

Introducing...

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- 5 e-mail addresses
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- Personal web space
- \$44.95 per month

\*Depending on range

SENDING THE SIGNAL

968.7137 info@kos.net www.kos.net

## Kitchen



## Renovations

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

Cabinet Work  
by

**Kevin Cole**

Milford, Ontario  
Phone 476-2789

## Ink Jet Cartridges



Canon • Hewlett Packard • Epson • Lexmark



**Ko•Rec•Type**  
Remanufactured  
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**Universal**  
Refill Ink  
for Most Cartridges

*We also supply toner cartridges and fax film.*

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

## 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](http://www.powerofraw.com)

