)

- migraines
- TMJ (jaw pain)
- anxiety / depression
- lower back pain
- women's health
- whiplash injuries



Tel. 905-693-8043  
Fax 905-693-9612  
550 Ontario Street South,  
Unit 7, Milton, ON, L9T 5E4  
info@advantagephysiotherapy.ca  
www.advantagephysiotherapy.ca

## AdjusttoHome

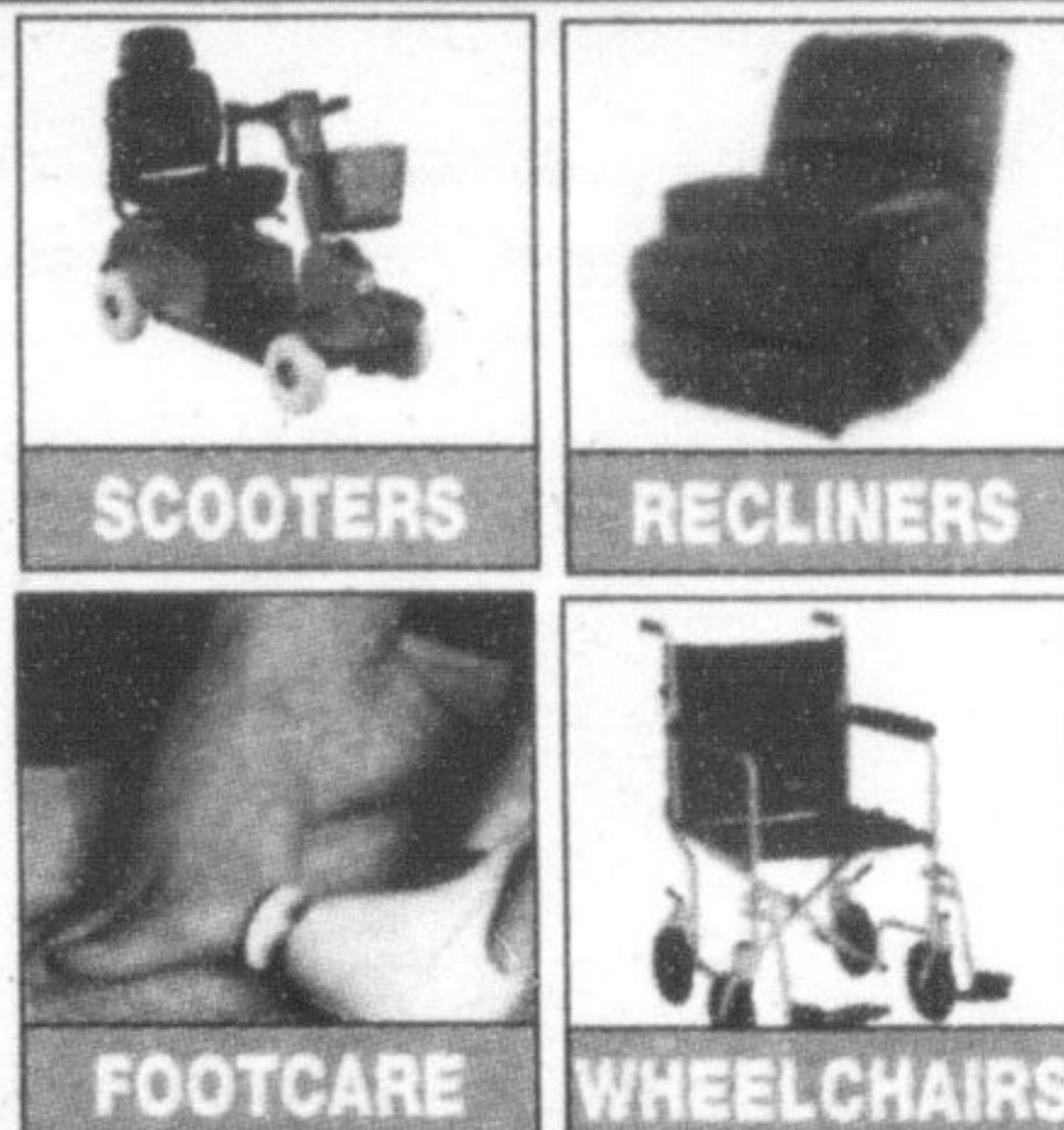
Milton's Local Source for all Home Health Care Products

We carry **SADLIGHTS, JOBST, SIGVARIS & Airway Compression Stockings** as well as **Travel Socks.**

A full line of splinting with names such as **Anatech, POP, Dynatrack and BioSkin.**

Other brands such as **Tena, Tranquility, Obus Forme** and many others.

We also sell and rent **Wheelchairs, Rollators, Bath Equipment and Medela Breast Pumps.**



SCOOTERS

RECLINERS

FOOTCARE

WHEELCHAIRS

## 15% OFF Every Wednesday!

**MANY PRODUCTS AVAILABLE:**

- Medical Accessories for daily living in your home
- Wheelchairs
- Walkers
- Scooters
- Bathroom Accessories (ie. Tub Transfer benches)
- Crutches
- Medical Supplies
- Mastectomy & Ostomy Supplies



... and  
*Much, Much More!*

### WE ARE OPEN

Monday ..... 9:30 am to 5:30 pm  
Tuesday ..... 9:30 am to 5:30 pm  
Wednesday ..... 9:30 am to 5:30 pm  
Thursday ..... 9:30 am to 5:30 pm  
Friday ..... 9:30 am to 5:30 pm  
Saturday & Sunday ..... CLOSED

400 Bronte Street South, Unit 108  
**905.878.1142**

Located in the Bronte Corporate Centre • Minutes from the Milton District Hospital

## Living Well Pilates

**NEW FALL CLASSES ADDED!**



Mary German

**Call For A FREE Session**

**"Pilates For All Bodies"**

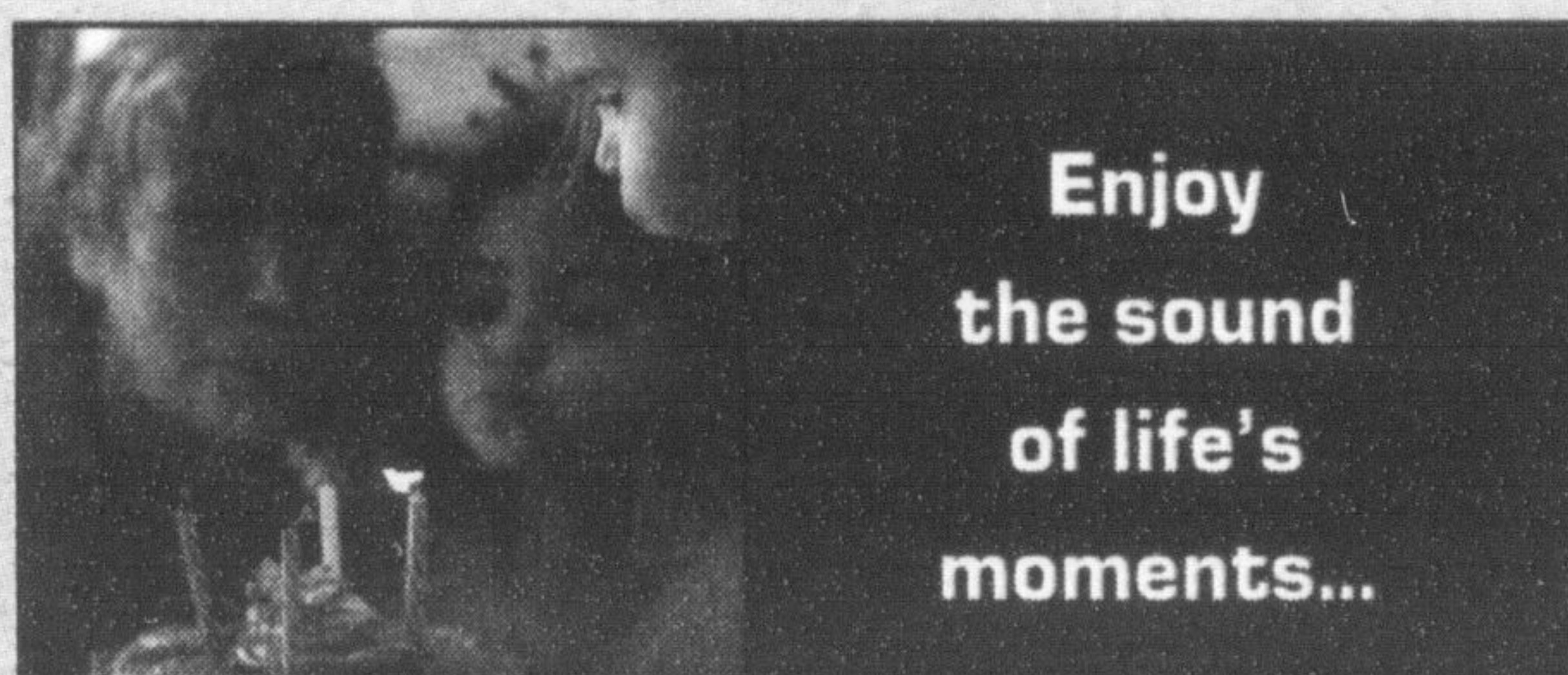
**905-875-0075**

**OAKVILLE**

2251 Westoak Trails Blvd., Unit 4

**MILTON**

Bronte Corporate Centre  
410- Bronte S., Suite 201, South Entrance  
www.livingwellpilates.com



Enjoy  
the sound  
of life's  
moments...

### Hearing is for Life.

Don't miss sharing the secrets and the laughter. 40% of people under 65 experience some hearing loss. And, like checking your eyesight, early detection can help. Call **905.878.1100** to book an appointment today.

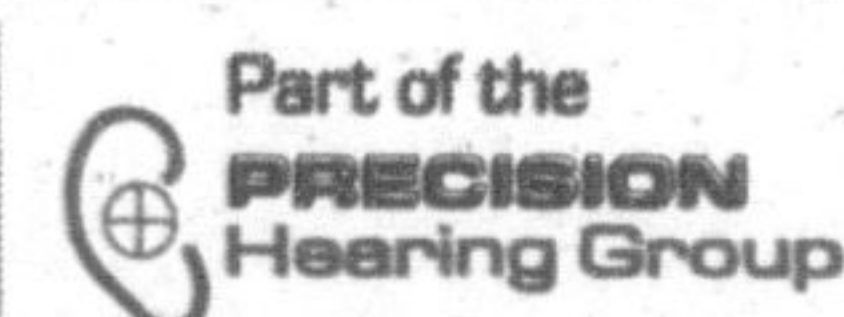
### Visit our Open House.

Date: Thursday, October 30, 2008  
Location: Unit 107 - 470 Bronte St. S. Milton, ON  
Time: 9:00 a.m. - 5:00 p.m.

**When you visit, take advantage of:**  
Up to **\$500\*** off each Yuu™ hearing aid!

\*Rebate issued at the time of order. Devices returned for credit are not eligible for rebate.

Milton Hearing Centre



## The SureSlim Method

~ NO Pills ~ NO Injections ~ NO Starvation ~ NO Packaged Food ~  
~ NO Shakes ~ NO Counting Calories ~ NO Excessive Exercise ~

Autumn is the time to get back into routine after the indulgence of the summer. Why not include a weekly visit to your personal consultant at SureSlim to get additional weight off safely and rapidly. You'll be a slimmer you and learn to **control your metabolism** for the upcoming Holiday Season!! It's just around the corner!

**It's not you ... It's your metabolism!!!**

We can't choose our metabolism but we can choose how we get it to work. Your metabolism controls your weight.

We have medical labs do your blood analysis so that our specialists & doctors can gain a detailed understanding of your metabolism. We then formulate your **personalized eating plan** to lose maximum unwanted fat safely and rapidly.

Bring in this ad and upon enrollment you will receive a \$25.00 Gift Certificate towards products! Refer your friends and neighbours too. & we'll give you additional certificates when they enrol. Expires Oct 31, 2008.

**Oakville**

**905-257-1102**

Burlington 905-331-7400

Hamilton 905-318-3234

St Catharines 905-684-4848

Newmarket 905-895-SLIM (7546)

**1-877-SLIM-977**



**SureSlim**  
WELLNESS CLINIC

Call Now or Book Online at [www.sureslim.ca](http://www.sureslim.ca)  
for your FREE INFO SESSION on our **unique SureSlim Method!**