

THE LIFESTYLE & WELLNESS SHOW

Free seminars with the professionals on the Centre Stage

The lecture series are perfect for people looking for alternative health care, pharmaceutical solutions or answers in family law.

Presented on the Centre Stage (on the second floor in front of the elevators), the lecturers are free with admission to the show.

Saturday, Feb. 6

11 a.m. — Dream analysis
Kerry Palframan, RN
A fascinating look at what happens when you dream.

12:30 p.m. — Home remedies
Dr. Shelia McKenzie-Barnswell
Learn useful tips for your own medicine cabinet.

2 p.m. — Homeopathic remedies
Dr. David J. Tulbert, BSc, DC, ANN
Learn how homeopathy stimulates and directs the body's self-balancing and self-repair systems.

3:30 p.m. — Ask your pharmacist
Danielle Caron, BS Phm

What should I take and are there side effects?

Sunday, Feb. 7

11 a.m. — Emotional intelligence
Dr. Bob Gottfried
Learn to focus your ability and master your emotions.

12:30 p.m. — Family law
Heather McGee, BA, LLB
Common myths about common law

2 p.m. — Holistic dentistry
Dr. Dana Colson
Learn about wellness-based dentistry

3:30 p.m. — Handwriting analysis
Peter Dennis, BEd, MBA
What does your handwriting reveal about you?

Workshops help people find solutions

Workshops are approximately two hours in length. They cost \$10 each or three for \$25. Space is limited. To reserve a spot call Injoy Promotions Inc. at (905) 479-9969.

Saturday, Feb. 6

11 a.m. — Healthy, wealthy and wise
Maria Cordeior, a financial planner consultant, will teach participants how to create their own financial freedom, to understand the financial markets and to avoid the stress of outliving their money.

Noon — True Colours
Leslie Walker, certified trainer, will teach participants a new technique to help them understand themselves and others as well as gain valuable insights into close relationships and how to have fun and interact well with others.

1:30 p.m. — Stress reduction and mediation
Peter Dennis, B. Comm, BEd, MBA, will teach participants about the causes and physiology of stress, how to set goals and to meditate effectively

2:30 p.m. — First impressions
Luba, from Your Fashion Image, will help participants choose the right colours and styles and to accessorize with glasses.

Sunday, Feb. 7, 1999

11 a.m. — Herbal solutions for women's health
Dr. Irene Yaychuk-Arabei, PhD and specialist kinesiologist, will teach participants how to relieve stress and pain, ease anxiety and boost energy and create new attitudes of personal achievement and success and how to use herbal remedies for PMS, menopause

1 p.m. daily — Beauty makeover

Plus sign up for your personal hair care, make-up or skin analysis. Pickup beauty product samples from their mini salon on the second floor.

Sponsored by The Sarum Room and Spa.

and more.

Noon — Preventative medicine
Dr. Paul Jaconello, MS, MD, will teach participants how to prevent and treat Candida (yeast infection), chronic fatigue syndrome and toxic environmental illness.

1:30 p.m. — Creating a natural medicine cabinet
Dr. Sheila McKenzie-Barnswell, BSc, D(Hom) Med., will teach participants how to select and use botanical, homeopathic and first aid remedies.

2 p.m. — Energy and life energy
Dror Rotkovich, natural health therapist, will teach participants how to tap into unlimited natural energy, boost their immune system and balance their mental and emotional energies.

2:30 p.m. — First impression
Luba, from Your Fashion Image, will help participants choose the right colours and styles as well as accessorize with glasses.

ARTHRITIS SOCIETY

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Whether it's a bequest, a gift of life insurance or a charitable annuity, you can plan today to ensure continuing support for arthritis research. Nearly four million Canadians who have arthritis are counting on you.

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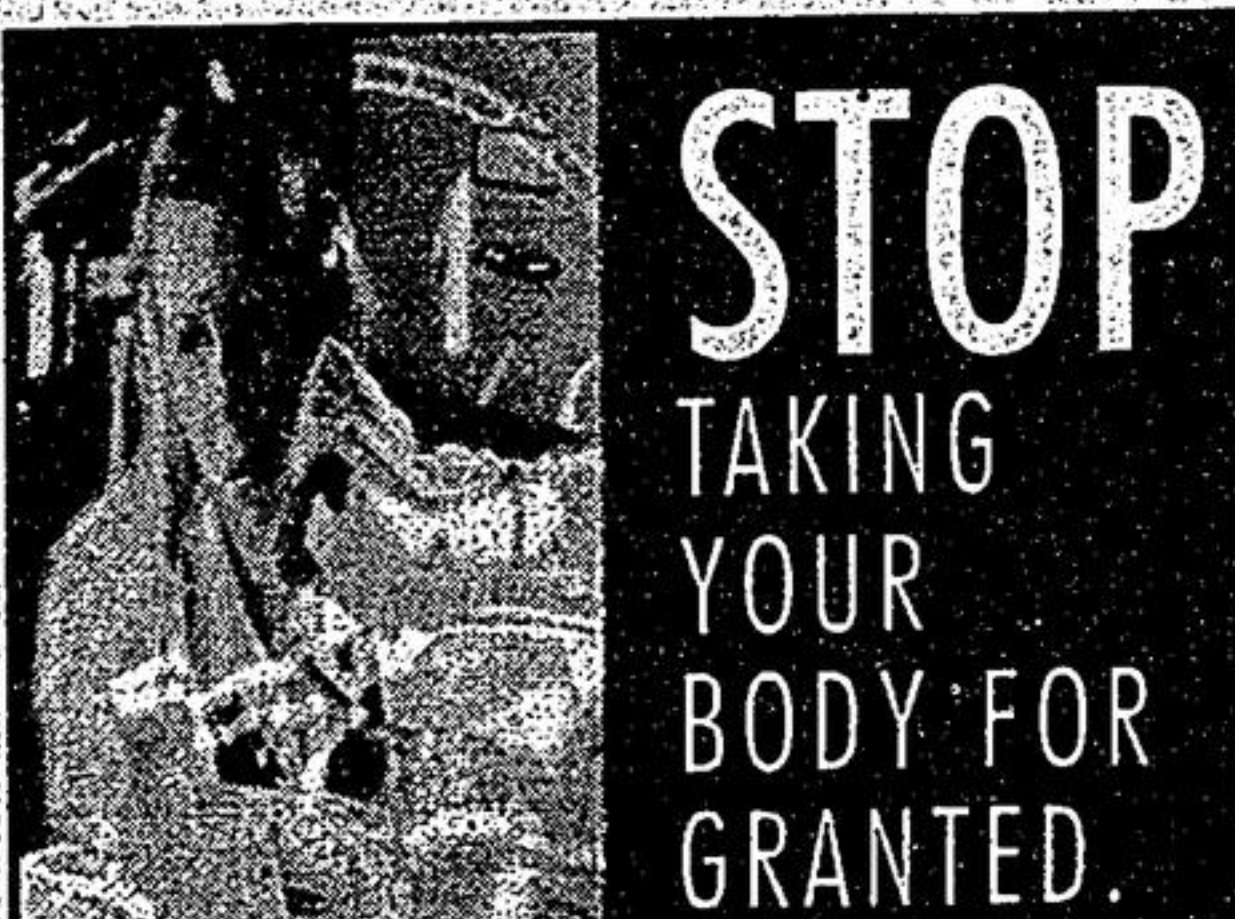
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- Pain
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- Cardio rehabilitation
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15 PERCY WRIGHT ROAD,
NEWMARKET, ONTARIO L3Y 4W1
E-MAIL: bmb@interlog.com

A Message to Our Patients from Drs. Linda Kuhn and Laura Di Nino - Optometrists

Our office will be closed Jan. 27 - Feb. 1/99 so that we may move to our new location.

Markham Heritage Centre
5990 16TH Ave., Unit 200 (at Hwy. #48)
Markham. Tel. 471-0592

We regret any inconvenience this may cause, but look forward to serving you in our new location.

ANNOUNCEMENT



Introducing! 16th Avenue Hair Design team consists of three highly skilled stylists. They have been extensively trained at the Redkens Creative Design Educational Centre in New York. Everyone is invited to come and meet the exciting team of Berge, Helen and Lina. To book an appointment call 305-1684. The salon is located at 50 Lockridge Ave.

♥ Silver Spring ♥

HEALTH CENTRE

Complete Body Massage \$35/30 mins. (before 5 p.m.)

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