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Shiatsu and Massage Therapy for Health and Wellness

It's time to take better care of yourself, create a healthier and more relaxed lifestyle, stop the chronic pain and heal your recent injuries.

On a daily basis we are faced with stress caused by: overwork, physical struggles, deadlines, injuries, traffic, illnesses and many other factors that lead to physical and mental strain. Shiatsu and massage therapy should be an important part of your health regime. Both are recognized by patients and doctors as an effective means of relieving pain, improving body function, preventing illness and promoting health and well-being.

Erin is a Certified Shiatsu Therapist. Shiatsu is a safe, comfortable, relaxing and effective form of therapeutic deep pressure massage that originated in Japan over 3,500 years ago. Based on Traditional Eastern Medicine, Shiatsu aims to reduce tension and encourage healing by pressing and kneading the body at vital points. Think of it as acupuncture using finger pressure instead of needles.

Athina is a Registered Massage Therapist practising Swedish massage techniques. The application of massage can exhibit profound effects in the entire body. Massage can assist in reducing stress, pain and physiologic fatigue. It can also decrease discomfort of many injuries, chronic conditions and pregnancy. Massage therapy is a partnership between you and your therapist, who will help you understand the processes behind your



pain and how you can work together to alleviate it.

Erin is an honours graduate of the Shiatsu School of Canada 2 year diploma program, a certified member of the Shiatsu Therapy Association of Ontario and also has an honours diploma in Acupuncture from the Shiatsu School of Canada postgraduate program.

Athina has a diploma of Massage Therapy from Sutherland-Chan and a diploma in Physiotherapy from Hiete University in Hungary, Europe.

Athina and Erin currently practise at:
MaxAbilitation
 2 Millstone Court
 Unionville, ON, L3R 7M1
 905-475-2001

Markham Furniture builds and sells quality sofas at factory prices

Markham Furniture recently moved to a larger factory-showroom across the street, and owner Bill Rizk is looking forward to providing customers with a wider range of quality sofas, mini sofas, loveseats, chairs/chaire lounges, wing chairs, Louis XV chairs and tufted or plain footstools.

"So far, the response from our customers has been terrific," says Bill Rizk, owner of Markham Furniture. "They appreciate the opportunity to view a much larger selection of furniture in one convenient location."

QUALITY SOFAS AND CHAIRS

Since 1998, Markham Furniture has manufactured custom sofas and chairs of exceptional quality and design. Each piece of furniture is handcrafted on the premises to suit an individual's needs and tastes. Many choices of seating firmness (soft, medium or firm) are available, as well as deluxe, down and feather.

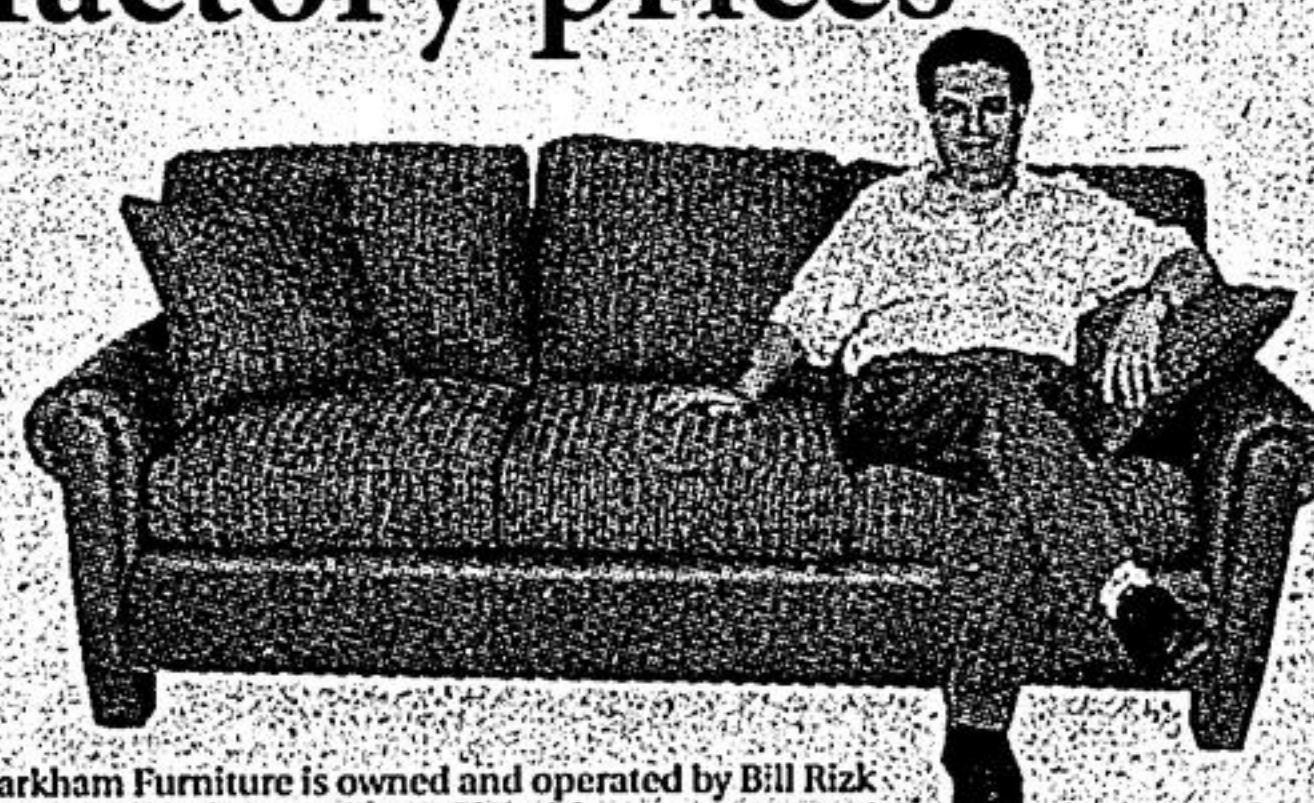
Skirt or different leg treatments are offered, as well as a variety of wood finishes. Most sofas can include a full arm or a T-cushion (recessed arms). Seat height to the floor can be adjusted at no additional cost.

"Our frames are constructed from Canada hardwood (1 1/8" thick) double dowelled, glued, screwed and blocked at every corner," says Mr. Rizk. "We use 8-way hand-tied, heavy gauge coil springs, four rows deep."

Cushions are filled with high-density ultra cell foam while the backs are padded with brand name Dacron. All fabric is perfectly matched whether it's floral, stripe or plaid.

THE BEST REUPHOLSTERY SERVICE IN TOWN

In addition to offering brand new sofas, Markham Furniture provides expert reupholstering services for a wide range of furniture, for less than the cost of buying new. Recliners, dining chairs or tub chairs are restored to their original beauty and design.



Markham Furniture is owned and operated by Bill Rizk former Barrymore Plant Manager.

"No upholstery job is too small for us," says Mr. Rizk. "Reupholstering will extend the life of your existing furniture and save the cost of replacing it."

LEATHER SOFAS

Markham Furniture builds and sells quality leather sofas at well below retail prices. They use no vinyl matches and no split leather - only top grain Italian leather.

OVER 25 YEARS EXPERIENCE

Prior to establishing Markham Furniture, Mr. Rizk spent more than 13 years managing the Barrymore Furniture plant. With a total of 25 years experience in the furniture building industry, Mr. Rizk is committed to providing customers with superior quality and service at reasonable prices.

"Most of our employees have 25 years experience, or more, and will deliver unbeatable quality," says Mr. Rizk.

The company carries brand names such as Robert Allen, Joanne Fabrics, J. Ennis Fabrics, Caravan, Avante Garde, and many colours of top grain Italian leather.

For details, visit Markham Furniture at 1020 Denison St., Unit 115 (one block west of Warden Ave.), or call (905) 947-9575. Their web site is www.markhamfurniture.com.

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