



# Markham Home Show's Seminar Clinic

## Centre Stage Line Up

SATURDAY OCTOBER 21

- 10:30 am Life's Ruff
- 11:00 am Elliot Moose - Live in Concert!
- 12:00 Noon "The Decorating Clinic" - Vollmer & Vollmer
- 1:00 pm Elliot Moose - Live in Concert!
- 2:00 pm Dr. David Suzuki - "Health and the Environment"
- 3:30 pm Elliot Moose - Live in Concert!
- 4:15 pm "The Decorating Clinic" - Vollmer & Vollmer
- 5:15 pm Our Studio Dancers

SUNDAY OCTOBER 22

- 10:30 am Pets Are People Too
- 11:00 am Laurie Thacker School of Dance
- 12:00 Noon "The Decorating Clinic" - Vollmer & Vollmer
- 1:00 pm Our Studio Dancers
- 2:00 pm Brian Costello - "Get the most out of your mutual funds and how to lower your taxes"
- 3:00 pm "The Decorating Clinic" - Vollmer & Vollmer
- 4:00 pm Markham Men of Harmony

## Healthy Lifestyle Stage

SATURDAY OCTOBER 21

- 11:00 am "Non-Surgical Face and 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 "Flue Vaccine - What Everybody Needs To Know"
- 4:00 pm "Cell to Cell Communications - 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 - New You Can Use"

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