

# Balance: the 4th annual Toronto North Women's Show

From 10 am to 8 pm, February 8 and from 10 am to 6 pm, February 9. All day pass - \$10

## The Lecture series continues...

4 pm - 5 p.m.

**Medication for Women Who Do Too Much**  
Peter Dennis, B.Comm., B.Ed., M.B.A. offers the "ultimate stress management" technique.

5 pm - 6 pm

**Is There Truth in the Stars?**  
Leslie Traill - Astrologist and teacher invites you to explore the science of Astrology. What can we expect in the 21st century?

7 pm - 8 pm

**Yoga Retreat**  
End your day with the ultimate "night cap".

### Sunday, February 9

11 am - 12 pm

**Love Yourself, Heal Your Life**  
Trained under Louise Hay - Catherine Wood, B.Comm., CLU, CHFC discusses 10 points on how to love yourself more deeply to get what you want from life!

11:30 am - 12:30 pm

**Yoga Retreat with OLGA**  
Communication 101

Elaine Chadwick, Family and Marriage Therapist. Are you ready to express your needs and wants without feeling guilty, fearful or needing to dominate?

12 - 12:45 pm

**Dealing With Breast Cancer**  
Presented by the Canadian Breast Cancer Society

12:30 pm - 1:30 pm

**Mentoring For Excellence**  
Certified trainers from the SOMA Centre will teach you rapid ways to reduce stress and respond more effectively to life's ever-changing demands.

1 pm - 2 pm

**Achieve Your Fullest Potential**  
Dr. Wayne Carman, M.D., F.R.C.S. discusses Cosmetic Surgery do's & don'ts.

1:30 pm - 2:30 pm

**Yes, You do Have The SMARTS!**  
Gwen McIver-Knox, architect of the Woman's Way Program at the Centre of Entrepreneurship, Centennial College, puts a female spin on "How to Start Your Own Business".

2 pm - 3 pm

**Energy & Life Energy**  
Dror Rotkovitch, B.Sc., Natural Health Therapist discusses the ability to create and tap unlimited energy.

2:30 pm - 3:30 pm Yoga Retreat

3 pm - 4 pm Handwriting Analysis  
Peter Dennis, B. Comm., B.Ed., M.B.A. offers a window to your personality and understanding others.

3:30 pm - 4:30 pm

**Laughter Is the Best Medicine**  
Dr. Phela Goodstein of the Institute of Humor demonstrates how humor and laughter can help us deal with stress positively.

4 pm to 4:45 pm

**Fashion Show**

Is presented by Your Fashion Image

4 pm - 4:45 pm

**Sexism in the Workplace**  
Lisa Ducharme of the North York Women's Centre focuses on common concerns of the ongoing gender struggle.

4:30 pm - 5:00 pm

**Protect Yourself**  
Ron Yamanaka, world renowned Martial Arts Instructor demonstrates the tools available to feel secure anywhere, anytime.

### Prizes for the Show

- Daily Prizes are drawn every half an hour.
- Relaxing Massage - Mind-Body Health Centre
- Deluxe Juice Extractor - Braun
- Pasta Buffet Dinner for two - Radisson Hotel, Markham
- Motif Blanket - Linda Lundstrom Ltd.
- Oral B Ultra Plaque Remover - Braun
- \$500 Cruise Gift Certificate - Cruise Holidays of Markham
- Flavour Select Coffee Maker - Braun
- Fitness Membership - Club Markham
- Designer Sunglasses - Markham Vision
- Spa Package - The Sarum Room



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**Welcome Back Rita**  
Previously our esthetician at our Sheraton Hotel Location

LABORATOIRE DR RENAUD **905-477-3646** YONKA  
20 Fred Varley Dr., Unionville

Invites you to attend

## WINTER WORKSHOPS

Markham Stouffville Hospital

Quality Community Health Care

<b>Community Living Skills Group</b> Thursdays 10:45 a.m. - 12:15 p.m. Call (905) 472-7011 one day prior to register	<b>Understanding Depression</b> Tuesday evenings 6:30 p.m. - 7:30 p.m. Call (905) 472-7011 one day prior to register
Social Networking Feb. 6	What is depression? Feb. 18
Self-Esteem Feb. 13	Review of Depression: Causes & Treatment Feb. 25
Anger Management I Feb. 20	Coping Strategies Mar. 4
Anger Management II Feb. 27	Family & Depression Mar. 11
Healthy Adult Relationships Mar. 6	Treating with Medications Mar. 18
Healthy Parent-Child Relationships Mar. 13	Leisure & Wellness Mar. 25
Getting Motivated Mar. 20	
Way to Wellness Mar. 27	
Way to Wellness Apr. 3	

**Panic Disorder**  
A new group treatment program for people who have "panic disorder" begins February 3, 3:30 - 5:00 for 10 weeks. People with panic disorder have ongoing problems with anxiety attacks and usually develop fears about more attacks or worries about heart attacks, difficulty breathing, etc. If you think you have panic disorder, contact your family doctor about a referral to Outpatient Mental Health, Markham Stouffville Hospital. For further information, call (905) 472-7011.

**Heart to Heart Program**  
Call (905) 472-7374 to register  
Spring Session begins May 7th

Education and support for patients and their parents who are recovering from a heart attack, cardiac surgery, or suffering from angina. Topics include the healing process, nutrition, physical activity, emotional needs and stress.

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# WATCH

for your

## SHOPPERS DRUG MART

flyer in this  
Wednesday's edition of

## The Tribune



## SHOPPERS DRUG MART