

Registration



Only Research can cure Leukemia
Only Excellence in Canadian Research
is funded by LRF Please Help!

1110 Finch Ave. W., Ste. 222
Toronto Ontario M3J 2T2
Tel: (416) 661-CURE 2573
Fax: (416) 661-3849

This message brought to you as a community service of The Economist & Sun/Tribune

Classes In ~Pilates,
Yoga, Meditation
Weight Training for Women
Mind, Body & Soul Clinic
905-477-3912

ALAN HOBBS MUSIC STUDIO
Piano Lessons
Concert pianist
Bachelor & Master of Music
All Levels Royal Conservatory
Birchmount north of Steeles
905 475-2340

THE
FLUTE
STUDIO
ALL LEVELS
472-4195
11A Joseph St., Markham Village

MOMS & COMPUTERS
Warden/Hwy. #7 (905) 475-2856
* One to one personalized training
* Overcome computer phobia in 6-8 hrs.
* Intro. to Computers / Windows / Word / Excel
Moms & Grand Moms should get back online!
LEARN COMPUTERS TO:
* Get back in the job market
* Help kids with school assignments.
* Computerize your family business
* Send E-mail with pictures / Internet.
Seniors receive a special discount

Horseback Riding
Lessons
Four Lessons/\$99
Devonshire Stables
2716 Elgin Mills Rd. E.
1/2 km west of Woodbine Ave.
(905) 887-3276
www.devonshirestables.ca

An Etobicoke Woman Says Hypnosis is a Sure-fire Way to Lose Weight and Look Great!

My name is Lisa Bliss. I am a registered nurse in Etobicoke. I dropped 30 pounds in eight short months and kept it off for two years I'd like to share my remarkable success story with you.

BY: LISA BLISS, Etobicoke

I thought dieting was my only way Out!

I tried diet pills from the health food store. I tried Weight Watchers and frozen, low-calorie foods. But I never stuck to anything long enough to have results. These "quick-fix" diets were not something I could live with long term.



Luckily, I learned about Positive Changes Hypnosis Centres through my friend and business partner. I thought it was a very different approach to weight loss, but it made a lot of sense. Not having to rely on my willpower appealed to me.

Hypnosis is Different!

I love my hypnotic sessions. I am so deeply relaxed that all worries, cares or concerns seem to melt away. I can tune out the world and focus on myself for awhile. And the life changes I've made while in that relaxed place are nothing short of miraculous!

I noticed a change in my behavior my first week. I was drinking more water and didn't want to snack between meals. During those first seven days, I easily lost 4 pounds. I dropped my entire 30 lbs. without any effort whatsoever!

Call Immediately!

There is no dollar amount I can put on the benefits I have gained from the Positive Changes program. How much is one's health and happiness worth?

I emphatically recommend Positive Changes to anyone who wants to lose weight! This program has been a highlight

in my life. There is no way I would have the health and happiness I enjoy today had it not been for Positive Changes.

All of the great changes in my life filter back to hypnosis and the Positive Changes program. Call Positive Changes to schedule your free hypnosis screening and find out for yourself. Don't be left to dream of what might have been. Call now!

She should know, she melted off 30 lbs. two summers ago!



"Family and friends make comments such as, 'Wow, you have a great body!' It makes me feel like a million dollars!"

Lisa Bliss, Etobicoke

www.positivechanges.com

© Positive Changes Hypnosis™

Testimonials may not reflect typical results/individual results vary.

- Stop Smoking
- Accelerate Learning
- Control Stress
- Improve Confidence
- Conquer Fears & Phobias



PositiveChanges™

"Where Results Happen"

Call now for your FREE EVALUATION

Markham/North York
386 Sheppard Ave. East
(North of 401 at Bayview Exit)

416-913-7777

2002 CLASSIC

TOURNAMENT of CHAMPIONS

SOUVENIR PROGRAM

One of Canada's top equestrian events attracting top show jumping competitors from across Canada and the United States for four days of world-class competition.

This show is a family event that also features entertainment, products, artisan's work, dressage exhibitions and more.

September 26th - 29th

www.tournamentofchampions.ca

York Equestrian Centre • 4252 Davis Drive

WATCH FOR IT IN YOUR LOCAL NEWSPAPER

SEPTEMBER 19TH, 21ST AND 22ND