

Y
 YMCA
 We build strong kids,
 strong families, strong communities.

Markham Family YMCA Healthy Communities Capital Campaign

is pleased to announce



Frank Luk
 President, Supercom

Honourary Campaign Chair
 Markham Family YMCA Healthy Communities Campaign

NEW LOCATION! Free Parking!

TORONTO STAR
50 Healthy Lifestyle And Travel Show
 CANADA'S LARGEST RETIREMENT LIVING SHOW

Presented by **ATO**

May 2 & 3, 2003 • International Centre
 FRIDAY 10AM-6PM • SATURDAY 10AM-5PM • ADMISSION \$5.00

THE ULTIMATE OPPORTUNITY TO ATTEND A SHOW PLANNED & PREPARED ESPECIALLY FOR YOU!

SHOW FEATURES:

- Good Health Workshops & Seminars
- Health Related Products & Services
- Retirement Housing Pavilion
- Retirement Travel & Recreation Options
- Quality Lifestyle Products
- Financial & Tax Saving Seminars
- Travel Video Theatre
- Second Career Workshop
- Cooking Demonstrations
- Live Stage Entertainment
- 2nd Annual Talent Contest

FIRST 200 ATTENDEES* WILL RECEIVE AN INSTANT BINGO TICKET FREE *must be 18 years of age or older

KNOW YOUR HEART HEALTH
 GET YOUR HEART HEALTH ASSESSMENT PASSPORT FOR ONLY \$20

Your passport will include the following clinical tests:
 • Cholesterol HDL • Diabetes Check • Blood Pressure
 • Body Mass Index • Physical Activity/Analysis
 • Effects of Stress & Smoking & Summary Consultation.
 Assessments take approx. 1 hour and will be scheduled on a first come, first serve basis.

Free Shuttle Bus service from Islington Subway & Aberfoyle Road entrance starting at 9:30am every 1/2 hour

Sponsored by: **SHOPPERS DRUG MART**, **the careguide**, **YOUNG**, **W40**, **BM**

Produced by: **Premier Consumer Shows**

For more details visit our website premierconsumershows.com
 For exhibitor information 905-815-0017 or 1-800-265-3673

2 FOR 1 ^{ADULTS ONLY} **50 Healthy Lifestyle And Travel Show**
ADMISSION

*Bring this coupon for 2 for 1 admission May 2 or 3, 2003. Coupon valid on one day only. Not to be used in conjunction with any other promotions. Regular admission \$5.00 per person.

INCOME IS A NECESSITY OF LIFE, FOR ALL OF US.
 WE LIVE WHERE YOU LIVE.

We know what it's like to depend on a paycheck to pay monthly bills. But what if you became disabled and couldn't work? We could help you pay your bills with Disability Income Protection Insurance.* Call us for details on coverages, costs, restrictions and renewability.



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 905-294-1562



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