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NEWSLETTER

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Furnace Factory Direct INC.

Six Reasons to Call Us Today

From friendly service, fantastic pricing and the best products on the market, there are many reasons why you should let Furnace Factory Direct take care of your heating and cooling needs.

Here are six great reasons to call Furnace Factory Direct today:

1. Service: Our technicians are so courteous and friendly we were nominated for the BBB Torch Awards last year.
2. Pricing: Fantastic pricing is definitely one thing we are known for, and the reason we are growing so fast.
3. Financing: 0% financing is now available for a limited time.
4. Government Rebates: Save up to \$2,590

on some systems with government rebates.

5. Products: We have nothing but the best products from brands such as American Standard, Whirlpool, Viessmann, Buderus, Bosch, Honeywell, Armstrong & more.

6. Free Estimates: One of our comfort advisors will visit your home to provide a free no-pressure estimate.

Furnace Factory Direct sells, installs and repairs brand name heating and cooling equipment such as furnaces, boilers and fireplaces. Comprehensive protection, maintenance and cleaning packages, as well as 24-hour emergency service, are also available.

Owner Tom Kingdom and his team service homes in Ottawa and surrounding



areas with professionalism, courtesy and respect. From the friendly office staff to the uniformed, factory-trained technicians, they are committed to providing exceptional customer service.

Furnace Factory Direct is located at **174 Colonnade Rd. Unit 9**. For more information about their products and services, please call (613) 829-8186, or visit www.furnacefactorydirect.ca.

One of 15 community newsletters. Premium city wide circulation over 112,000.

Bethel Pentecostal Church Christmas Approaches

For the past 12 years, we have enjoyed giving our city the Gift of Christmas, in the form of free Singing Christmas Tree performances. We are excited about our 13th production which begins Friday December 2. This year we will put on eight performances, December 2, 3, 4, 9, 10, 11 at 7 PM and December 3 and 10 at 2:30 PM. We have had thousands of people come to these performances over the years and we look forward to entertaining 8000 more guests this year at our performances. Plan now to be with us for these heartwarming Christmas productions. See more at www.giftofchristmas.ca

Other events of interest coming up:

1. Greely Elementary School will present a Remembrance Day performance for our retirees November 9 at 12 Noon. The event begins with a full roast beef dinner for all who attend. Tickets are \$7 and may be reserved by calling our church office. All retirees are welcome to join us for this very meaningful occasion.



2. November 18th and 19th: Love and Respect Conference featuring Emerson and Sarah Eggerichs for married couples at Woodvale Pentecostal Church. Begins at 6:45 PM Friday November 18. Early bird price: \$35/person through November 7. \$45/person after November 7. Contact Joe Nyenhuis 613-829-2362.

3. Ladies' Christmas Banquet November 26 at 6:30 PM. Guest Speaker: Bev Stiller, wife of former pastor of Bethel. There is also a guest singer Darlene VanHerten. Tickets: \$15.00

For more information call Bethel Pentecostal Church at 613-226-1383 or visit our webpage www.bethel.ca We look forward to welcoming you as our guest any Sunday morning at 10:30 AM for time of worship and fellowship.



Rainbow Foods Become a Vitamin Angel

Offering specials Friday, November 4th through Sunday, November 27th, the November flyer highlights Rainbow Foods' "Be a Vitamin Angel" promotion, supporting **Vitamin Angels** (www.vitaminangels.org). Purchasing Natural Factors® Calcium-Magnesium, Progressive® multivitamin, Health First® Vitamin D, NOW® Lavender Essential Oil, or several other products marked with an angel symbol triggers a donation to this four-star charity. Vitamin Angels works to reduce child mortality by providing access to essential nutrients, especially Vitamin A, for infants and children under five, enabling their young immune systems to fight infectious diseases. Rainbow is working with more than 100 stores across Canada on this promotion and hopes to raise lots of money for the cause.

Rainbow has been undergoing renovations since early 2011 and is finally well on its way to completing



that vision. Drop by the store soon and check out the new, spacious feel and expanded departments within the store. Their gluten-free, nut-free and dairy-free sections and selections have all been extended. Rainbow is continually searching for new and innovate foods, supplements and bodycare products they think their customers may enjoy.

Rainbow's professional, well-trained staff is always available to help you find the products you need for a healthier lifestyle. For more information visit www.rainbowfoods.net, or visit the customer-service desk in the store at 1487 Richmond Road. 613-726-9200



1487 Richmond Road in Britannia

Save \$15 on RUSTCHECK Protect your Car for the Winter!

Winter is hard on cars, and Ottawa's winters are especially hard. Keep your car in top condition by bringing it to Dave Stoddard's Auto Service.

Dave Stoddard's Service Centre offers the highest quality of service and repairs for your car, including the famous RUSTCHECK, the world's best and oldest rust proof product. Having your car rust-proofed with RUSTCHECK not only makes your car safer to drive, but also offers considerable savings when the time comes to sell or trade in your car, because the value for resale or trade is highest when the vehicle body is in excellent condition. Other savings include NOT replacing mechanical parts that wear out due to lack of lubrication, and that's why it makes sense to join the thousands of motorists who have protected their investment with time tested and proven annual RUSTCHECK treatments. In economic terms alone the annual cost of



RUSTCHECK will be returned to you over and over again in other savings.

Dave Stoddard offers comprehensive vehicle inspections and maintenance for all cars, including Oil Changes, Inspections, brake, electrical, fuel injection, transmission. They can arrange for your other needs such as body repair using trusted associates in our area. Regular maintenance will lower your vehicle's operating costs and increase your resale or trade-in value.

Why would anyone do without these services? Call 613-828-7171 today to book your RUSTCHECK application and or vehicle inspection and receive a discount of \$15 when you mention this article. Dave Stoddard's Auto Service is located at 20 Bexley Place, Unit 101-105, in Bells Corners.

**DAVE STODDARD'S
AUTO SERVICE**

Pflug Optical Jazz Up Fall

The post back-to-school, pre-holiday season is often a dreary time of year. Perk up your look and your fall by browsing the many new frame styles and colours at Pflug Optical. This new eyewear is available for regular eyeglasses and prescription and non-prescription sunglasses.

Owner, Janet Atkins, a fully trained and licensed Optician, is proud of her reputation for incredible customer service. Her extensive experience and her eye for balance makes choosing your new frames extremely simple.

"We carry an extensive selection of premium European frames in a variety of colours and designs" said Janet. "It's a great way to refresh your look this summer."

Janet knows exactly what styles suit a client's unique attributes and can match a frame to your face shape, skin tone, hairstyle, and favourite clothing colours. Frequently the frames that you walk out with are the very first pair that she recommends. After 20 years she is so



good at selecting frames with the right combination of style and function that many of her repeat clients save time by having her bring out what she has already chosen. This personal approach to your vision offers a relaxing experience, helping to brighten your vision and your day.

Don't just enhance your vision; enhance your look with stylish frames. Call Pflug Optical today at 613-723-2766 for more information, or visit the ground floor of the professional building at 1580 Merivale Road, where there is ample free parking.



pflug optical ltd.

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

Say Good-Bye to Foot Discomfort Visit Healthy Steps Pedorthic Clinic

Fall is a time to settle back into a routine, regroup and take time to address those things that may have been overlooked during the busy summer...like that annoying pain in your heel or the stiffness in your lower joints. It's a good time to get your orthotics checked to make sure they are working well to provide the proper support and comfort for your feet. Are your orthotics looking tired? Have you had them for a few years? Maybe it's time for an update or a simple re-covering of the soft top covers. It's also possible your feet have changed or you have developed a new problem that needs to be addressed.

Perhaps you've never considered orthotics but have simply been putting up with foot discomfort. Foot pain is NOT normal and can lead to discomfort in many areas of your body and prevent you from getting the most out of life. Help is just steps away.

Healthy Steps Pedorthic (feet & lower limbs) Clinics in the Ottawa area are unique in that they take complete care of their patients - from professional assessment to manufacturing custom devices in their own facilities. If you're a new client, they start, literally, from the ground up! They will do a complete analysis of your gait,



existing footwear and area of discomfort and offer solutions to get you on the road to pain-free living. If orthotics are required, they are made at the on-site lab by the same professionals who assessed the problem. Healthy Steps offers a complementary yearly follow-up for existing clients. They store your casts if you require an additional pair and can quickly, efficiently make any necessary adjustments on the spot. They also offer a wide range of high quality knee and ankle braces.

Canadian Certified Pedorthists, Derek and Richard offer unparalleled personal service with their clients' comfort and well-being always a top priority.

For an appointment at the clinic call 613-823-2522 or request an appointment online at www.healthysteps.ca. Check their website for a link where you can follow and "Like" them on Facebook. The clinic is located at 4100 Strandherd Drive, Unit 202 (second floor) in Barrhaven.



Electrolysis: A Lifetime Investment Caress Electrolysis

Have you been looking for a way to permanently remove your embarrassing unwanted hair? Look no further than Caress Electrolysis. Clients rave about the professional, caring service and the private, relaxing atmosphere that greets you as you enter the clinic. Kathryn Hay and her experienced staff of certified electrologists offer a complimentary consultation and sample treatment. As an educated consumer you will then have the knowledge to make an informed decision of whether to proceed with electrolysis.

Although initial costs may be slightly higher than waxing and other temporary methods of hair removal, none give you the results of electrolysis...permanency....therefore making it far more affordable! Consider electrolysis an investment! Not to mention the freedom of never having to worry about unwanted hair again.

Most clients are pleasantly surprised at how reasonably priced treatments are as well as the comfort of electrolysis treatments.

Kathryn and the staff at Caress are excited to announce that in the near future



they will be offering treatments for many types of skin anomalies. These fast, gentle, often one time treatments remove skin anomalies such as: skin tags, milia; facial spider vein, capillary treatments; closing enlarged pores and unwanted piercings; removal of Campbell spots, ruby red, and age spots.

At Caress the staff is passionate about their services and find it extremely rewarding helping others restore their beauty and increase their self-confidence.

Call to book your free consultation and sample treatment with absolutely no obligation. Caress Electrolysis is open for your convenience Monday through Friday 9:00 to 8:00 and Saturday 9:00 to 4:00. Located at 35 Larkin off Greenbank, the clinic is easily accessible by bus and also has free parking. Call 613-825-2299 or visit CaressElectrolysis.com



SNOWBLOWING

Now Accepting Clients in Nepean and West Ottawa

Winter is almost here, so now is the perfect time to arrange your snow removal. With over 200cm of snow falling in Ottawa each year, keeping driveways and roadways clear is a lot of work. This winter let *Lawnscope* save you the time and hassle of getting up early to clear your driveway.

Lawnscope is currently accepting new clients in your area and Owner/Operator Chris Kidney will happily provide you with a free estimate.

Lawnscope will clear your driveway from the first snowfall to the last snowfall of the season with no date or accumulation limits and no advertising markers cluttering your property. This year's prices are \$300 for a single driveway and \$350 for a double driveway and are fixed flat rates for the entire season. Walkway shoveling is also available. Visa and Mastercard are accepted, as are cheques and e-mail money transfers.

Since 1992 *Lawnscope* has been helping home and business owners start their days with clean, clear driveways. With 20 years of experience, Chris



Kidney and his team provide friendly, personalized service. Since the tractor blows the snow instead of plowing it, there won't be any snow banks piling up on your lawn. They will also return to clean up snow banks created by city plows.

Lawnscope also offers lawn and garden maintenance as well as landscape design and construction services. Year-round contracts are available to help manage your property.

Save time and energy this winter with *Lawnscope*. For your free estimate call 613-769-5296, or e-mail lawnscope@rogers.blackberry.net. For more information visit www.lawnscope.biz.



Energy Weight Loss Centre

Lose Weight and Fat, Not Muscle

Syndrome X, encompassing the symptoms of obesity, high cholesterol, high blood sugar and hypertension, is reaching epidemic proportions. The result of insulin hypersecretion, eliminating this syndrome requires resetting the pancreas' insulin balance. The **Energy Weight Loss Centre** helps Syndrome X victims accomplish this reset.

Losing weight obviously requires consuming fewer calories than are expended. However, to specifically target fat loss, requires a more complex nutritional balance. Using a medically-designed protocol, the **Ideal Protein Diet**, clients enjoy rapid fat loss while retaining their lean body mass. This protocol simultaneously removes carbohydrates as a fuel source to decrease glycogen storage and provides high biological proteins, forcing the body to burn stored fat instead of muscle.

While you are on the protocol, the Centre provides you with everything you need: the program, supplements and food. Phone support and education ensure you are



never alone. Reducing cellulite, cholesterol, and blood sugar levels; increasing energy; and improving mood are the protocol's additional benefits.

Offering many delicious dietary options, the centre can accommodate vegetarians, Celiac patients and those with dairy and soy sensitivities. Their nutrition packets are easy to prepare and incorporate into today's busy lifestyles. Once the pancreas is reset to secrete a normal amount of insulin, you begin or resume a balanced diet, without compromising your new and improved state of health.

Located at 530 Hunt Club Rd. West, the Energy Weight Loss Centre offers a free, no-obligation consultation with coach Jonathan Russell. Call 613-226-5677, or visit the website at www.energywlc.com.



Creative: PS design group 613-838-7212 • Writers: Peggy Vice 613-596-9832, Erica Simmonds 613-422-8692, Sheryl Bennett Wilson 613-730-5530, Lynda Steele 613-489-2636 • Sales: Siggy Rajzman 613-769-3044

If it is time for an address change: Spectacular Waterfront Bungalow

Located on a quiet cul-de-sac, this spectacular open-concept bungalow offers a lower-level walkout into a back yard with access to the Castor River and green space. The stone-and-siding exterior, along with the interlocking-stone patio, provide a summer-kitchen space, making this home exceptionally suited to outdoor entertainment. The fenced grounds are attractively landscaped around an interlocking-brick driveway to the double garage.

With more than 3,000 square feet of space, this residence was built using superior construction techniques, impeccable craftsmanship and unrelenting attention to detail. Its sunny exposure floods the principal rooms with light while the many windows maximize the sunlight, as does the three-season solarium with its magnificent views of the river. Neutral décor, rounded corners,



wide trim and crown moulding add to the beauty of this home. With a gas fireplace, cathedral ceiling, efficient cook's kitchen, wine room and spectacular views, it provides all the amenities and luxurious details you would expect in such a well-appointed home.

Attractively priced at \$559,900, this three-bedroom plus library home offers the enjoyment of summer and winter sports on the Castor River in Embrun, including snowmobiling, snowshoing, ice skating and canoeing.

To arrange a viewing of this home, or for more information on Ottawa Real Estate, contact **Diba Hughes**, Sales Representative with the Colleen Rushforth Team at Keller Williams Ottawa Realty Ltd., Brokerage, at 613-236-5959, or on her cell at 613-850-5669, or dhughes@kwottawa.ca.

"Taking you Home Every Step of the Way" 



Pet-errific Professional Pet Services & Gifts Dog Walking Services & Gifts

Enrol your dog for a six-month, full-time walking service and receive a free pet toy.

In today's hectic world it is difficult to give your pets the attention they deserve. Let **Pet-errific Professional Pet Services & Gifts** help out. Offering a happy, healthy pet, peace of mind and a clean yard, Pet-errific promotes responsibility, safety and a caring environment where your pets can flourish.

Owner and long-time Ottawa resident, **Warren Jones**, begins any service request with a free home visit. New clients are asked to fill out a pet-information sheet, including emergency-contact and other pertinent information. Upon agreeing to a starting date and time, you can relax and put your pet's care in the capable hands of Pet-errific's dedicated, animal-loving staff.

Both dogs and cats like routine and using a walker or sitter allows



your pet to keep their normal eating, playtime, exercise and sleeping schedule. In addition, dogs are social creatures; group walks offer the socialization they thrive on. After each dog-walking or cat-sitting visit, owners receive a signed and dated Report Card for feedback.

Fully-insured and bonded and members of various pet associations, Pet-errific also offers pet taxi and yard-waste cleanup services, along with a variety of high-quality pet and animal-lover gifts. Visit www.pet-errific.com for more information about this wonderful pet service, or call 613-867-6463 and talk to Warren.



A Sound Decision! **Free Hearing Test** Davidson Hearing Aid Centres

Since 1943, three generations of the Davidson family have been serving the needs of Ottawa's hard of hearing community. Located at **28 Thorncliff Place** in Bells Corners and at **1399 Bank Street** in Ottawa, this customer-centric practice offers the best service and the latest hearing aid brands and styles. Is your hearing where you want it to be? Visit a Davidson Hearing Aid Centre today for your **FREE Hearing Test!**



If you require a hearing aid, the Audiologist or Hearing Instrument Specialist will explain your results and help you to make a decision about which one meets your needs. Davidson Hearing Aid Centres stands behind every hearing aid that they fit and your satisfaction is guaranteed. There is a 60-day trial to ensure that your device is the best solution for your hearing needs.

Your hearing aid should be checked every six months to ensure

that it's providing you with the best possible sound. Unfortunately, many people delay having them looked at because of the cost. For this reason, Davidson Hearing Aid Centres will **check and clean your hearing aid for FREE**. In addition, Davidson Hearing Aid Centres offers an earwax removal service as well as house calls for people who are house-bound.

Improved hearing is just a phone call away! Call Davidson Hearing Aid Centres today at **613-721-8218** (Bells Corners) or at **613-233-4374** (Ottawa) to make an appointment. Visit www.davidsonhearingaids.com for more information. Hours of operation are Monday to Friday from 9am to 5pm. 




CentrepoinTE Gabriel Drugs Pharmacists Offer Accessible Health Care

Recently the services provided by pharmacists have undergone dynamic changes to meet societal and health-system expectations. The difficulty of accessing family physicians in Ontario offers the opportunity for pharmacists to become the most accessible health-care providers. Pharmacists have moved away from the traditional dispensing role to an expanded clinical role that more fully utilizes their unique skills and knowledge.



As an independent, family and locally-owned and operated pharmacy, **CentrepoinTE Gabriel Drugs** delivers personalized care to their patients, along with a range of specialized pharmacy services. Among these services, CentrepoinTE pharmacists provide medication reviews, available at the pharmacy or during an at-home visit. The home visit is especially beneficial for the elderly because not all have the ability to travel to the pharmacy. The pharmacists help seniors manage their medication to optimize therapy and avoid potential medication-therapy problems by regularly communicating

with their physicians. They may also provide private counselling on the storage and use of medications and determine if follow-up is required.

CentrepoinTE Gabriel Drugs periodically offers health-related clinics, such as diabetic foot care or diets, Attention-Deficit Hyperactivity Disorder (ADHD) awareness and osteoporosis checks. Offering expert up-to-date advice and health-care knowledge paired with attentive patient care, CentrepoinTE Gabriel Drugs brings you the best possible pharmacy care plus comprehensive drug-store services while retaining the personalized services of an independently-owned and operated store. Call **613-723-2366** or visit **117 CentrepoinTE Drive** for more information. 

CentrepoinTE Gabriel Drugs

"We turn, not older with years but newer every day." Emily Dickinson

You Saved our Christmas...

Those are words that the **Christmas Exchange Program** hears over and over again from families and individuals who otherwise wouldn't have a Christmas. **"It is nice to know that someone cares."** The Christmas Exchange Program part of the **Caring and Sharing Exchange** helped close to 10,300 families – 25,000 people last year says **Executive Director Marilyn Matheson**. People like Marie and her family who had a comfortable life and helped others when they could. But when her husband became ill and couldn't work they were forced to sell their house and Marie sold diamond wedding ring to pay bills and buy food. Marie turned to the Christmas Exchange Program so they could have a Christmas.



The Christmas Exchange Program has a long history in the city having started in 1915 during WW1 to help the families of the men fighting overseas. Today over 300 community organizations such as schools, faith communities, food bank outlets and other social service agencies in Ottawa send in the names of those they know need assistance. The Exchange's

Coordination Service reviews all the applications to eliminate duplicates to ensure every donated dollar goes to where it is most needed. Over the past three years this has met that over \$2 million donated dollars has been saved and redistributed back into the community.

You can help save Christmas for an individual or a family in our community. These are people who through no fault of their own need some assistance due to job loss, illness, or tragedy such as a fire in their home. **"Someday I will be on the giving end."** Visit www.CaringandSharing.com to find out how you can save someone's Christmas. Donate on-line or call the **Caring and Sharing Exchange** at **613-226-6434** or email info@CaringandSharing.ca. 



the Caring and Sharing Exchange
cœur et partage
Helping hearing people since 1915 L'aido et partageo desoûs 1915

Living a 'new normal' as a Quadriplegic... Never giving up hope...


On Sunday September 4th while cycling alone on Scenic Caves Road near Collingwood and in training for the Centurion Bike Race, my sister Tracy Dort-Kyne had a very serious accident. She broke her neck at her C3/C4 vertebrae severing her spinal cord. She went off the road and was found in the ditch. An amazing young man named Mike Hermanovsky found her and stayed with her until the ambulance came to take her to the hospital in Collingwood. Shortly afterwards, she was flown by air ambulance to Sunnybrook Hospital in Toronto.



Photo by Michelle Valberg
www.valbergimaging.com

The devastating news of her injury was overwhelming for us. We were all affected by this tragedy with intense emotion, pain and loss – of the life she had. **Tracy's prognosis:** Spinal cord injury "Complete" – meaning quadriplegic **Defintion:** "complete" spinal cord injury means having no voluntary motor or conscious sensory function below the injury site, in Tracy's case C3 vertebrae in her neck. Luckily, Tracy did NOT suffer any brain damage.

Tracy spent 47 days at Sunnybrook, and on Monday October 17th she was transferred to Toronto Rehab where she will learn to live a "new normal" as a quadriplegic. She is a single mother of three young boys.

We've encountered many people along the way both in and out of the hospital who have inspired us, motivated us to keep going and taught us to never give up hope. Every day we learn a new lesson. It's what we do with it that changes us! To help Tracy visit www.tracydortkyne.com. **Article by Lesley Dort** 

Make Your Dreams A Reality

With AM Renovations

If the colder weather is making you think about hibernating for the winter, why not make those renovations you've been thinking about now and turn your home into a cozy winter retreat. Owner Sinan Mujdanovic of AM Renovation specializes in basement makeovers. Space that was used for storage can be turned into a functional, living area adding hundreds of square feet to your home while increasing its value significantly. The addition of a bathroom is also a popular feature on lower levels.

Sinan and his crew do renovations of all kinds. They can enlarge and update your kitchen, the focal point in many homes. If your bathroom needs a facelift, they can suggest many options to give it a fresh, modern look while making the most of what is usually the smallest living space in your home. They are experts at ceramic installation and can turn the most humdrum bathroom into something spectacular. Check out their website for some beautiful testimonials of the high quality jobs they have completed.

**AM RENOVATION &
CONSTRUCTION**
613-769-9081



With 20 years of experience, AM Renovation can tackle any size job, large or small, from painting to additions. They do hardwood and laminate flooring, roofing and chimney repairs and interior remodeling. Fall is also the perfect time to do those outdoor jobs that will be ready for you to enjoy come spring like building a deck or putting down interlock around the driveway or pool. They can also repair cracks in your foundation or exterior concrete.

AM Renovation is a fully insured, registered company. Sinan will listen to your needs, offer suggestions and won't finish a job until the client is 100% satisfied. As the owner of the company, his investment is in your happiness and satisfaction. Call today for a free estimate. www.amrenovation.piczo.com 

Try New Look Before Holiday Season

Nails by Eileen **FREE SHELLAC GEL APPLICATION**

Everybody wants to look their best for the holiday season and testing a new look is a great way to chase away the November blahs. For November, Nails by Eileen is offering a free Shellac application with any manicure or pedicure. In addition to acrylic, porcelain and gel nail services, Nails by Eileen also offers eyebrow tinting and waxing.

For more than 20 years, **Nails by Eileen** has been providing exceptional, professional aesthetic services to clients from Embrun to Stittsville. Eileen specializes in natural nail extensions, keeping current with the newest trends. Loyal clients are now raving about her latest service, gel polish for natural fingernails and toes. Gel nail overlays are the most gentle and effective way to protect and help keep natural nails stronger, offering a wide variety of colors and styles, including the French Manicure. For those tired of manicures and pedicures that often smudge and don't



adhere for long, gel polish resists chipping and peeling, significantly improving the durability and longevity of these services. They also dry immediately for NO wait time

With her friendly and cheerful personality, Eileen will make you feel at home and relaxed in her quiet, private and intimate setting. Located in Briargreen, Eileen is available Monday to Friday, offering a very flexible schedule. Whether you want perfectly manicured hands or pampered feet, Eileen's diverse range of services can accommodate you. For an appointment, call Nails by Eileen at 613-225-4697 or e-mail her at nailsbyeileen@rogers.com. 



Warren Clinic of Chiropractic

For Freedom from Pain

Whether your problem is chronic, recurrent, new, or caused by a slip or fall, there is an alternative to living with pain: a chiropractic assessment and care. If the **Warren Clinic of Chiropractic** can't fix your problem, they probably know someone who can. To try the easy way first, call **613-224-4080** or visit www.warrenclinic.ca for more information.


For more than 35 years, the Warren Clinic has been helping people in its community live a more comfortable lifestyle. The clinic's chiropractic care involves spinal correction to eliminate pain, increase mobility, and improve physical wellbeing, emphasizing a gentle approach to adjustments.

Structural integrity is a lifestyle. Spinal misalignment does not always cause pain, but may elicit other physical maladies, including blood-pressure elevation, circulation problems, numbness, or a tingling sensation. The approach to overall structural health begins at the feet, knees, hips, and spine, making the body work as a "whole



person". In addition to gentle adjustments, when necessary the clinic recommends vitamins, minerals, support pillows, orthotics, and support lifts.

The Warren Clinic of Chiropractic also offers Registered Massage Therapy, Return to Play Therapy and Nutritional services. The emphasis is on caring and a personal approach for each valued member of the patient family, some of whom have been with the clinic for as many years as the clinic has been in practice. New patients and walk-ins are always welcome for a consultation.

Enjoy a pain-free lifestyle by making an appointment to visit the Warren Clinic of Chiropractic today at **1453 Woodroffe Ave.** 



WARREN CLINIC
of Chiropractic
1453 Woodroffe Ave.
613-224-4080

Hair Creations & Aesthetics

New Look and Management, Old Friends

Hair Creations, formerly Guy's Hair Creations, may have changed the look and management of the salon, but familiar faces continue to offer the latest in hair and aesthetic services. Even the new owner, Louis Naaman, is a familiar face at the salon, continuing to offer his expertise as a stylist while also managing the salon that has been in business since 1973.

Kathy, Annette, Jean-Paul and Larry are looking forward to welcoming new and long-time clients into their renovated, sleek and modern salon. These experienced stylists offer personalized service using the latest techniques for a complete range of hair-care services, including permanents, colouring, styling and feathering. They also retail a complete line of high-quality hair-care products.

Sonia is still in her well-equipped room, offering the aesthetic services clients love, including



waxing, pedicures, manicures, makeup application, eyebrow and lash tinting, and facials using Yon-ka products from France. She is introducing Gelish® polish, which comes in an array of colors, applies like polish, but is cured under an LED lamp or traditional UV lamp, just like gels. Gelish stays on nails for three weeks with no chipping or peeling, and soaks completely off in only 15 minutes.

Look your best for any special event, or consult one of the stylists about your new look for the holiday season by calling their new number at **613-722-1719** for an appointment. Conveniently located just east of Luxe Interiors at **1665 Carling Ave.**, Hair Creations & Aesthetics offers plenty of free parking behind the shop. 

Hair Creations & Aesthetics