



THE HEARTY ARTICHOKE

Integrity, Passion and Tenacity describe The Hearty Artichoke's reasons to get to the "Heart of the Matter". Symptoms are just symptoms ~ we get to the root of your health concern. "Ya But" has been with Suze since she was a little girl and never left her. Finding that puzzle piece is very important.

New and exciting changes are on their way. We will be offering monthly packages and free delivery within Stouffville to seniors plus a 10% discount for those over 60 on all supplements.

905.642.8643

6280 Main St., Stouffville

www.heartyartichoke.com

RINGWOOD HEATING AND AIR CONDITIONING

Hometown quality service

Ringwood Heating and Air Conditioning is a locally owned and operated HVAC company. We have been servicing customers in Stouffville, Markham and York egion for 25 years. We provide service, installation and maintenance of all gas and air conditioning equipment for your home and business. Our technicians are fully licensed and insured with the TSSA and WSIB. Our company carries full liability insurance. The company has built an excellent reputation, by providing honest and reliable service. We do not knock on doors to sell our products or use "high pressure" sales tactics. Our owner is the salesman, lead technician and does all final job inspections. That ensures our customers receive personal attention. We look forward to providing you with a free estimate.

Ringwood Heating and Air Conditioning

Steve Ringwood-Owner

Office: 905-472-6515

Cell: 416-988-2794

RingwoodHVAC@gmail.com



The Hearty Artichoke

Health Food Store

Going beyond the typical health food store - supplements
• yoga jeans • pottery
• organic & gluten free products...

Getting to the Heart of the Matter with Integrity & Passion

Suze Joyce R.N.C.P.

Since 2003



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905.642.8643 | www.heartyartichoke.com



Ringwood Heating & Air Conditioning

Summer Special

Buy a furnace and air conditioning package receive a humidifier and air cleaner free.

Buy an air conditioner and receive a free thermostat or one year free maintenance.

We service and install all makes and models of:

- Furnaces
- Pool Heaters
- Air Conditioners
- Gas lines for BBQ's
- Hot water Heaters
- Gas appliances
- Gas Fireplaces

Full yearly maintenance programs available.

10 per cent Seniors Discount Financing Available

Owned and operated for 25 years
Licenced TSSA Technicians
All employees covered by WSIB
Business fully Licenced and insured
Call us for a free estimate

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