

ADVERTISING FEATURE

# Helping people look after their own health

*The Lifestyle & Wellness Show offers products and services to help with health and lifestyle needs*

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FEATURES WRITER

People looking for answers and solutions to their health and lifestyle needs should keep the first weekend in February clear.

That is when The Lifestyle & Wellness Show (formerly the sixth annual Toronto North Woman's Show) comes to the Radisson Hotel in Markham.

"The Lifestyle & Wellness Show provides reliable information and resources for health-conscious individuals," said Diana Marlo, whose company Injoy Promotions Inc. hosts the show.

The two-day show features hundreds of exhibitors, several lectures and a variety of workshops that explore numerous issues.

The exhibit hall occupies two floors of the Radisson Hotel and includes such companies as Canadian Outward Bound, Scotsman Point Resort, Usana Weight Management, Your Fashion Image and Lifestyle & Wellness Magazine among others.

"People can browse through two floors of products and services (that) improve your

lifestyle, encourage healthy living and offer solutions to illness or injury."

People can also enjoy free lecturers from such professionals as Kerry Palframan, who does dream analysis, Dr. Dana Colson, who offers a holistic approach to dentistry, and pharmacist Daniellé Caron who will discuss medications and the possible side effects.

"Whether you are looking for alternative health care, pharmaceutical solutions or answers in family law — ask the professionals on the Centre Stage."

Saturday and Sunday, The Sarum Room & Spa will be doing a beauty makeover at 1 p.m.

In addition to the free lecturers on the Centre Stage, there will be several workshops in the second floor board-rooms.

The workshops are approximately two hours in length and cost \$10 per lecture or three for \$25. Space is limited.

The workshops include Maria Cordeiro, a financial planner who will be helping participants create their own financial freedom,

Leslie Walker, a certified trainer who will help people understand themselves and others better, Peter Dennis will be teaching people how to mediate effectively and help people set goals and Dr. Shelia Mackenzie-Barnswell will be helping people learn how to select and use botanical, homeopathic and first aid remedies.

"I have witnessed a great demand for alternative health care and lifestyle management.

"More than ever we are seeing people taking more responsibility for their health — physically, mentally, emotionally and spiritually.

"Our show will provide that information."

## Books for everyone

Don't forget to bring cash and credit cards when you go to the Lifestyle & Wellness Show.

That is because Dynamic Books will be there. The company offers 100s of hard and soft cover books up to 80 per cent off the cover price.

People can enjoy alternative health guides, Chicken Soup books as well as arts and craft books and more.



Diana Marlo of Injoy Promotions Inc.

## Lifestyle & Wellness Show facts

**What:** The Lifestyle & Wellness Show

The show provides a reliable source of information and services for the health conscious individual.

**When:** Feb. 6 and 7, from 10 a.m. to 5 p.m.

**Where:** Radisson Hotel, Markham (Hwy. 7 near Hwy. 404)

**Cost:** Admission to the exhibit hall and stage lecturers are free with coupon (see page 13 for the coupon). Without the coupon, it costs \$10 for a two-day pass. Workshops are \$10 each, or three for \$25 plus GST.

**For details:** Contact Injoy Promotions Inc. at (905) 479-9969 or e-mail at [injoy@interlog.com](mailto:injoy@interlog.com)

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## NOTICE

Markham Stouffville Hospital is seeking local residents who are interested in becoming members of the Board of Directors. Interested applicants must reside or work in the towns of Markham or Whitchurch-Stouffville, and provide knowledge, experience or skills in one or more areas required by the Board, such as, but not limited to, community activity and involvements, business, finance, marketing, management and leadership. This year, preference will be given to applicants with legal or accounting experience.

Board members receive no monetary compensation and are expected to devote approximately 15 hours per month to hospital matters.

To ensure appropriate representation of the community we serve, the Board encourages qualified applicants who have the skills and experience, reflect our diverse ethnocultural heritage and will balance our age representation.

Applicants will be reviewed and assessed according to the needs of the Hospital and may include an interview. Please send a letter describing your background and how you may contribute to the Hospital. Attach a copy of your resume (if available) with your letter by **Tuesday, February 9, 1999** to:



Nominating Committee of the Board of Directors  
Markham Stouffville Hospital  
381 Church Street, P.O. Box 1800  
Markham, Ontario L3P 7P3  
e-mail: [sbautist@msh.on.ca](mailto:sbautist@msh.on.ca)

Interested applicants are invited to attend a special information session on **Tuesday, February 2, 1999** at 7:00 p.m. in the Auditorium of the Hospital.

Markham Stouffville Hospital is fully accredited from the Canadian Council on Health Services Accreditation.

For general information about Markham Stouffville Hospital, please visit our web site at [www.msh.on.ca](http://www.msh.on.ca)



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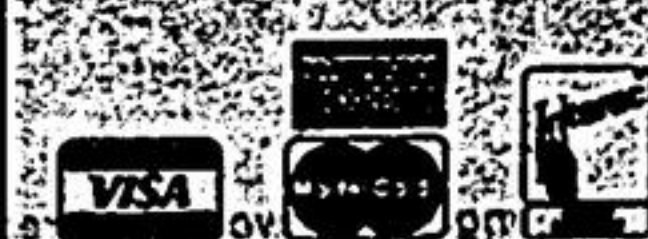
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