



GRAHAM PAINE / CANADIAN CHAMPION

A FIT-ING START: Studio director Mary German rests on a swiss ball in one of the studios during the recent grand opening of Living Well Pilates on Bronte Street. Pilates is a core-strengthening exercise, with emphasis on the abdominals and back muscles.

Hortons' Camp Day Wednesday

Buy a cup of coffee and help change a child's life.

Once again, it's time for Tim Hortons' annual camp day. On Wednesday, every penny from coffee sales at Tim Hortons stores across Canada and the United States will go toward sending more than 14,000 kids to camp.

The kids selected to attend a 10-day sum-

mer camp summer session or seven-day winter session are between nine and 12 years old. There are six camps supported by the Tim Horton Children's Foundation.

Kids are chosen based on who would most benefit from the camp experience.

While there, they participate in a wide range of activities designed to build self-confidence, self-esteem and leadership skills.



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Multiple Sclerosis Society of Canada

MS SOCIETY HALTON REGIONAL CHAPTER

Presents

MS SUPPORT GROUP

**WEDNESDAY,
JUNE 10th, 2009
7:00 pm**

CIBC

Maple Avenue @ Thompson and Steeles • Milton, ON

ADAPTED EXERCISE PROGRAM

Milton Leisure Centre
Classes starting soon

Register by contacting the office

OUR MISSION:

"To be a leader in finding a cure for multiple sclerosis and enabling those affected by MS to enhance their quality of life."

MS SOCIETY HALTON REGIONAL CHAPTER

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www.mssociety.ca/halton

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