

FOCUS ON BUSINESS

We Care For You - Naturally

Neck & Shoulder Pain
Headaches
Lower Back Pain
Muscle & Joint Pain

Acu Pain Clinic

(905) 471-2567

- Massage Therapy
- Acupuncture
- Chinese Herbs
- DR-HO'S™ Muscle Massage

383 Main Street N. 2A Markham
Corner of Main & 16th Ave.

We Care For You — Naturally



Neck & Shoulder Pain
Headaches
Lower Back Pain
Muscle & Joint Pain
Sports Injuries

Acu-Pain Clinic

The Acu-Pain Clinic in Markham offers relief for a wide range of painful conditions. The clinic has a unique combination of acupuncture, massage therapy, non-needle microcurrent acupuncture and Chinese herbs.

The Acu-Pain Clinic provides quick relief for migraine headaches, neck or shoulder pain, lower back pain, arthritis, carpal tunnel and tendonitis. The clinic also treats stress-related ailments, smoking, and weight loss.

"The Acu-Pain Clinic strives to provide highly effective treatment and fast results," says Jacqui Doyle, a Registered Massage Therapist and Acupuncturist.

Massage therapy is a deeply relaxing treatment, and in combination with acupuncture relieves pain quickly. Patients who have not tried acupuncture can be apprehensive, but are amazed at how painless and relaxing it is," says Jacqui. Allergies, weight gain, smoking and stress are also treated effectively with this powerful combination of therapies.

Gift certificates and DR-HO'S are in stock. Call the clinic for a free consultation or to make an appointment.

(905) 471-2567

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The Friendly Geek offers personalized computer support.

Markham resident Neil Hooley offers his expertise to the community now as The Friendly Geek, a computer support company geared towards both home users and small businesses. Based in Markham and servicing the Greater Toronto Area, The Friendly Geek provides professional IT consulting for businesses and home computer support for individuals. Since expanding operations from last year, The Friendly Geek has introduced an extra consultant to handle the greater workload. "I've teamed up with a friend from the industry to meet the increased demand this year," says Hooley.

The Friendly Geek can handle virtually any computer-related issue. With a skill set that ranges from virus removal, to website development, to setting up a network for internet sharing, The Friendly Geek can assist anyone in any way necessary. If you have recently purchased a computer or new hardware, Neil will make sure you are familiar and well-acquainted with your new purchase so that you can most effectively reap its benefits. Neil likes to think of himself as a personal trainer for PC users. If you're on the market for a new system, The Friendly Geek can help you even before you make a computer purchase. If you require consulting on choosing the right system or piece of hardware, The Friendly Geek can assist you in making the best purchasing decisions for your needs.

The Friendly Geek, now in its second year of operation, after obtaining a government grant through the Summer Company program in 2002, has begun offering a new service in order to build upon the past year's success. The Friendly Geek is now wiring homes and offices for local area networks, which can be used to share an internet connection between



several computers. Neil indicates that "a lot of homes have high-speed internet access but don't have the connection shared between the other computers." If you are considering a less elaborate network installation, The Friendly Geek can set up a wireless network to share the internet without the hassle of wires.

No matter what your issue may be, you can expect skilled, thorough, and enthusiastic support from the Friendly Geek. Neil has been working with computers for the past 16 years, and there is nothing else that he would rather be doing than providing computer solutions through his own company. "This is what I've always done for fun, so to turn a lifelong hobby into a business is very exciting and rewarding for me," says Hooley.

So if you have a computer problem, or need professional IT consulting for your business, contact The Friendly Geek today. The Friendly Geek can be found on the web at www.friendlygeek.com, or by phone at 416-821-GEEK (4335).

Office hours are
Monday to Friday: 8am to 10pm
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