



Lighthouse Community News

Bringing Local People Together

FREE Life Changing Vision Workshop — See Page 8 to Register 

New Animal Welfare Legislation

We love our animals and they love us. In return we need to care, nurture, feed and protect them from abuse and neglect. For a very long time animal advocates have spoken out about the need to revamp animal cruelty enforcements.

NEW LEGISLATION

The new Animal Welfare legislation now enforced in Ontario has the strictest penalties for animal abuse. Ontario's new animal welfare system took effect January 1st, 2020. Provincial Animal Welfare Services' (PAWS) act enables Ontario courts to impose the highest financial penalties for offenders in Canada.

The new legislation will be implemented with more inspectors to provide province-wide coverage, including those with specialized expertise in livestock, zoos, aquariums and equines. The province updated prohibitions and obligations; such as barring the return of dog fighting equipment to a person convicted of an offence, or a person harming or attempting to

harm a service animal or one that works with peace officers.

An advisory table was established with a wide range of experts, including veterinarians, agriculture representatives, academics and animal advocates to provide ongoing advice to the ministry.

"People care about the welfare of animals and so does our government," Solicitor General Sylvia Jones said in a statement.

"We are committed to creating a strong, new system to protect animals, and we have delivered on that promise."

"Animal Justice is encouraged by Ontario's and animal welfare enforcement will become a full public function," said Animal Justice's executive director Camille Labchuk.



Find more information here:

<https://news.ontario.ca/mcscs/en/2020/01/new-animal-welfare-system-now-in-force-in-ontario.html>

If you think an animal is in distress or is being abused, call: 1-833-9-ANIMAL (264625).

Alzheimer's Awareness and Hearing Loss

Over 747 000 Canadians are living with Alzheimer's disease, while 44 million people worldwide are impacted with dementia. This is a global health crisis. There are no known cures for Alzheimer's disease but there are treatments available to slow the progress of conscious mental activities.

The Alzheimer's Society of Canada classifies Alzheimer's Disease as a type of dementia. Brains impacted with Alzheimer's share two similar characteristics: Plaques and Tangles. Both result in a decrease in brain size causing hearing loss.

Hearing loss is prominent in seniors. Hearing loss touches the lives of a much larger demographic as our environment becomes noisier. Untreated

hearing loss shrinks the areas of the brain responsible for auditory response.

Brain scans done on older adults revealed a decline in sensory perception. That area in the brain responsible for sensory perception was less activated in individuals with hearing loss. Hearing aids can strengthen the auditory nerve and provide stimulation to the auditory area of the brain.

If you or a loved one believe you may be affected by Alzheimer's disease or dementia, seek help from your physician and schedule a hearing evaluation.

To learn more sign up for our workshop at <https://evarebearing.ca/> or call (647) 812-5393

History of Mississauga



The City of Mississauga is comprised of several historic villages. The well established villages, located along major travel routes, power sites and water ways formed the backbone of the bigger township. While the smaller crossroads communities disappeared. Over time others thrived and has become part of modern Mississauga.

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Make your business known to Local Communities in Mississauga South

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PARENT TALK

Playtime is Parenting

Not having enough quality time with the family can make a parent feel uneasy and unfulfilled.

Bonding time is like everything else, it has to be planned. Family time is a special time—make it intentional.

Closeness is important, which last a lifetime.

Here are some playful parenting methods a parent can use from babyhood to adulthood.

Playtime comes from a place of joy and laughter.

It's the time for parent and child to explore and discover childhood wonders. It is a pleasurable experience. And while doing nothing "important," it shapes the brain and opens the imagination.

EXACTLY WHAT DOES PLAYTIME DO?

It should be a natural part of life. It's a simple and natural way to relieve stress, while maintaining a healthy mental attitude. During play, challenges tend to sort itself out.

Doctors often say, patients who laugh regularly recover quickly.

Playtime is social time and social skills time for the whole family. It bonds the family together while enriching each person's confidence. It is a safe coping defence mechanism for children and increases attention span.

Playtime stimulates areas of the brain responsible for language skills. It separates relevant information from what is not.

While having fun, the brain organizes thoughts for future use.

Without play children live with uncertainty.

Playtime helps children and teens exert more of their potential. It triggers the release of proteins which is essential for cell growth.

A child's language is play. And speaking this language is a clever way to teach them the right action.

Give it a try next time you want your child to learn an important lesson.

I bet you will see great results and have fun, too!

Playful Parenting continues below

Quotes

"I do everything with a sense of reliance upon the law of Good. Therefore, I know that my words shall not return unto me void."

- Ernest Holmes

"Desire is God tapping at the door of your mind trying to give you greater good."

- Catherine Ponder

"If life is a great game of giving and receiving... Do you think you are in balance with both?"

- Judy

"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

PLAYFUL Parenting

Playful parenting are ways parents can correct a child's behaviour while being playful.

SOUNDS LIKE FUN!

Playfulness gives parents the edge on parenting.

Playfulness provides a safe, secure bond to last a lifetime. Bonding helps parents remain honest about their feelings towards their child.

When children feel important in the home, they become more engaged.

This is especially true for teenagers when peer pressure and hormonal changes cause anxiety.

Children respond more favourably to playfulness than to rules. Playfulness is a positive form of discipline that does not negatively impact children.

Playfulness engages the playful side of the brain.

Truth is, a child cannot be afraid and playful at the same time. To ensure your child has positive associations with corrected behaviour, it makes sense to engage while they're functioning from the playful side of the brain, without any fear.

Frequent play time help adults cope better with tasks. As with children, playfulness helps

adults make sense of their world and help them understand themselves.

Play stimulates creativity, relieves stress and positively affects your health.

Playfulness increases joy, satisfaction and productivity in life and at work. It also increases problem solving abilities.

HOW TO PLAY?

You might have forgotten how to play, because you have been working so hard. When you are at play, time seems to stop.

Start to play by doing things that bring you joy, which seems meaningless. Do something like listen to music or just lie on the floor and stare at the ceiling.

These things loosen your mind from restraints.

Engage in activities just for pleasure, nothing else, and no goals attached.

Playfulness fertilizes the brain.

Have fun!

Read more:

<https://www.keystonechildtherapy.com/blog>

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LOCAL BUSINESS — PAST & PRESENT

Streetsville Entrepreneurs



Queen Street Looking South at Main Street, c1910

Streetsville is named after Timothy Street and Richard Bristol. The history of Streetsville began around 1819, with a "New Survey of Toronto Township", conducted and financed by Timothy Street and Richard Bristol. Timothy was granted permission to establish the credit mill along the Credit River.

Erected in Streetsville is one of Mississauga's oldest heritage homes, "Montreal House". John Barnhart operated a trading post or general store from the home in 1821.

Timothy Street, a well established figure in the town, donated land to the Protestant Cemetery. As the community grew, a Methodist Chapel and Presbyterian Church was added in 1824. Streetsville's economy and political centre continued to attract businessmen. These new merchants built up the sawmills, tanneries and inns industries.

The village became known for its agricultural fairs and first high school, called Grammar School. The "Toronto Township's" school was established in 1851.

Streetsville was incorporated as a village in 1850 and became a town in 1962.

The town's prosperity peaked around 1867. In 1879 the Credit Valley Railway arrived, leading more growth for the town.

Streetsville amalgamated with the town of Mississauga in 1974, along with Port Credit, to form The City of Mississauga.

Streetsville is unique, having survived through many decades of changes. It still remains quaint and offers a pleasant historic feel. Well deserving for being called "The Village in the City".

It is also home to the "Bread and Honey Festival".

Read more: <http://heritagemississauga.com/streetsville/>

Quotes

"You are not the past. You are the present becoming the future."
- Raymond Charles Barker

"Nothing great was ever achieved without enthusiasm."
- Ralph Waldo Emerson

"Everyone thinks of changing the world, but no one thinks of changing himself."
- Leo Tolstoy

"Success is getting what you want.
Happiness is wanting what you get."
- Dale Carnegie

Green Investment

With careful consideration, the average person can navigate their own financial resources. With a bit of insight and research, you can define your goals and grow your money in our changing world.

Besides bonds and stocks, consider investing in the practical world of local people projects. Invest in micro projects, not only for money, but to make a difference in the world. Invest in projects you are passionate about that changes the quality of people's lives.

INVEST WITH YOUR CONSCIENCE

Crowdfunding has made it possible for dreams to come alive. When a large number of people believe in a project they contribute. This seed money gets entrepreneurs started.

Solutions to problems is where you invest—If you cannot think of good ideas right now, here are a few ideas to get you thinking.

HINT: WATCH FOR TRENDS IN THE MARKET.

- Problem: Plastic waste
Solution: Think green and biodegradable.
Sustainable, eco-friendly, environmentally safe, toxin free products are needed.
- Problem: Deforestation
Solution: Tree farming provides work to local people.
- Problem: Faster food production
Solution: Hydroponic farming—Warehouses are equipped and controlled to fertilize plants with nutrients and light.
- Problem: Greenhouse gas emissions
Solution: Electric E Bikes & Scooters

WHAT PROBLEM DO YOU WANT TO SOLVE?

Grow your funds either by investing in a community project you believe in, or invest in your own start-up project. Let's re-create a world where friends and communities can invest in neighbourhood projects.

Start small, start local and grow outwards. There are over a trillion dollars invested in social responsible markets.

For more information read: "*Resilient Investor*" or <http://resilientinvestor.com/>

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SOMETHING FOR THE HEART & MIND

Lighthouse Community News

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Editor: news@lighthousecommunitymedia.com

Deadline for Ads and Articles for the February issue: **February 6, 2020**

Note: Please send articles in MS Word format (not PDF)

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RECIPE

Ginger Pineapple Turmeric Smoothie

Ingredients

- 1 cup Frozen pineapple
- 1/2 cup Almond butter
- 1 handful Shredded basil
- 1 1/2 cup Almond or coconut milk
- 1/2 teaspoon Vanilla
- 1/2 teaspoon Turmeric
- 1 teaspoon Raw ginger, chopped

Instructions

- Throw it all in a blender.
- Blend'er up.
- DONE!

Natural Antibiotics

An ounce of prevention is worth a pound of cure!

Prescription antibiotics often wipe out good bacteria from the gut. Prescription antibiotics has given rise to new strains of bacteria that are antibiotic-resistant.

GO NATURAL

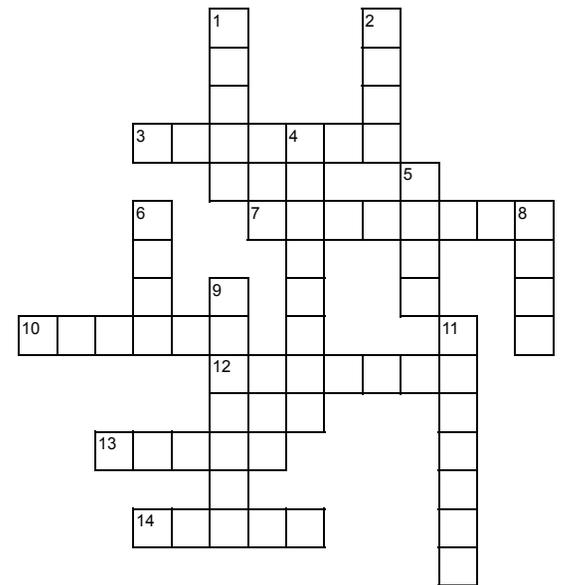
Fortunately, natural antibiotics are found in garlic and onions. Both superfoods possess antioxidant, anti-inflammatory, anti-viral, anti-bacterial and fights infections.

A FEW EXAMPLES

- Raw honey is an excellent antimicrobial agent. It promotes wound healing and prevent infections.
- Echinacea is a herbal remedy for prevention and treatment. It strengthens the immune system, which in turn prohibits infections. Echinacea treats colds, flu and other bacteria related diseases.
- Grapefruit extract is an effective anti-bacterial agent. Thought to be effective against up to 800 different strains of viruses and bacteria. Grapefruit extract is also rich in antioxidants and boosts your immunity.
- Coconut oil has a myriad of health benefits, but did you know it contains natural antibiotic and anti-fungal properties
- Oregano oil, apple cider vinegar, cinnamon, mint and lemon help rid the body of harmful bacteria.

Natural Antibiotic foods help to prevent illness before it even begins.

Crossword



Across

- 3 Authentic (7)
7 Sir Joshua, pre-eminent 18th century British portrait painter (8)
10 Winner (6)
12 State capital of Georgia (7)
13 Vessel used for cruising or racing (5)
14 Burn fiercely (5)

Down

- 1 Porcelain (5)
2 Fencing sword that tapers to a blunted point (4)
4 Not suitable for eating (8)
5 Measured quantity of medicine (4)
6 Food for carnivores (4)
8 Browse randomly through the Internet (4)
9 Former greek currency (7)
11 Peewit (7)

For answers, see page 7.

What is Inflammation?

Inflammation is the root cause to most chronic health issues. Ailments such as headaches, poor memory, high blood pressure, rashes, depression, weight gain, are all signs of inflammation.

WHAT IS INFLAMMATION?

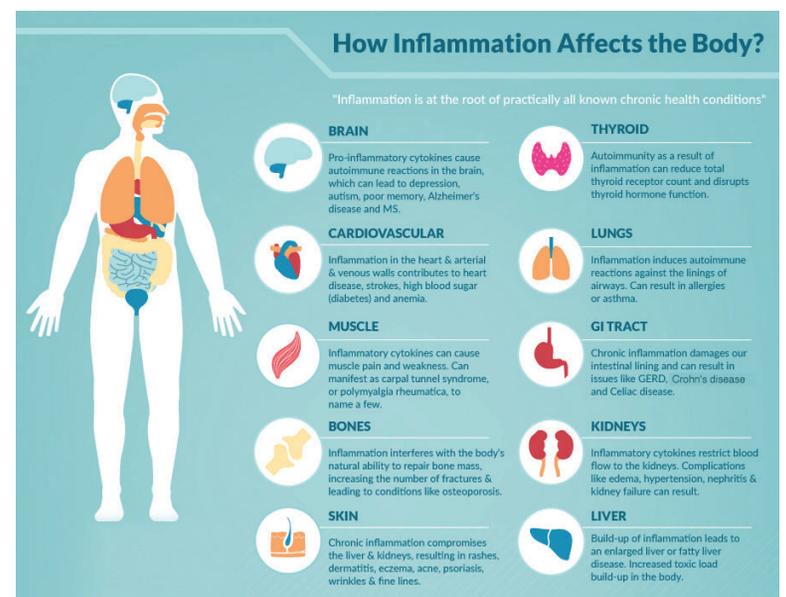
Inflammation is good and bad. Inflammation is a normal health response, an attack by germs. Bad chronic inflammation brings on headaches and joint pains which intensify as you age. On the other hand, good inflammation restores balance greatly improving your health.

Inflammation can be brought under control eating the right foods such as fruits, veggies, spices (garlic, hot chilies, turmeric, ginger), beans, legumes and healthy fats. Foods that cause inflammation are sugar, fried food (unhealthy oils), excess alcohol, trans fats and smoking.

REDUCE INFLAMMATION NATURALLY

- Drink plenty of water. Water flushes out toxins from kidney, liver and bowel.

- Daily exercises pumps the lymph fluid and boost circulation. Fresh air and movement delivers oxygen to your blood which lowers inflammation.
- Use supplements if you're struggling with health challenges. Omega-3 fatty acids and curcumin are foundational supplements for inflammation.
- Chronic stress increases inflammation. Sleep flushes your brain reducing metabolic debris.
- Add nutritional foods: coconut oil and coconut milk, grass-fed butter, MCT oils, olive oils, avocado oils, nuts and seeds.
- Avoid processed vegetable oils like canola, safflower and soy at all costs as these are highly inflammatory to the body.



How inflammation affects the body

Manage your health – Eat foods that heal.

Read more: <https://www.ncbi.nlm.nih.gov/books/NBK279298/>

YOUR COMMUNITY NEWS

Noise Pollution and Your Health

Mississauga has evolved from a quiet suburb to a thriving urban city within a few decades. As the city continues to grow, traffic and construction noise comes with it. Noise By-Laws implemented in the 80s, no longer apply today.

According to the World Health Organization (WHO), noise pollution typically comes from high volume traffic which adversely effects people's health.

Long term noise not only impacts hearing but also health.

Most noises are caused by vehicles, aircrafts, power tools, construction sites and industries.

People who work in an environment with high noise levels are more stressed. These findings are linked to workplace accidents, aggression and anti-social behaviour.

Other health issues include: Increased risk of cardiovascular heart disease, sleep disturbance, hypertension, increased incidence of diabetes, annoyance, stress-related mental health and tinnitus. Children are prone to delayed reading, poor attention and high stress levels.

HOW TO CARE FOR YOUR HEARING

There are several ways to protect your hearing and health.

- First, purchase quieter tools, equipment, lawnmowers, blowers and cars.
- Get your hearing checked.
- Wear ear protection when working within a noisy environment.

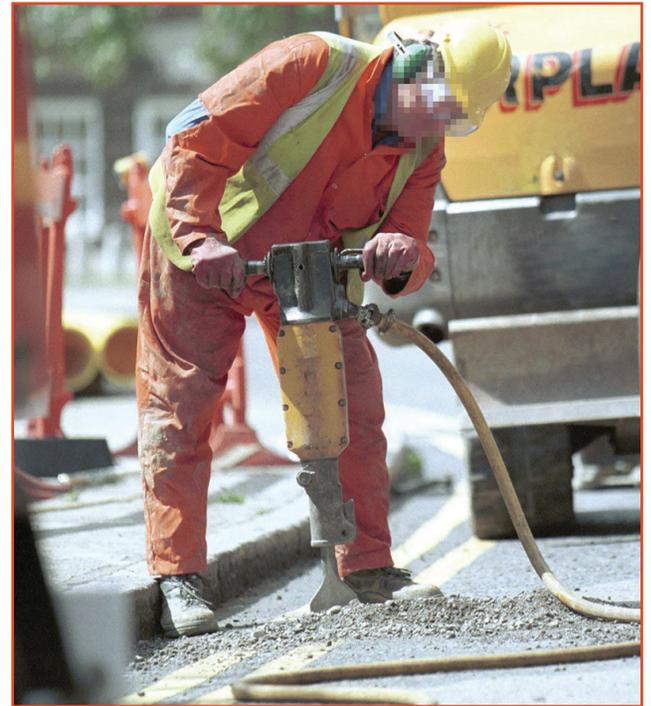
Let's face it, we are the problem and we are the solution!

Noise pollution also effects your pets.

During the month of January, the City of Mississauga is updating the noise by-laws. Residents are encouraged to attend. Whether you are impacted by noise or not, your feedback and thoughts are important.

Meetings are held at these locations:

- Huron Park Community Centre – 830 Paisley Blvd. W. – Monday, January 20, 6 to 8 p.m.
- Malton Victory Hall – 3091 Victory Crescent – Tuesday, January 21, 6 to 8 p.m.
- Meadowvale Theatre Lobby – 6315 Montevideo Rd. – Thursday, January 23, 6 to 8 p.m.
- South Common Community Centre – 2233 South Millway – Wednesday, January 29, 6 to 8 p.m.
- Tomken Twin Arena Auditorium – 4495 Tomken Rd. – Thursday, January 30, 6 to 8 p.m.



Read more:

<https://web.mississauga.ca/city-of-mississauga-news/news/how-much-is-too-much-noise-have-your-say-on-how-noise-is-regulated-in-mississauga/>

<https://www.nationalgeographic.org/encyclopedia/noise-pollution/>

https://en.wikipedia.org/wiki/Health_effects_from_noise

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www.evearhearing.ca**



COMMUNITY NEWS

Don't Waste Your Waste

THE ROOT OF THE PROBLEM

Since China placed a ban on accepting non-biodegradable waste from Canada, The United States and The United Kingdom, our waste is returning back to us. Developed nations are scrambling to find ways to manage their own waste strategically.

The goal is to prevent harmful toxins from entering the environment.

By learning the difference between biodegradable and non-biodegradable, consumers can make better buying decisions, reduce landfill, protect our water supply and the environment.

WHAT IS BIODEGRADABLE?

Biodegradable is when microorganisms, fungi, or bacteria are present in the right conditions to break down components to blend back into the earth.

These include vegetable and fruit peels, dead plant matter, animals, egg shells, certain paper material, garden waste, etc.

Ideally, but not always, these substances degrade without leaving toxins behind.

For example, when a plant-based product breaks down into carbon dioxide, water and other naturally occurring minerals, the substance

mixes back into the earth, leaving no toxins behind.

WHAT IS NON-BIODEGRADABLE?

Non-biodegradable are materials which cannot be broken down or decomposed into the soil naturally.

These include plastic materials, metal scraps, aluminum cans and bottles, hazardous chemicals, etc.

These things are immune to the natural processes and thus cannot be fed upon or broken down, some even after thousands of years.

Non-biodegradable material never decompose and contribute to toxins and solid waste.

Non-biodegradable waste increase landfill and cause problems to the environment.

Biodegradable waste in the right environment can take place within a few days or up to several months. It becomes nutrients beneficial to all life.

A GROWING CONCERN

There is a growing concern worldwide for proper waste management. Canada is one of several countries looking for eco-friendly alternatives to enhance waste management.

Types of Waste



Biodegradable Waste



Non-biodegradable Waste

Which of These Costly Home Seller Mistakes Will You Make When You Sell Your Mississauga Home?

Mississauga—A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of home sellers don't get what they want for their homes and become disillusioned and – worse – financially disadvantaged when they put their homes on the market.

As this report uncovers, most home sellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar.”

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-844-543-7990 and enter 7120. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

Jan Szybalski, Broker. Royal LePage Realty Centre, Brokerage.
Not intended to solicit buyers or sellers currently under contract. ©

Proposal for Cooksville Business Improvement Area (BIA)

A BIA committee plays an important role in the community. It performs many functions in beautifying, revitalizing and maintenance within the business sections of the community. A BIA works towards building economic growth and promoting tourism.

The Cooksville BIA awaits municipal approval before a management team can be formed.

There are benefits for members who wish to participate in the BIA's initiatives. BIA's are funded from a levy. Revenues are used to fund and implement initiatives that are priorities to the members within the city.

There are currently several districts utilizing BIA initiatives – Clarkson, Malton, Port Credit and Streetsville.

Cooksville BIA will create a hub for businesses and community to grow and prosper together.

Lakeview Waterfront Development



Residents of Lakeview envision the development to be a world class city.

Final developments are still to be confirmed. However, we do know residents want a world class city with indigenous arts and cultural centre buildings for multi purpose uses.

On December 18th, 2019, Eagle Spirits of the Great Waters, for Indigenous Arts and Culture proudly displayed and shared their vision for Lakeview Lands.

The indigenous Arts and Culture native group envision a centre for educating visitors and residents. And to offer teachers and students opportunities to learn about the indigenous heritage. The cultural centre plans to host events attracting tourism, with the hope of generating revenues for more local projects.

LIFESTYLE—IMMIGRANT STORY

Writing Your Resume Do's and Don'ts

As a Newcomer to a new country you're going to face challenges. These challenges are not there to set you back, but to expand your views of the new surroundings. Chances are the new local cultural expectations are different from those in your home country. Certain words and terms may be used in ways unknown to your previous environment.

So, if you are new to Canada and you have not completed out a resume or CV, here are some tips to have the best chance of finding a great job. You will need to adapt your resume to match the expectations of Canadian hiring managers.

HERE ARE SOME COMMON MISTAKES

- There's no need to waste space with a heading that says 'resume'.
- Put your name in a slightly larger font and leave it.

DON'T INCLUDE

- A photo. In some cultures this is normal but not in North America.
- It's best to avoid any personal information. In Canada it is illegal to discriminate against someone based on gender, background or other personal factors.

- Leave out birthdate, marital relationship, political or religion orientation, immigration status, children and social insurance. When you are accepted for the position some of this information is necessary.



INCLUDE

- Full name.
- Contact information such as email and phone number.
- Work experience and a brief description of accomplishments.
- Your post secondary education.
- Include technical work, industry software or tools and list your technical proficiencies.
- Use reverse chronological format. List your newest experience first and oldest last. Include date ranges with each job and educational program on your resume. Include the month and year of work start and end dates.
- Get your education assessed for Canadian equivalency. List accomplishments not duties. Keep resume under 2 pages. Proofread very carefully and give it to a friend to proofread.

When in doubt, hire a professional resume writer.

Read more: <https://www.randstadusa.com/jobs/career-tips/how-to-write-a-resume/>

Reader's Comments

From all the staff a
Wonderful and Prosperous 2020!

Response to the article "Packaging is Damaging Our Environment" published in the November/December 2019 issue.

"I have been in the packaging business for almost a half a century, and I am totally against packaging waste; having said that I think that your article on cardboard and plastic waste could have been somewhat broader when dealing with such a complex issue.

Spent cardboard boxes, correctly called corrugated boxes, are probably the most widely recycled packaging material in North America. The category is called OCC, old corrugated cartons. The price paid for the commodity is set once a month by which all box manufactures are subject to pay. The corrugated industry uses a huge amount of OCC in the manufacturing of new corrugated boxes, approximately 84% of a new carton is OCC. In 2017 31,000,000 tons were used; very little goes to waste if the consumer takes the time to recycle the spent cartons properly.

Think about the impact of one truck delivering 250 packages as apposed to 175 cars driving to the mall, trying to find a parking spot. Accidents, clogged streets, exhaust gases, frayed nerves, car repairs due to use and the time we no longer have.

The same applies to plastic, it can be recycled over and over for decades, the problem is not plastic or corrugated, the problem is what people and governments do with these resources at the end of their first life cycle."

"RECYCLE REDUCE REUSE"

- Roy G. Ferguson - Chantler Packages Inc.

Answers: Across: 3. Genuine; 7. Reynolds; 10. Victor; 12. Atlanta; 13. Yacht; 14. Blaze; Down: 1. China; 2. Epee; 4. Inedible; 5. Dose; 6. Meat; 8. Surf; 9. Drachma; 11. Lapwing.

Be the Influencer in 2020

Have you been dreaming of a better life for the past 10 years? And your opportunity has not shown up yet...

Dreaming takes courage when you take the right action. Your dream has the potential to become reality.

First, realize that you are 100% entitled to have what you want and to be who you want. What keeps you back from unleashing your potential, is waiting on that "special breakthrough", or you are afraid or you don't know where to begin.

Let's get down to business. You were born a leader. Believe it and develop the gifts you were born with. All you need to do is increase your value. Do whatever it takes to perfect the gift you were born with and people will start calling on you.

People go to a fruit tree to get the fruit from the tree. The tree never takes its fruit to the people.

How To Increase Your Value?

Read books, take courses, learn from mentors or use your current job to acquire the skills you need.

Why are diamonds more expensive than costume jewelry? Because it is rare. You have to dig for it.

The same with you - Dig deep to uncover your gifts. The world needs your gifts.

NOW WHAT?

While increasing your value, people start noticing a difference in you.

What makes you different? People will contact you to solve problems and offer to pay for

solutions.

The greater your value, the more opportunities and wealth flows to you. You become influential.

INFLUENCE

As your influence grows opportunities opens doors for you. Opportunities mean more influence, and influence means power to bring changes where it is needed most.

FINALLY

Grow where you are at until you become the best in your field and people will find you.

Learn more: <https://wealthisadecision.com/blog/identify-your-dream-and-vision>

See page 8 to register for workshops

Please bring non-perishable items to donate to our Food Drive

Free **VISION** Workshop

Fall is the season for gathering, and the perfect time to create your Vision Board.
Learn how to constructively use your imagination to visualize and focus on your dream!



Learn How to Develop Your Hidden Potential

A Vision Board

- Create your dream future – Helps identify your career
- Brings clarity & focus – Attract opportunities because you're focused
- Develop your hidden potential to take action

👉 **Register Now at www.wealthisadecision.com/blog/workshop** 👉

Cost: Free – Invite a friend

When: Saturday, January 18, 2020 and February 22, 2020 — 10.00 am - 12.00 pm

Where: 2222 South Sheridan Way, Mississauga, ON L5J 2M4

Workshop ➡ Release your Potential

This May be **THE** Most Important Decision of Your Life
 Learn to program your subconscious mind to direct your life

Face the obstacles blocking you from reaching your goals

Learn how to:

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- Conquer fear
- Create your own path to success and harmony
- Better use of your thoughts and imagination
- Adopt a "Do-it-Now" philosophy

Release your Potential — Register today

www.wealthisadecision.com/break-the-chains/

Cost: Free – Invite a friend

When: Saturday, January 18, 2020 and February 22, 2020 — 12.30 pm - 2.30 pm

Where: 2222 South Sheridan Way, Mississauga, ON L5J 2M4

