

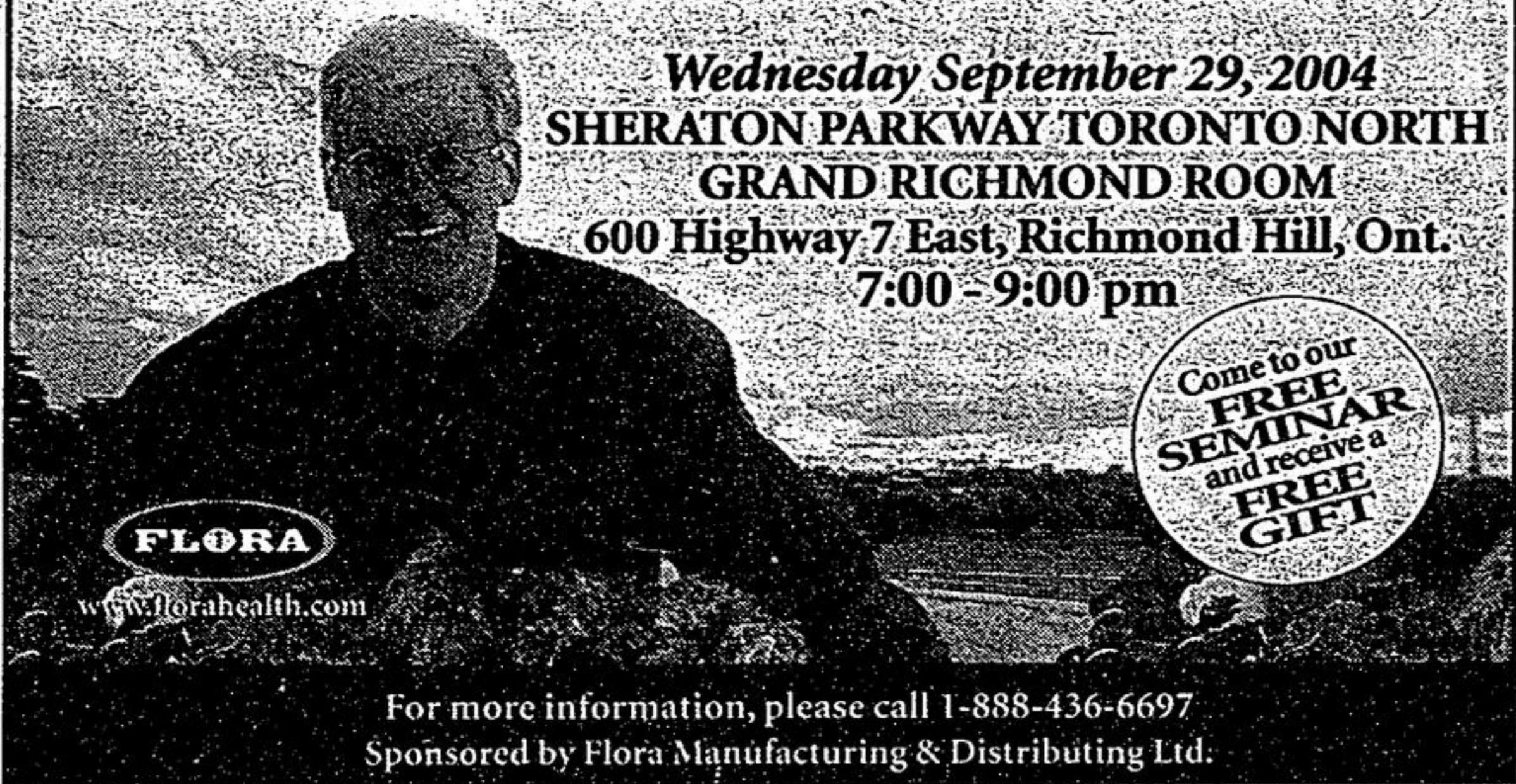
Using Essential Fatty Acids (EFAs) To Put Your Good Health On a Strong Foundation!

with Udo Erasmus, Ph.D.

Not all fats are bad. When present in adequate and balanced amounts EFAs will:

- Decrease fat storage and production and increase fat burning
- Reduce blood pressure and lower triglyceride levels
- Improve circulation and immune function
- Help build and maintain lean mass
- Improve oxygen uptake and utilization
- Optimize glandular function
- Decrease arthritic joint pain and strengthen bones

Udo's Choice Oil Blend has been developed for people who want one balanced product to give them all of the good fats they need, without any of the bad fats they should avoid.




Wednesday September 29, 2004
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United Way nears million

The United Way of York Region has a new home and a quick start to its 2004 fundraising campaign.

So far, \$905,000 has been raised toward a goal of \$6.75 million.

"It's a positive trend," United Way's director of marketing, Bernie Sutton Robertson, said. "Our goal was designed to be both aggressive and achievable. We're in the early stage of the campaign. Everyone is being asked to do a bit more."

"Social need in York Region is sometimes difficult to see; there is a veneer of prosperity," campaign chairperson Garth Issett said. "But deep down, most of us understand how thin the veneer is."

This year's goal is 8 per cent higher than the 2003 goal. The money will go a long way towards "reducing the dangerous gap" that continues to grow in York, United Way chief executive officer Rahul Bhardwaj said.

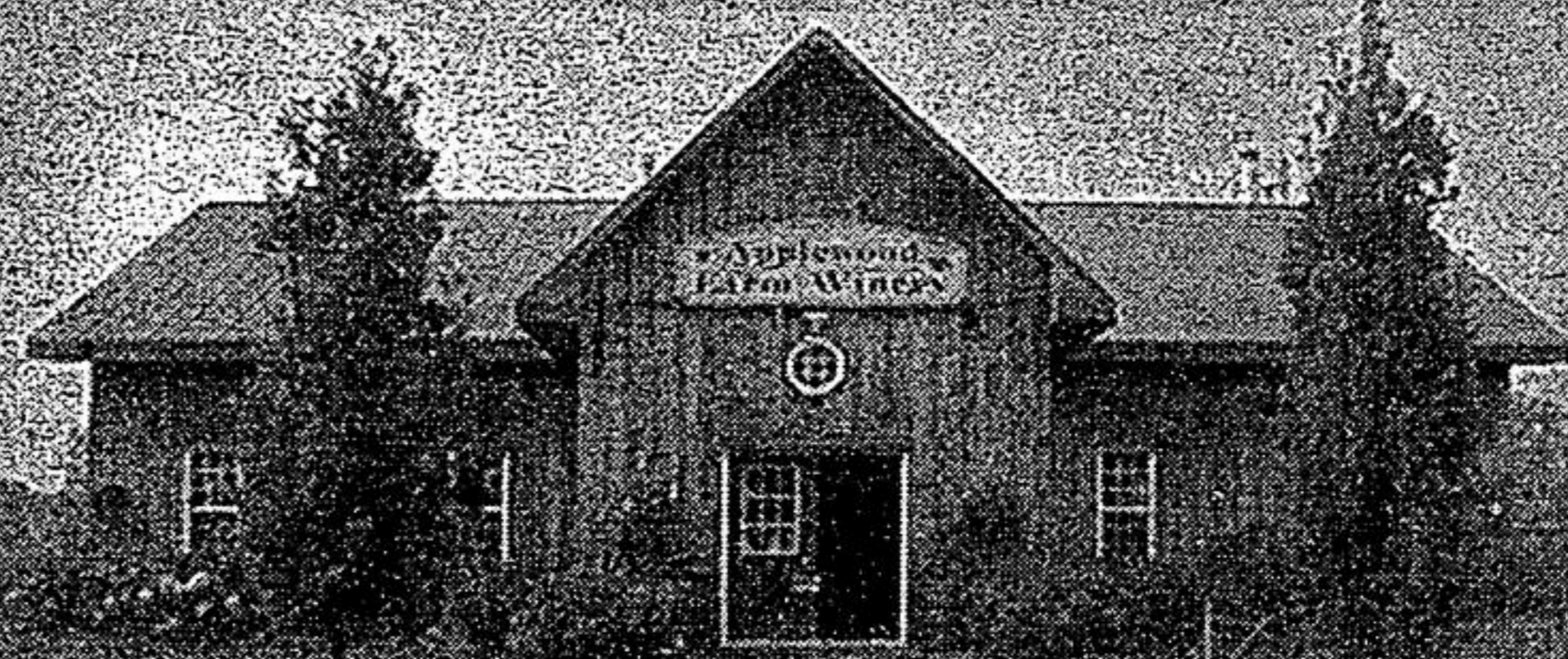
The United Way funds 41 agencies and 115 programs.

"Each one of them struggles with growing needs and increased waiting lists. As a community, we will all suffer if funding for these important programs does not increase," Mr. Bhardwaj said.

After closing its office on 14th Avenue in Markham, the United Way officially opened its new headquarters Monday at 80 F. Centurian Dr., Suite 200, in Markham.

—Joan Ransberry

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- Pumpkin Patch

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brick by brick Union Villa

Fund Raising Campaign for Seniors
 Building on a Tradition of Quality Care

Here's a great opportunity to have lunch with Mayor Don Cousens, hear some fascinating anecdotes from media celebrities Mike Duffy and Lloyd Robertson, AND support an important community cause - the construction of the new Union Villa Long Term and Alzheimer Facility.

Mayor Don Cousens, Honorary Chair of Union Villa's Brick by Brick Campaign, invites you to join him at the:

MAYOR'S LUNCHEON
 With Special Guests Mike Duffy and Lloyd Robertson

Monday, September 27, 2004 - 12 noon to 2:00 p.m.

Hilton Suites Hotel - Conference Centre Ballroom
 8500 Warden Avenue

Tickets \$75/Person or \$1,000/Corporate Table of 10

To Order Tickets call 905-415-2784 - Visa and MasterCard Accepted

This exciting event officially "kicks off" the Community Campaign to raise funds for the construction of the new 100,000 square foot state of the art long-term health care facility.

Please come out and help bring the Brick by Brick Campaign one step closer to reaching its financial goal of \$3,500,000.00

Our Seniors. Our Community.
Your support ensures
their future...and ours
www.uhs.on.ca

Ontario's new free vaccines will protect kids

The government of Ontario is helping kids stay safe from chicken pox and meningococcal meningitis, and helping families by adding these free vaccinations to the routine immunization schedule. Here's how it works:

- Vaccines for chicken pox and meningococcal meningitis are now available for one-year-old children in Ontario born on or after September 1, 2003.
- Starting in January 2005, 5-year-olds who haven't had chicken pox can also get the vaccine, as well as high-risk people of any age.
- Also starting in January 2005, 12-year-olds, 15- to 19-year-olds and high-risk people of any age will be eligible for free meningococcal meningitis vaccinations.

For more information, talk to your doctor or local public health unit. Call 1-877-234-4343. TTY: 1-800-387-5559. Or visit HealthyOntario.com.

Protecting your health



SENIORS

Inserts for Thursday Sept. 23, 2004

- Shoppers Drug Mart*
- Canadian Tire
- No Frills
- Loblaws*
- Food Basics*
- IGA*
- Price Chopper*
- Sears*
- RONA*
- Luxury Wheels*
- Sobey's*
- Mark's Work Warehouse*
- Today's Homes*
- Future Shop*
- Best Buy*
- Zellers*
- Dominion*
- B.E. Larkin*
- A&P*
- Pier One*
- M&M Meat Shops*
- MDG Computers*
- The Wine Kitz*
- There's No Place Like Home*
- The Bay*
- Home Depot*
- Michael's*
- Eureka Vacuum*
- Shorney's Optical*
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