

Yoga on Main Street, recently held its grand opening.

tor Salma Elkassaby. Inset, acupuncturist and Chinese

Above, registered massage therapist Lisa Casarin (right)

demonstrates a stretching exercise on naturopathic doc-

medicine practitioner Regine Gorospe demonstrates her

practice on a client. Michael Ivanin / Special to the Champion

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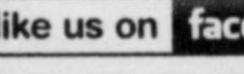


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3 Family-friendly Sunday Services

> 9am 10am* "Also in Spanish

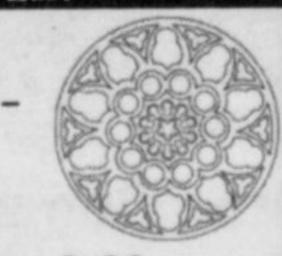
> > 6.30pm

NEW LIFE CHURCH FOR GENERATIONS TO COME

824 Thompson Road South newlifemilton.com Dan Rogge, Pastor

St. Paul's United Church 123 Main Street East

Sunday Worship -New Times!



St. Paul's Annex - 9:30am Kids Program - 10:00am Traditional Worship - 11:00am

Drop in for coffee Fridays at 10:30am

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