

# Y150

YEARS  
Making a difference since 1853  
YMCA OF GREATER TORONTO

## Your New Markham Family YMCA, Heart Of A Healthy Community

IN PARTNERSHIP WITH THE TOWN OF MARKHAM 

### YOGA CONNECTS MIND, BODY AND BREATH

### BALANCE, STRENGTH & FLEXIBILITY

**CLASSES  
START SOON  
SPACES ARE  
LIMITED**

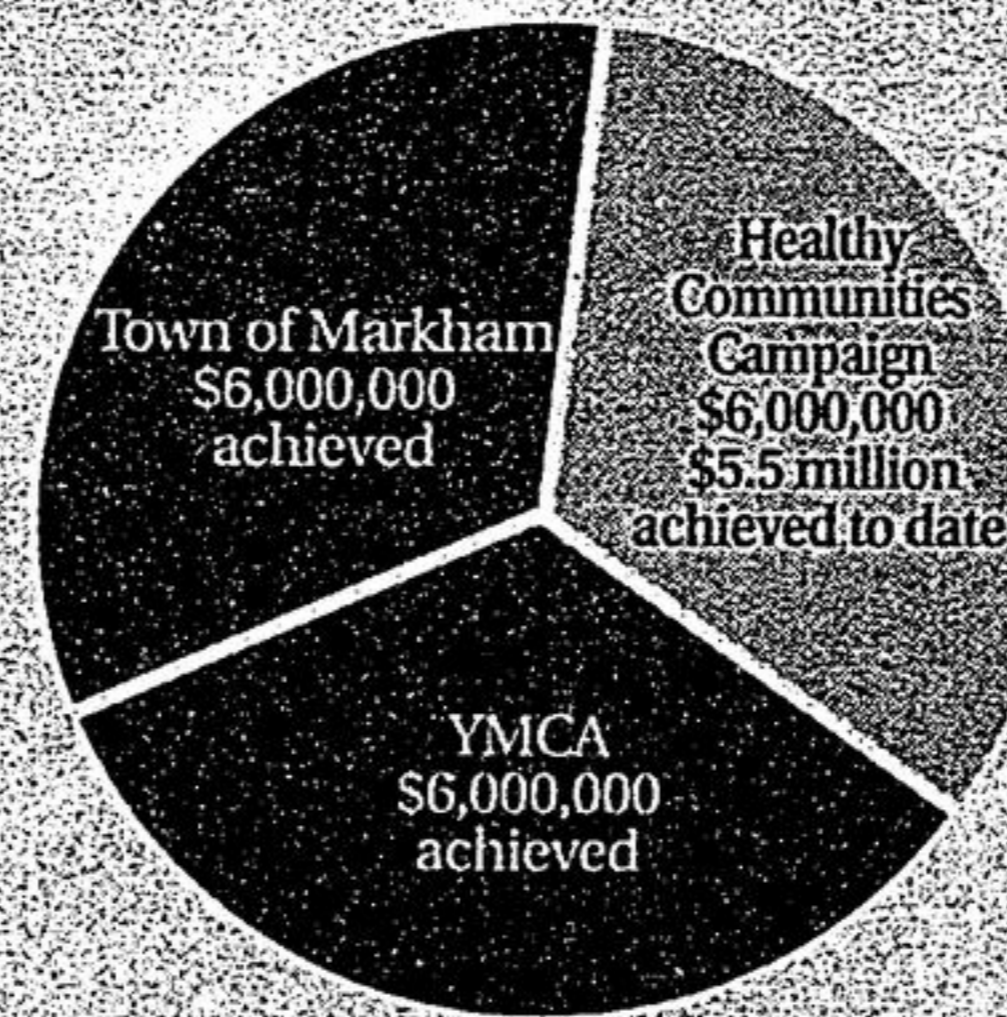
Become more aware!



**BODYWORX**  
Yoga Clinic  
416-886-0417  
16th Ave. Markham

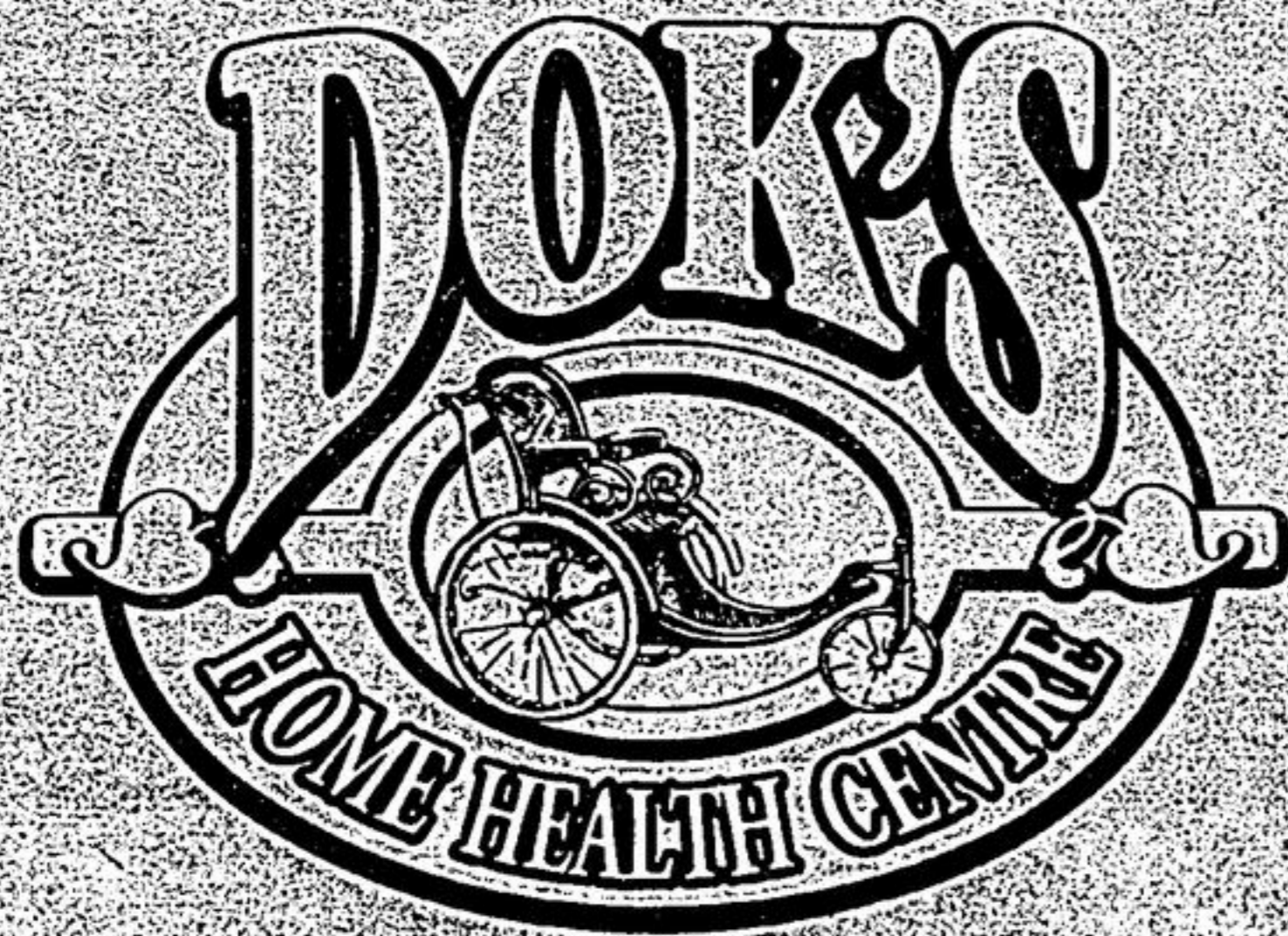
A healthy community begins with the health of its people - in spirit, mind and body. Through our various programs and services, the YMCA strives to enrich the lives of people in all respects. For young and old, for all walks of life, we are making a difference for our community. But there's more to be done. We're only at the beginning of what we can accomplish.

Now we turn to you for your commitment



Total cost to build  
the new  
Markham  
Family YMCA  
\$18,000,000

Together we have gathered \$17.5 million of the \$18 million required to fund this important community project. We now invite you to partner with us in our Healthy Communities Campaign to raise the final \$500,000



### DOK'S HOME HEALTH CENTRE LTD

Come to our Mastectomy Information day

#### Why:

To view a full range of mastectomy products ranging from:

- Pre-op camisoles to wear home from the hospital
- Leisure forms to wear while relaxing at home
- Breast forms for every day wear
- Mastectomy bras for all occasions
- Mastectomy bathing suites
- An Amoena "expert" in the field of mastectomy form fittings along with the experienced staff from Dok's Home Health Centre will be on hand to answer any questions.
- A video presentation will be shown to explain the newest technology
- Representatives from the Canadian Cancer Society (mastectomy division) will also be in attendance to answer any questions or concerns.
- Light refreshments will be served

#### Where:

Markham-Stouffville Hospital's auditorium  
Monday, June 21st  
11:00 AM - 3:00 PM

## The Aesthetic Light Centre

Tired of the hassle and pain with shaving or waxing? Embarrassed by unwanted hair? Would you like to reveal a more youthful you? Laser treatments are more affordable than you may think.

The Aesthetic Light Centre uses the latest technology to help you overcome hair and skin problems. Located in Markham within a prominent wellness clinic, the Aesthetic Light Centre can help you:

- Eliminate unwanted hair
- Look younger by decreasing age and sun spots
- Eliminate spider veins and other blemishes
- Eliminate redness caused by rosacea

The Aesthetic Light Centre uses the Palomar Estelux Intense Pulsed Light System, which is the latest technology in permanent hair reduction and is able to address a wide range of skin imperfections. This system provides a fast effective treatment with minimal discomfort and recovery time. Treatment at the Aesthetic Light Centre is affordable.

Our prices are competitive with other centers in the GTA. A complimentary evaluation and test patch is performed by Tracy Donald who is a certified intense pulsed light technician and holds a diploma in electrolysis. This evaluation will determine whether you are a candidate for this type of treatment.

The Palomar Estelux is a pulsed light system," explains Tracy Donald. "It's similar to a conventional laser in that it uses an intense



beam of light, but the Estelux employs a new technology which can provide hair removal and photorejuvenation treatments up to ten times faster. The Estelux system has the flexibility to provide hair removal treatments on different skin types and hair colour. Previous technology did not have the ability to treat dark skin, however the cooling system developed by Palomar has addressed this issue therefore providing greater safety and flexibility for all skin types.

"All treatments are quick and painless," says Tracy Donald. "Most patients describe the light pulses as a snapping sensation, which causes mild discomfort at most. After the treatments, there may be some redness for a few days, but that quickly fades and the patient can enjoy the effects of smooth and clear skin."

"I am fortunate to be in a position, which enables me to provide clients with renewed self confidence by enhancing the beauty within."

To book your free consultation and test patch call Tracy at the Aesthetic Light Centre, 8312 McCowan Road, Suite 206, Markham, Ontario at 905-948-9096.

**Summer Special  
Bikini & Underarms  
Call for Details**