

LOOK, MA, NO HANDS!

Join Us At Our Strength Training for Seniors Workshop

Thursday, June 21st, 2001
2:00 pm - 3:30 pm

Information Sessions:

- Strength Training
- Maintaining Your Mobility
- Fall Prevention

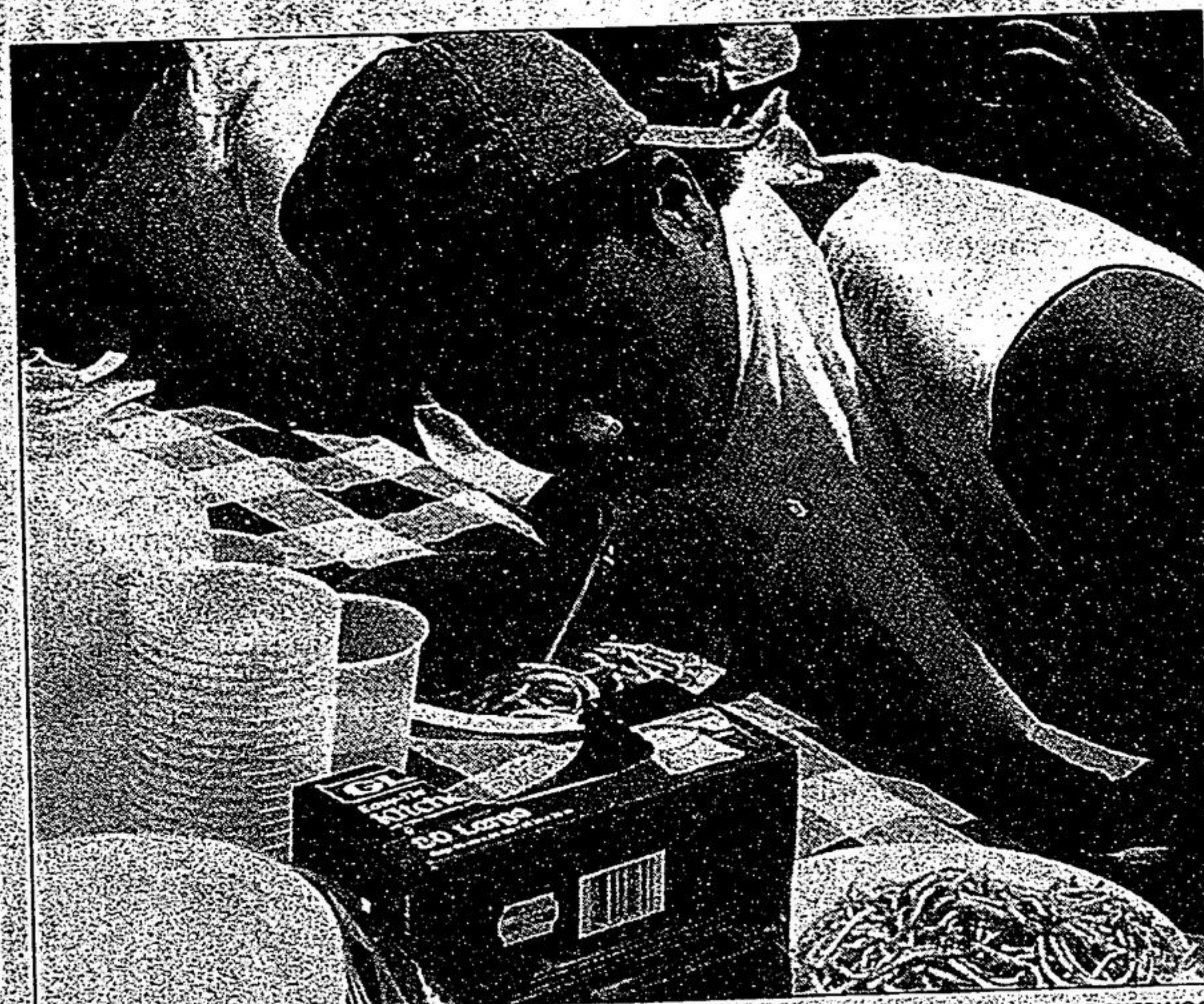
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PHOTO/BOB SHERWOOD

Geancarlos Ferrari digs into a plate of spaghetti, en route to winning the pasta-eating contest at the St. Matthew Catholic School Family Fun Fair Day last Saturday. More than 700 people attended the event at the Unionville school.

LET'S MAKE CANCER HISTORY

For information about cancer services or to make a donation

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If you or your children have trouble breathing, Zabet would like you to consult your doctor or call the Asthma Society of Canada at 1-800-787-3880 to find out more about asthma and its treatments. **You'll breathe a little easier.**

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