

Ink Jet Cartridges



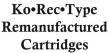






Canon • Hewlett Packard • Epson • Lexmark









Universal Refill Ink for Most Cartridges

We also supply toner cartridges and fax film.



Photocopies • Laminating • Binding • Faxing • Canpar Courier Service 26 Cold Storage Road, Picton • 476-3272

STORE HOURS: Monday through Friday 8:30 am to 5:30 pm

Kitchen



Renovations

Save by re-facing your existing cabinets with new solid wood raised panel doors and drawer fronts.

Cabinet Work

Kevin Cole

Milford, Ontario Phone 476-2789

The Power of Raw

Are you interested in Optimum Nutrition, Health & Well-Being?

Learn how to prepare living foods from the noted Raw Food Expert and Certified Health Educator Erika Wolff.

Erika offers:

Nutrition Counseling and Guidance: One on One; family and children. In-person, by telephone or Skype.

- Weight Loss through Lifestyle changes.
- Healing Diabetes with Living Foods.
- Increasing Fertility. A plant-based diet increases circulation, and thus fertility.

Personalized instructions in Erika's own kitchen and dining room.

- Workshops: Evenings, or All Day Hands On.
- Retreat Weekends: Experiential, Lectures, and Fun.

To learn more about Erika's Workshops and Retreats call 613-476-0302 or visit www.powerofraw.com

