

CIMS Guardian Drugs

Home Health Care

- ADP vendor for mobility aids
- Breast prosthesis
- Ostomy supplies
- Braces & supports fitted by certified fitters
- Custom orthotics
- Elegant compression stockings
- Diabetic shoes
- Mephisto
- Birkenstock
- Delivery service

Trafalgar Rd.	█
White Oaks Blvd.	
QEW	N

1235 Trafalgar Rd. 905-845-0800
OPEN 7 DAYS A WEEK - POST OFFICE

CANADA POSTES POST CANADA

JOANNE SIMPSON
COUNSELLING SERVICES

B.Ed., M.A., (C)OACCPP

counselling for individuals & couples
career counselling for teens
managing depression, stress, anxiety, grief
parenting education
marriage preparation counselling

Tel: 905.808.7273
Fax: 905.849.1565
jmsimpson2@cogeco.ca



The Body Shaping Fitness Studio For Women

Specialists in Women's Fitness & Weight Loss

Lots of Classes!

- Spinning (*Free*)
- Yoga (*Free*)
- Pilates (*Free*)
- Belly Dancing (*Free*)
- Tai Chi (*Free*)
- Jazzercise (*Free*)
- Aerobics (*Free*)
- Osteofit (*Free*)

Services Available to the Public

- Spa Services
- Weight Loss Program
- Registered Massage Therapy
- Certified Athletic Therapy



Lots of Services!

- Personal Training
- Spa Services
- Massage Therapy
- Athletic Therapy
- "The Full Plate" Weight Loss Program
- Child Minding
- Hot tub & Sauna
- Cooking Classes
- Mother/Daughter Membership
- Group Rates Available
- Senior's Program
- Senior Membership Rates
- Gift Certificates Available

Lots of Fun!

183 Lakeshore Road West, Oakville (just east of Dorval Drive)

For more information, please call (905) 849-1919 or visit www.bodyshapingstudio.com

