

MARKHAM HOME SHOW



Karl Lohnes - Decorating Expert

As the Style Editor of Canada's largest selling home décor publication, Style At Home Magazine, Karl Lohnes will show you how to transform an ordinary space into an extraordinary place! His decorating solutions fit any space, on any budget, so bring your photos and questions!

Karl will be giving personal one-on-one decorating advice during his 'ASK US' sessions in Building 3, Booth #331: Friday 1-5pm, Saturday 12-5pm, and Sunday 12-5pm

KARL LOHNES

"Style at Home" Magazine

Presented by: Platinum Home Design & Renovations

Healthy Lifestyle Stage

Friday October 20

1:00 PM
"Women's Health - Healthy Eating Is The Answer to Safe Weight Loss"
2:00 PM
"Heart Attack and Strokes - What You Don't Know Can Cure You"

4:00 PM
"Child Proofing In Your Home - Valuable Tips"
6:00 PM
For Your Listening Pleasure: Del Mott performs on the Roland Digital Keyboard
7:30 PM
"Nutrients - How Do I Know What My Body Needs?"

Saturday October 21

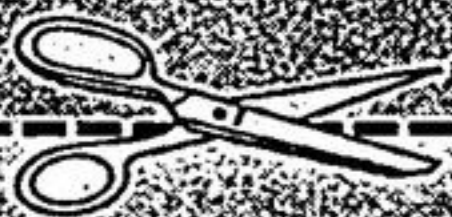
11:00 AM
"Non-Surgical Face & Body 'Lifting' Using Electronic Acupuncture"
12:00 NOON
"Nutrients - How Do I Know What My Body Needs?"
1:00 PM
"Eating Right To Avoid Breast Cancer"

3:00 PM
"Flu Vaccine - What Everybody Needs To Know"
4:00 PM
"Cell to Cell Communication - The Key To Better Health"
5:00 PM
"Keeping Your Heart Healthy Naturally"

Sunday October 22

12:00 NOON
"Child Proofing In Your Home - Valuable Tips"
1:00 PM
"Sleep Disorders"

2:00 PM
"Flu Vaccine - What Everybody Needs To Know"
3:00 PM
"Consumer Protection - News You Can Use"



Markham Fairgrounds

3.5 miles (6 km) north of Hwy. 7 on McCowan Rd.

SAVE \$4.00

*per couple
\$2 per person



FREE PARKING

Regular Adult Admission \$8, Seniors/Youths \$5, Children 12 and under are free.
*Off regular adult admission

Show hours: Fri. Oct. 20, 11 - 9
Sat. Oct. 21, 10 - 7
Sun. Oct. 22, 10 - 5

For details call: 905-477-2677 or www.nationalevent.com

Please present this coupon when purchasing ticket. Not valid in combination with any other offer. No cash value.