

5th annual Toronto North Woman's Show

February 7 & 8, 10 am to 5 pm at the Radisson Hotel, Markham

Featured presentations for

Choose one of the following lectures with your \$10 day pass. (Additional lectures can be purchased.)

Saturday, February 7th

10:30 am

With Wings, There are no barriers
Sue Augustine, author and motivational speaker
 discusses the content of her newest book, inspiring women to make exciting choices that dramatically transforms their lives. (Also speaking at 1 pm)

11:45 am

First Impressions
Roz Usheroff, Corporate Communications and image consultant
 focuses on projecting confidence and leadership for the 21st century woman. (Also speaking at 1 pm)

or

What's in the stars for you?
Leslie Traill, astrologer and author
 invites you to explore the science of astrology. What we can expect at the turn of the century? (Also speaking at 3:30 pm)

1 pm

Make-a-Face and Communicate more effectively
Barbara Mathews, M.Ed.
 offers a high-energy and experiential approach to trying on new roles. She has been recently featured on CBC Venture and CTV Canadian Living TV.

or

Go beyond simply surviving
Sandy McMullen and Adwynna McKenzie, NDT Practitioners
 your next decision will change your life - make it what you really want.

2:15 pm

Discovering financial freedom
Maria Cordeiro, financial planning consultant
 avoid the common stress of out-living your money - retire with a sense of security

A woman's Intuition
Sandra Norris, HSC, ICADC, psychotherapist
 designed for women in transition. Learn to trust your intuition and move through change easier.

3 pm

Tivoli Garden Fashion Show presented by The Sarum Room Salon & Spa and Xcentricities (in Tivoli Garden Restaurant)

3:15 pm

Tibetan empowerment ceremony
 Lama Lhanang offers participants the Tara (Great Mother of the Buddhas) ceremony of love, protection and compassion, encouraging women to live their true purpose and to be powerful in this world through their feminine nature.

3:30 pm

Mediation for women (Who do too much)
Peter Dennis B. Comm, B. Ed., MBA
 offers the ultimate stress management technique.

or

Three simple steps to a lifetime of personal protection
Ron Yamanaka
 one of the world's foremost instructors on personal protection and women's sexual assault prevention, is joined by Kathryn Winicki, certified third degree black belt.

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Welcome to the Toronto North Woman's Show

Carol Ann Jones Kristin Martin

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 294-1440 Toll Free: 1-800-892-2209
 www.autonet.ca/northpointe

Salon Cachet Ltd. offers a wide range of services

(L-R) Marisa, Lana, Mary-Ann, Tracy, Anna and Dominic encourage everyone to stop by Salon Cachet Ltd.

Salon Cachet Ltd. recently added a new service to the already extensive list of services they provide. Owners Marisa Cannataro and Dominic Pullano recently welcomed Mary-Ann Michalidis, who is offering electrolysis at the salon. Many years of experience. Salon Cachet serve clients from Markham, Richmond Hill, Thornhill and surrounding areas. All the stylists at Salon Cachet bring years of experience and modern styles and creations to everyone. Marisa won't be the only one working at the larger salon on Woodbine Avenue. Anna Pullano is working at the Woodbine location along with Lana Jolicoeur rounding out the team by adding years of experience and satisfaction. Esthetician Tracy Gramarossa performs a wide range of services including facials, hair removal, nail care, new gel nails and make-up application. Marisa also carries a wide range of top-of-the-line products including the full line of Matrix, full line of Graham Webb Classic Line, Montage, Back to Basics and the newest techniques in colouring, highlighting and perming. She also specializes in bridal parties and up-do's.

Salon Cachet is located at 9255 Woodbine Ave.
 For details: 887-2522

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Salon Cachet Ltd.
 9255 Woodbine Ave. Markham @ 16th Ave.

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