

New You Bridal

Advertising feature of The Markham Economist & Sun/Stouffville Tribune

Women really want to live life well!

Leave it to Loblaws to keep coming up with fresh ideas! Loblaws McCowan Market located at 200 Bullock Drive in Markham has implemented a visionary concept called "Live Life Well - the Ultimate Shopping Experience." With a focus on health, the store offers shoppers numerous opportunities to improve their well-being through innovative food, exercise and lifestyle choices.

William Nadeau, Natural Food Manager for Loblaws, points out that, "People are looking for a natural approach to health and wellness. We're working with our customers toward that goal."

In the Natural Value Health Food Store, for example, people can pick up vitamins, herbal supplements and items that satisfy specific dietary needs such as food intolerances or allergies. Plus, shoppers will find President's Choice Organics products integrated throughout the store. Part of the Live Life Well concept, President's Choice Organics offers over 50 certified

organic products, and growing! These items range from organic produce and meats, to snacks, juices, pastas and sauces.

Because eating well involves proper cooking methods as well as food choice, customers can learn about food preparation at the Loblaws Cooking School held in the Upstairs at Loblaws Community Room. In addition, shoppers may attend the seminars held each month by the Health Food Department to bring them information on a variety of topics such as attention deficit disorder, asthma, wheat-free, gluten-free diets and the introduction of new product lines. Loblaws brings in respected experts in the health and wellness field from across Canada, including well-known names such as television personality Dini Petty and "Fat Wars" author Brad King.

According to William, "That's not all! Customers can even squeeze in a workout in our all-women's Good Life Fitness Centre." Members can take advantage of cardio machines,

free weights, personal training and even classes such as yoga, self-defence and step aerobics in the fitness studio - giving new meaning to the phrase "Shop till you drop!"

No matter what department or service customers seek out, Nadeau adds that, "We have professionals on hand to answer

questions." Loblaws really does offer the Live Life Well Ultimate Shopping Experience! While you're there, drop off film at the Photolab and your prescription at the DRUGstore Pharmacy, do some banking at the PC Financial pavilion, get make-up advice at the Refresh Department, and even acces-

sorize and decorate your home with items from the Home Fresh Department. In Nadeau's words, "This is truly one-stop shopping taken to the ultimate."

Loblaws is a major sponsor of the What Women Really Want show. For more information, call 905-294-4922 or visit www.loblaws.ca

Maximize your image

According to business mentor Renate Weiler, "Image con-

sulting plays a large role in mentoring. As a businessperson you want to have everything in your favour, and sometimes you have to work on the outside to give your career a kick-

start." For Renate the message is simple: "Women often talk ourselves into business, and then right out of it again. We need to stop focusing on what we don't have, and polish

what we do."

She is amply qualified to offer advice on getting ahead in business. Renate owns Executive Mentors, a company that guides business owners and entrepreneurs in becoming more effective and successful in their businesses through seminars, workshops, individual coaching and image consulting. She is also the first Toronto-based Managing Director of eWomenNetwork, a fabulous Internet source for

connecting women and their businesses worldwide. This talented dynamo has been offering motivational and informational workshops to enthusiastic audiences for over 20 years, and is currently writing a book based on her workshop series called "Get a Grip!"

Renate will be presenting "Maximize Your Image" at 2:30 p.m. on Saturday and Sunday May 4 and 5 at the What Women Really Want Show. For more information, call 905-830-0520 or visit www.executive-mentors.com or www.ewomennetwork.com



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Come Visit Us May 4TH & 5TH at the "What Women Really Want" Women's Show
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