

# GREAT SAVINGS IN Stouffville CUT-OUT COUPONS

Cut down on spending with this money-saving coupon page from your favourite shops and services in Stouffville!

## Good Morning Stouffville

Buy 1 Breakfast at \$4<sup>99</sup>

and receive a 2nd one of equal or lesser value for \$2<sup>99</sup>

We use zero trans fat free oil

5812 Main St., Stouffville  
905-642-9983



\*offer valid monday to friday



### BOOK YOUR OIL SPRAY NOW FOR FALL

Spraying on Saturday

458 Service Rd., Stouffville • 905.640.7098 • brucesauto@rogers.com

## NONNO CRUPI'S PIZZA



EXTRA LARGE PIZZA \$18<sup>99</sup>  
with 3 toppings

bring coupon to receive discount • expires november 13, 2010

15102 Hwy #48, Ballantrae 905.642.8300

## HALLOWEEN SPECIAL!



Martial arts teaches:  
• Confidence • Self Control  
• Self Discipline • Respect  
... and how to "Stick-To-It"!



5 WEEKS OF CLASSES

\$88

plus FREE uniform!

CALL NOW!

905-591-4STK (4785)

86 Ringwood Drive, Unit 49 • info@s-t-k.ca • www.s-t-k.ca

## CLARITY DAY RETREATS

IMAGINE ~ EXPERIENCE ~ CREATE

(1 retreat day for women)

Sunday Oct. 24, 2010

With Dorothy Ratusny, M.A., PhD (Candidate), Psychotherapist & Author & Sheri Andrunyk, Master NLP Practitioner, Business & Life Coach, Founder of Women for Women. "Learn the techniques that more clearly define your ideals and goals, and powerfully reinforce your ability to manifest that which you really want in life."

Willow Springs Winery - 5572 Bethesda Rd., Stouffville

9:45 am to 4:30 pm. Nutritious lunch, snacks & refreshments included

Investment: 2 Magical & Master Trainers for the price of 1!

Early Bird Special up to Oct 18th \$150, Regular \$225, plus HST (ask about our Corporate Pricing)

For more information or make a reservation please contact

Dorothy at dorothy@dorothyatusny.com (905-764-2950) or Sheri at sheri@womenforwomen.ca (905-853-1968)

10% OFF WITH THIS COUPON



Dorothy Ratusny



Sheri Andrunyk



Why settle for getting just fit, when you can be CrossFit.

Bring this coupon for a free intro session

Our Fitness program is suitable for all ages and fitness levels

100 Ringwood Drive, Unit 12, Stouffville  
416.662.1637 • www.crossfitcrux.com