



Be Fit. Eat Right. Think Well.

## GRAPHICS

### POSTER

well within  
health Expo

[www.wellwithinhealthexpo.com](http://www.wellwithinhealthexpo.com)

Be Fit. Eat Right. Think Well.

**January 16<sup>th</sup> 2010**  
**9:00am - 4:00pm**  
 Tickets Advance \$5.00 Tax in  
 At Door \$7.00 Tax in  
 Contact: 897-4004 or 843-3445

**Holiday Inn**  
Truro, Nova Scotia

Sponsored By:

Marigold Box Office  
[www.marigoldcentre.ca](http://www.marigoldcentre.ca)

### TICKET

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health Expo

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