

**What have we achieved?**  
**We're coming!**  
**We'll be there!**

State of the Art  
 Exercise Gym &  
 Free Weight Room  
 Squash • Swimming

Pilates • Stress Release  
 Yoga • Yoga Still Waters  
 Cycling Classes • Nia  
 Kick Boxing

Reciprocal Membership privileges at THE ADELAIDE CLUB (Downtown) and ONTARIO RACQUET CLUB (Mississauga). Ask for details.

\* Call the Club for details. Hurry, offer expires January 16, 2004.

Located in the  
**Hilton Suites**  
 Toronto/Markham  
 Conference Centre & Spa

8500 Warden Ave.  
 At Hwy 7  
 905.470.2400

**Pat Robinson**  
**INC.**  
**Trustee in Bankruptcy**

Call for a free personal discussion:  
 • Help with creditor problems  
 • Proposal to creditors  
 • Personal & Business Bankruptcy

**PAT ROBINSON - TRUSTEE**

**Aurora (Head Office)** 15105 Yonge St. #201 (at Church) (905) 727-2577  
**Richmond Hill** 9555 Yonge St. #401 (at Wexnick) (905) 508-9493  
**Toronto** 150 York St. #800 (at Adelaide) (416) 410-6648  
**Toll Free • 1-877-727-2577**

Email: Pat@PatRobinson.com Web: www.PatRobinson.com

**Venus Interiors**  
 Serving Markham and surrounding areas  
**(416) 994-4377**

- Blinds
- Drapes
- Shutters
- Brand Names
- Lifetime Warranties
- Best Price Guarantee!

**NOW up to 50% OFF**

**FREE • SHOP • AT • HOME • SERVICE**

# EVERS

- Inserts for Saturday Jan. 10 2003
- Sears\*
  - Sears - Furniture & Appliances\*
  - Zehrs\*
  - Office Depot\*
  - Smart Source\*
  - Walmart
  - Mattress Haven\*
  - Bath Fitter\*
  - Dell Computers\*
  - David Khurana
  - Campbell's\*
  - Grand & Toy\*
  - Jumbo Video\*

No one delivers results like we do!  
 To find out more about how to reach your target market and get the same great response from your flyer distributions as these customers, call us today!  
 \*Selected areas only

ECONOMIST & SUN  
**Sun-Tribune**  
 (905)  
**294-8244**

**The holidays can reveal some changes in your parents.**  
**Sunrise Senior Living can help**

A loss of weight, forgetfulness, disinterest in regular activities. Holidays can bring certain changes to light that may concern you about a senior parent. We can help you recognize their significance and help you make informed decisions.

For over 20 years, Sunrise Senior Living has offered a variety of living arrangements, personalized assistance and care, amenities and services, delicious meals, stimulating activities and scheduled group outings. Our resident-centred approach to senior living puts the senior first, giving them options to meet their individual needs and wishes.

Visit or call a Sunrise Senior Living Community today and let us be your resource for senior living options.

Winner of the Markham Board of Trade "Excellence of Service" Award

**SUNRISE SENIOR LIVING**

Sunrise of Unionville 905-947-4566 38 Swansea Road (Highway 7 - East of Kennedy)  
 Sunrise of Richmond Hill 905-883-6963 9800 Yonge Street

www.sunrise seniorliving.com

**DEMENTIA INFORMATION**

Event: Sure Hart Popular guest speaker, Director of Alzheimer Society (York Region)  
 Date: Thursday, February 5th  
 Time: 7:00 - 8:00 p.m. Seating is limited. Please RSVP today!  
 Place: Sunrise of Unionville

A UNIQUE ALTERNATIVE TO A NURSING HOME

**Walter Grotzke**  
 Stroke Specialist

**STROKE WARNING SIGNS**

**WEAKNESS:** Sudden weakness, numbness or tingling in the face, arm or leg

**TROUBLE SPEAKING:** Sudden temporary loss of speech or trouble understanding speech

**VISION PROBLEMS:** Sudden loss of vision, particularly in one eye, or double vision

**HEADACHE:** Sudden severe and unusual headache

**DIZZINESS:** Sudden loss of balance, especially with any of the above signs

1-888-HSF-INFO  
 www.hartstudies.ca

The message brought to you in a community service of the Economist & Sun-Tribune • Call 911 or your medical emergency number immediately

**Canadian School of Natural Nutrition**  
**Open House 2004**

**How can you benefit from Holistic Nutrition?**  
 Given the increasing stresses of daily life, more people are looking to deeply nourish and strengthen the body, mind and soul. Holistic nutrition considers the individual and applies the fundamental principles of wellness on all three levels. Dietary changes can be made, taking into account individual dietary preferences and requirements so that the physical body receives the nutrients it requires for optimum wellness.

- \* Learn the Medicine of the Future
- \* Attend complimentary lectures by faculty members
- \* Receive information on:

**Our unique diploma programmes:**  
 Career opportunities as a R.H.N.  
 Holistic nutrition

Sunday, January 18th, 2004  
 12 noon - 3 pm  
 Grand Scarborough