

Hot & Frozen Meals

Gift Certificates Available
 *Those recuperating after a hospital stay also qualify for meal delivery.



Delivered to Your Home Daily

Over 70 Meals to Choose From

Vegetarian & Diabetic Meals Available

ALSO A LARGE VARIETY OF SOUPS & DESSERTS

Thank You Milton

for Nominating

MILTON MEALS ON WHEELS AS Favourite Senior Services!

Milton Meals on Wheels
905-878-6699
 miltonmeals@gmail.com
 www.miltonmow.com



CHARITABLE REG. NO (BN) 89398 8469 RR0001



Thank you For Nominating us Favourite

Nika
 NATURAL HEALTH

- Holistic Healing
- Naturopathic Nisha Thadani
- Weight Control Services
- Doctor-Nisha Thadani
- New Business

Nika Natural Health is Milton's integrated wellness boutique, providing you with a superior natural healing experience for a strong mind, body and spirit.

330 Bronte St. S., Unit #208, Milton
905-864-8804 • www.nikanaturalhealth.com



Specializing in
REPAIRS & RENOVATIONS
 to your home or workplace

Handymen Enterprises

ENJOY A CHANGE,
 HOME IMPROVEMENT OR PREP TO SELL

Thanks Milton for Nominating us

JIM BURNS - PAINTER & HOME IMPROVEMENT CONTRACTOR
 HANDYMAN, RENOVATIONS, PAINTING SERVICE

- Bathrooms
- Basements
- Kitchens
- Decks
- Painting
- Tiling
- Odd Jobs
- You make the list....

CALL JIM 905-878-8751
 Fully insured References available



enhance
 COSMETIC CENTRE & SPA

Thank you Milton

for nominating us for best:

- Spas/Esthetic Service
- Esthetician

(Britany, Erica, Joanna, Megan & Sarah)

- Massage Therapist (Alana and Michelle)
- Holistic Healing
- Laser Hair Removal
- New Business

We appreciate your support!

NEW CLIENT EVENT....

We invite you to come and visit Enhance Cosmetic Centre & Spa....

• 50% OFF Laser Hair Removal

for new clients. First treatment only. Come and find out why our experience and technology will give you the best results. Existing clients get 50% off 1 treatment on a new area!

• 50% OFF Eminence Organic Facials just \$49.50

for new clients. We are so sure you will love our organic facial line! Existing clients purchase 2 Facials and get a 3rd FREE.

238 MAIN STREET EAST, MILTON
 (AT MAIN & MARTIN, PARKING AT REAR)
 Call or Text 905.864.0000 | www.enhance.ca



Offers not valid with any other offers. Expire October 31, 2014

THE **DANCE ELEMENT**

THANK YOU MILTON FOR NOMINATING US FAVOURITE:

- DANCE STUDIO - ADULT
- DANCE STUDIO - CHILDREN
- DANCE INSTRUCTOR - TAYLOR DEGEER MACKENZIE
- SUMMER CAMP

Celebrating Our **10th Season!**

We Offer Classes In:

- B-Boys Breakdancing
- Hip Hop
- Jazz
- Tumbling Tots
- Ballet
- Tap
- Acro
- Lyrical/Contemporary & Boys Boom Squad
- Adult Jazz
- Tap
- Hip Hop & Ballet

Ages 2 & Up
 Boys 1/2 Price
 Closed Circuit LCD TV
 Viewing into Each Class

330 BRONTE ST. S, UNIT 214/215, MILTON • 905.693.8113
 info@thedanceelement.ca • www.TheDanceElement.ca

