

HEALTH & FITNESS

Lifestyles

TRADE EXPO



Fri. Oct. 22 6:00 - 8:30 pm
Sat. Oct. 23 9:00 am - 4:00 pm

Interested Vendors Call Brenda Fischer @ 519-322-2337

FALL CLEANSE 2010
sponsored by



The Hospice of Windsor and Essex County Inc.
 L'Hospice de Windsor-Essex Inc.

*"Did you know that our environment greatly impacts our health?...
 That food can help you detoxify and be your best medicine?
 Discover the proactive steps you can take to improve your health
 while being exposed to the many wonderful resources available in our
 community to do so!"*

Special Appearance by:
Paul Finkelstein - Chef Extraordinaire-
 Uses local agriculture and food to motivate people *and especially TEENS* to develop self confidence with a positive approach to healthy eating!
 Paul is a graduate of Queen's University and the Stratford Chef's School and was recognized for his creative and energetic approach to teaching with the Premier's Award for Teaching Excellence in 2008.



- Displays • Door Prizes • Guest Speakers
- Service Agencies • Demonstrations & Samples



249 Sherk St., Leamington, Ontario N8H 4X7 519-322-2337

Feel Good!
Look Good!

Your Community Complex has everything you need to get yourself feeling good and looking good! you're worth it --- your Health is worth it!