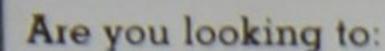
# , wise health care



- Move more freely?
- Relax and de-stress?
- Reduce pain?
- Recover from injury?
- Feel lighter and more energized?

You can. With a simple, one-hour class each week based on the Feldenkrais® method of body awareness.

Never tried a class before? Your first one is free!

Call 905 640 4490

The Feldenkrais School of Somatic Learning Inc.



# Better Workouts, Better Results

Tone up, trim down at Snap Fitness!

- No risk, no hassles-pay monthly
- · Free instruction and workout plan Personal trainers for faster results Comfortable, friendly environment

Stouffville 5892 Main Street 905-642-6300

# July & August

with a 10 month prepaid membership

> offer valid until June 30, 2010



# Alison Tipson

Registered Massage Therapist

In-Clinic & House-Call Treatments Available

#### Massages offered include:

- Swedish
- Sports / Deep Tissue
- Aromatherapy
- Pre and Post Natal
- Hot Stone

Fitness & Physiotherapy ville, Ontario L4A 255 416.671.8545

# Stouffeille Therapeutic Centre For Massage, Shiatsu & Reflexology 37 Sandiford Dr., 905-642-4237 Suite 206





## The Health Centre Of Stouffville FAMILY PRACTICE and WALK-IN CLINIC

# Accepting New

# **Patients**

#### **OFFERING:**

- Botox at \$8 per unit
- Juvederm from \$399/syringe

Addiction medicine available

## Travelling Abroad?

- Vacations/adventure
- Corporate Travel
- Visiting Friends Or Relatives

CALL OUR TRAVEL CLINIC FOR AN APPOINTMENT

### **EXTENDED HOURS!**

Monday 10:00 am - 8:00 pm Tuesday 1:00 pm - 9:00 pm Wednesday 9:00 am - 9:00 pm Thursday 3:00 pm - 9:00 pm Friday 9:00 pm - 3:00 pm

8:30 am - 3:00 pm Sunday CLOSED

Saturday

NO APPOINTMENT NECESSARY for WALK-IN CLINIC CALL 905-640-1117

6212 Main St., Suite #203 above IDA Pharmacy