

WINTER REGISTRATION

If you've been trying to lose weight for years and years... Just give it a try the **CAMBRIDGE** Diet Way. Contact your Independent Cambridge Counsellor. Phone 479-5746



The **CAMBRIDGE** Diet. It's what you've been looking for!

INTERIOR DECORATING

- learn to decorate like a pro
 - 4 week program - \$80.00
 - starts in January
- Limited Registration

CALL 477-0874

NOW IN MARKHAM & UNIONVILLE



- * A unique exercise & creative movement program for 3 to 5 year olds.
- * Teaching balance, coordination, rhythm, the joy of exercise & proper nutrition.
- * Classes instructed by Sharon M. Walsh, A.I.S.T.D. (C.S.B.) Choreographer, Fitness & Dance Teacher (10 years).
- * Limited class sizes, to avoid disappointment.....

BRING YOUR FAVOURITE TEDDY BEAR & REGISTER TODAY!

In Person Registration at Crosby Memorial Arena on Saturday, January 23rd between 10:00 A.M. and 2:00 P.M. OR Call 640-6567 for more information.

Fine Art of Music

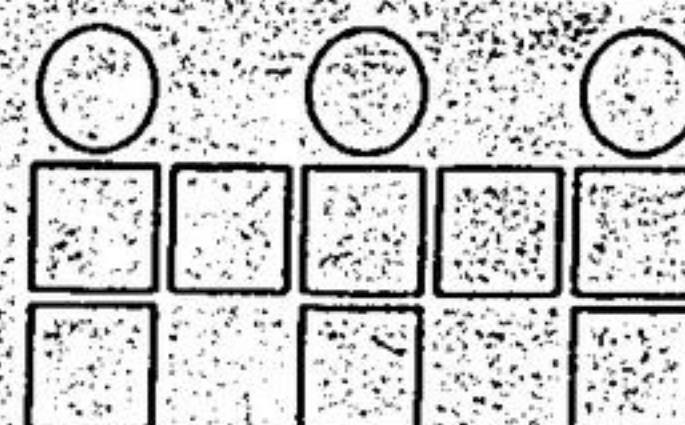
ENROLL NOW FOR MUSIC LESSONS

Starting January

- PIANO
- ORGAN
- KEYBOARD
- GUITAR

471-4656

1 Mintleaf Gate
Mintleaf Plaza
Markham



THE MARKHAM - STOUFFVILLE FAMILY LIFE CENTRE REGISTER NOW! COURSES FOR FAMILY LIVING

Programs for Families, Adults, Teens and Preschoolers

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| • Enjoying your children | • Living with teens |
| • Fathers enjoying their children | • Single again |
| • Musical adventures for families | • Creativity through drawing |
| • Dynamic Relationships — the Challenge | • Defensive driving |
| • Assertiveness | • Young adult group |
| • Infertility group | • Women's life enrichment group |
| • Stress workshop | • Mother's guide to starting a business at home |
| • Stress and relaxation techniques | • Women's book club |
| • Positive parenting | • Babysitting |
| • Continuation of positive parenting | • Teen group |
| • Child Engineering Workshop | • Career Focus for teens |

EDUCATION OFFICE:
1151 Denison Street, Suite 10
Markham, Ontario, L3R 3Y4
475-0433

REGISTRATION INFORMATION
Register in person at:
1151 Denison St. Ste. 10
Jan. 22, 3:00 p.m.-6:00 p.m. &
Jan. 23, 10:00 a.m.-1:00 p.m.
or 113 Main St. N. Markham
Jan. 29, 3:00 p.m.-6:00 p.m. &
Jan. 30, 10:00 a.m.-1:00 p.m.

To Advertise Your Winter Registrations: