



Better Health Care

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



905-642-3642
 6371 Main St.
 Stouffville

905-852-6477
 120 Toronto St. S.
 Uxbridge



PHOENIX

HEALTH & WELLNESS CENTRE

SPECIALIZING IN THE TREATMENT OF CHRONIC PAIN


NOW OPEN and accepting **NEW PATIENTS** by Referral & Appointment **905-591-2626**

Dr. Paul Grant, Orthopaedic Medicine & Chronic Pain & Addiction Specialist
 6383 MAIN ST., STOUFFVILLE (JUST EAST OF THE POST OFFICE) PARKING IN THE REAR

No Excuses!
**Look Good
 FEEL GREAT!**

WORKOUT the rest of the **YEAR** for only **\$199.00**
 offer expires Sept. 30, 2009


Start Now



5892 Main St., Stouffville
 (located in the Giant Tiger Plaza)
 905-642-6300

fast • convenient • affordable

BOOK YOUR AURICULAR MEDICINE APPOINTMENT TODAY
 Discover the Root Cause of Your Symptoms



Suze Joyce
 Registered Holistic Nutritionist

Large Selection of
 Gluten-Free
 Wheat-Free and More!

THE HEARTY ARTICHOKE
 HEALTH FOOD STORE

VIRTUAL FITNESS FUN AT SNAP FITNESS

We all know that we should do 20 - 30 minutes of cardio such as cycling, walking or running every day. Having various cardio options to suit your personal taste is important, which is why we provide many cardio options at Snap Fitness. These include the exciting new Espresso Bikes, which combine interactive virtual reality with cycling - or 'Exergaming'.

your own personal monitor. You can even compete side by side with your workout buddy and race to the finish line. The system allows you to track your progress, distance, heart rate, speed and calories burned.

purpose pedal design to accommodate standard footwear, as well as Shimano SPD-compatible shoes. Join Snap Fitness during the month of September and get the rest of the year for just \$199.00, includes enrollment. The club is open to members 24 hours a day 7 days a week.

Do you prefer cycling through a forest, a coastline, or a desert? The Espresso bikes have 30 different scenic bike routes from basic to extreme which you view on

The Espresso bikes simulate the experience of biking outdoors by allowing you to shift gears and steer. Pedal resistance adjusts automatically with virtual terrain changes. While testing the game I found it challenging to look at my neighbour and race without going off the virtual road. The bikes have a multi-

Snap Fitness is located at 5892 Main Street, in the Giant Tiger Plaza. Contact us at 905-642-6300 or www.snapfitness.com/stouffville.

By **Tricia Sears,**
 Snap Fitness


Courtesy Denture Cleaning and Denture Fit Checkup
 It is extremely important to have an oral examination annually, at which time your Denturist will assess the fit and function of your dentures and examine your overall oral health.

Stouffville Denture Clinic
 Helping Stouffville keep their smiles bright and healthy.

no referral required

Michael Deegan DD
 Your Denture Specialist

DeeganDenture
 CLINICS




fusion
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