

wisehealthcare

Are you looking to:

- 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.



Photo by Rosalie O'Connor, www.feldenkrais.com

**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
FREE**

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

Stouffville Venture Fitness & Physiotherapy
5892 Main St., Stouffville, Ontario L4A 2S5
Call: 416.671.8545
alison.tipson@gmail.com
www.alison-tipson-rmt.ca

FATHER'S DAY

Gift Certificates Available

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

YDO
YORK DURHAM
ORTHODONTICS

Dr. Barbara Frackowiak
D.D.S., Cert. Ortho. Specialist in Orthodontics

905-642-3642 **905-852-6477**
6371 Main St. 120 Toronto St. S.
Stouffville Uxbridge

www.yorkdurhamortho.com

THE HEARTY ARTICHOKE

*Remember Dad Should
Get Healthy Too!*

Gift Certificates Available

The Health Centre Of Stouffville

FAMILY PRACTICE and WALK-IN CLINIC



Accepting New Patients

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
Saturday	8:30 am - 3:00 pm
Sunday	CLOSED

OFFERING:

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

Addiction medicine available

NO APPOINTMENT NECESSARY for WALK-IN CLINIC

CALL 905-640-1117

6212 Main St., Suite #203 above IDA Pharmacy