



Lighthouse Community News

Bringing Local People Together

FREE Life Changing Vision & Potential Workshops — See Page 8 to Register ➔

Skill Yourself – Don't Kill Yourself

There is a serious shortage of skilled workers in Ontario.

On any given day, tens of thousands of jobs go unfilled. Many of those are in the skilled trades. Ontario recently implemented several Pre-apprenticeship Programs to encourage people wanting to enter the skilled trade market. This initiative forms part of the government's Open for Business, Training and Skills Development programs.

The free Pre-apprenticeship training promotes careers in the trades as an option for all Ontario residents, including youth at risk, new Canadians, women, adults and indigenous people. Please refer to the link below.

Minister McNaughton said, "We need to do a better job at enticing young people and parents to the trades."

The reality is, skilled trades offer exciting and challenging careers. This often requires solid math and problem solving skills and exposure to the latest technologies, e.g. 3D printing and robotics.

A list of 144 sectors are available for individuals to explore.

EARN AND LEARN

You work and learn from experienced workers and instructors who know the trade, while getting paid. A skilled trade is learnt on the job and theoretical training in a college campus or in a union training centre.

For most trades, you work a year and then switch to studying in class for 8 to 12 weeks, either full or part-time. It takes between 2 to 5 years to complete an apprenticeship.

Apprenticeship is a pathway to a rewarding career in the trades.

EMPLOYER BENEFITS

- Grants and/or federal tax credits.
- Fosters loyal employees.
- Hire the best through pre-apprenticeship programs.



- Training the next generation.

Read more:

https://www.ontario.ca/page/open-business?_ga=2.135639990.661204388.1580333800-451701371.1579224804

<https://www.ontario.ca/page/prepare-apprenticeship#section-1>

<https://www.ontario.ca/page/hire-apprentice>

Family Day Fun in Nature



Picture credit to <http://childnature.ca/>

What if parents, grandparents, and kids around the country were to gather together to create nature clubs for families? What if this new form of social/nature networking were to spread?

We would be well on our way to true cultural changes.

Discovering outdoor fun doesn't require a special day. Instead, more families need to initiate their own local community nature clubs. Create a social networking program and experience pure outdoor fun.

Exploring nature is a great way for a family to spend time together and enjoy healthy spontaneous exhilarating activities. It's good for the neighbourhood and for children to come together and talk, not text.

Though we usually think of getting the children outdoor, the same experiences apply to adults. Spending time in nature surroundings stimulates creativity. Being outside is a nice way to escape the craziness of life.

When you do spend time outside, you are happier, healthier, more peaceful, smarter and focused. We become more self confident, optimistic and physically fit. Family ties are strengthened while a stronger community is established.

All in all, nature is good for children, friends and families. Nature Clubs are a great way to benefit from nature.

Read more:

<https://www.southuniversity.edu/news-and-blogs/2016/08/spending-time-in-nature-for-your-health-how-outdoor-activities-improve-wellbeing-102984>

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PARENT TALK

From the Heart Skills

Be gentle with what you say — The secret of life comes from the heart.

A parent's words remains in a child's heart forever.

Life lessons should not be painful, but taught from the heart. A child feels pain when love is withdrawn. Love creates hope, faith and more love.

As a parent, you want the best for your child. Understanding that your child's world is playful and imaginative, allow their dreams and imagination to grow and mature.

Parenting is a heart-to-heart conversation.

Children are "feelers" — They feel your emotions. Learn to be transparent with your emotions towards your child. They see the world through your eyes.

It is more important to **DO** the right thing, than **SAY** the right thing.

Do acts of kindness such as:

- Invite a friend for dinner.
- Take a meal to a sick neighbour.

- Comfort the bereaved.
- Donate time and money to people in need.

COMPASSION OPENS THE HEART

- Treat people the way you want to be treated, even if that's different from what's best for you.

- You don't want to be teased, so don't tease.

INSPIRE IMAGINATION

- You need to feel what it's like to be in someone else's shoes.
- Pretend play is a great way to practice empathy and compassion.

ENCOURAGE KIND HABITS

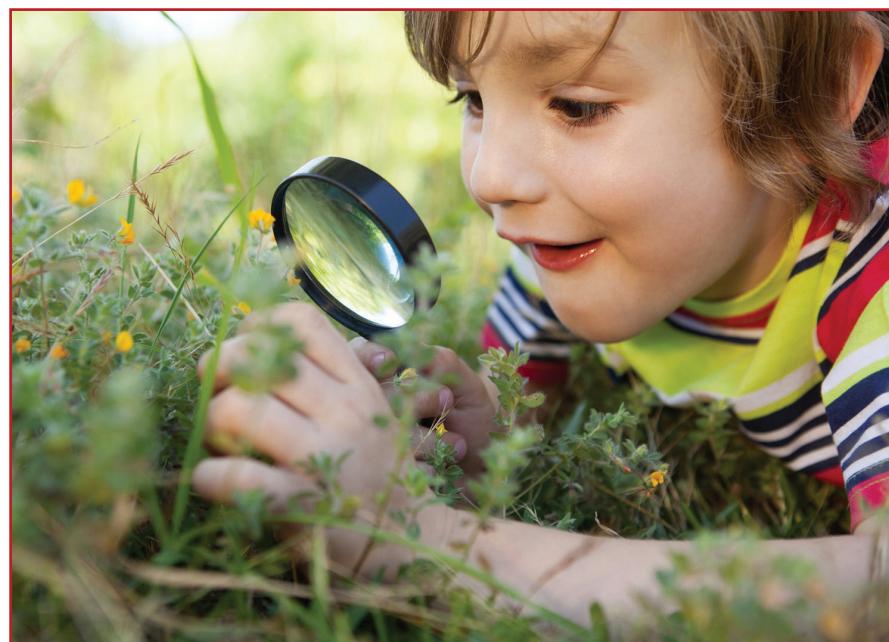
Emotions stimulate the brain. Teach your child to share, volunteer, be supportive, listen and notice when someone has a need.

GET CAUGHT UP

You can say many things to teach a child the right behaviour. However, children are eager to copy parents. A good parent knows what to do.

The moral of the story – Not all dreams are foolish.

As a child, Chris Barnard spotted a turtle upside down. With compassion he placed it back on its legs. Chris Barnard went on to become the first heart surgeon to perform a successful heart transplant on a human being.



Critical Thinkers are Big Thinkers

A good thinker has the potential to become a wise person who will know the difference between right from wrong. Our future is ever changing and we need to properly equip our children for what lies ahead.

A critical thinker has the ability to think clearly and make decisions, rather than accepting information at face value. This seems like a difficult task for a parent, but simply put, you want your child to be an engaged learner, not a passive gatherer of information.

A thinker asks questions and seeks answers. The next time your child ask "why", make sure you give a rational answer. You should demonstrate rational thinking and your child will develop in the same manner.

WHY CRITICAL THINKING IS IMPORTANT

Children grow up to be confident when they understand right from wrong. They need to make sense of information – Analyze it, compare it, contrast it and apply sound reasoning.

Children with critical thinking skills:

- Learn to connect ideas.
 - Develop strong debatable communication.
 - Approach problems in a consistent and systematic way.
 - Identify errors in reasoning and find solutions.
 - Reflect and justify their own beliefs and values.
- As you guide your child through the process, teach the difference between right from wrong.

Prove and analyze situations positively.

HANDS-ON EXPERIENCES ARE FOUNDATIONAL

Give your child a task. Then pause and wait while they figure out how it works. Give ample time to think and reflect on the task, rather than come up with a quick answer. Do not intervene or do not do the task for them – this does more harm than good.

Critical thinking helps us make better decisions for the future.

Read the full article here:

<https://www.brighthorizons.com/family-resources/developing-critical-thinking-skills-in-children>

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Quotes

"Vision is the art of seeing what is invisible to others."

– Jonathan Swift

"Books, the children of the brain."

– Jonathan Swift

"People buy into the leader before they buy into the vision."

– John Maxwell

"If I have seen further than others, it is by standing upon the shoulder of giants."

– Isaac Newton

"Leaders must be close enough to relate to others, but far enough ahead to motivate them."

– John Maxwell

"As a man thinks in his heart, so is he."

– Solomon

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LOCAL BUSINESS — PAST & PRESENT

Entrepreneurship — A Lesson in Creativity

There are three kinds of people in the world, "the wills, the won'ts, and the can'ts."

The wills accomplish everything; the won'ts oppose everything; the can'ts fail in everything.

An entrepreneur is a starter, a challenger, a self motivator and an initiator. A person who wills possibilities into reality with eagerness and ambition. At times acting unconventional, outside the norms of society and culture.

Entrepreneurs thrive on adventures, creating something out of nothing. They are leaders who inspire others to fulfill their potential. They are people who create economies and draws others into their circle.

Entrepreneurs are visionaries and dreamers, creative and imaginative with unstoppable energy.

In reality entrepreneurs are not stereotyped. They steer the car, making changes as they go.

Ethical entrepreneurs are people with good character and good moral code of conduct. They are people who tap into their potential to make things happen. Entrepreneurs are pragmatic, wanting real life solutions.

Entrepreneurs are not scholars in the traditional sense. Once inclined, they take on various business ventures. They figure out the "way" while taking action.

In today's fast changing world, we need people who can figure out things based on previous successor's history. People willing to study and learn from mentors. Overall, people admire entrepreneurs – wishing to emulate them.

HOW TO BECOME AN ENTREPRENEUR

You need a life vision. Know what you want to accomplish with your life. Who do you want to become? Be willing to study, read, seek mentors, set goals, make affirmations, use your imagination and dream up solutions.

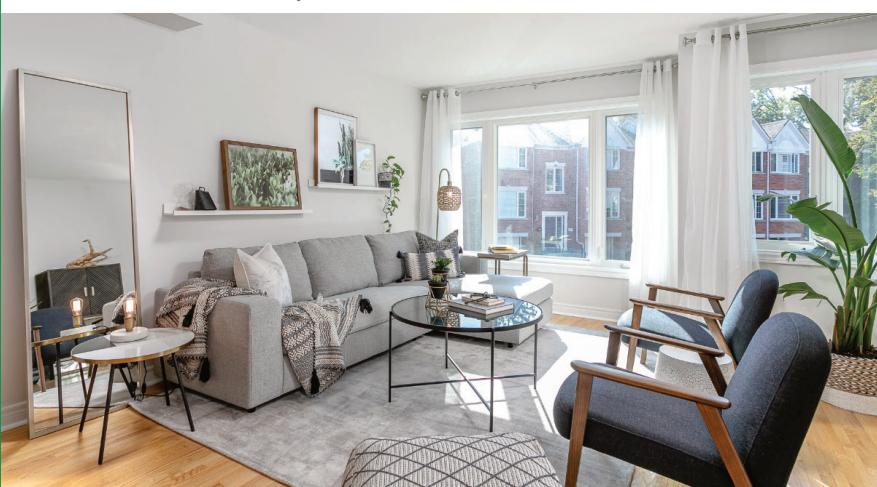
A wise entrepreneur develops, innovates and creates new things. Therefore, they are always seeking problems to find solutions.

So, they find opportunities and the opportunities bring wealth.

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"The entrepreneur always searches for change, responds to it, and exploits it as an opportunity."

- Peter Drucker



Lastly, if you think you can or can't, you're right.

Wealth is not a thing, it's a thought.

An ethical entrepreneur is a person with good morals and a "win-win-win" attitude.

For more information on entrepreneurship, visit
<https://www.wealthisadecision.com>

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Mississauga Home for Sale

Mississauga - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help home sellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

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 7220. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of Jan Szybalski, Broker. Royal Lepage Realty Centre, Brokerage. Not intended to solicit buyers or sellers currently under contract. Copyright © 2020

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SOMETHING FOR THE HEART & MIND

Recipe

Nama Chocolate A Healthy Treat

Ingredients

- 100 g Organic Coconut oil (½ cup – 125 ml)
- 60 g Maple syrup (3 Tbsp – 75 ml) *
- 40 g Cacao powder (5½ Tbsp – 80 ml)
- 20 g Almond butter (1¼ Tbsp – 20 ml)
- Cacao powder for dusting

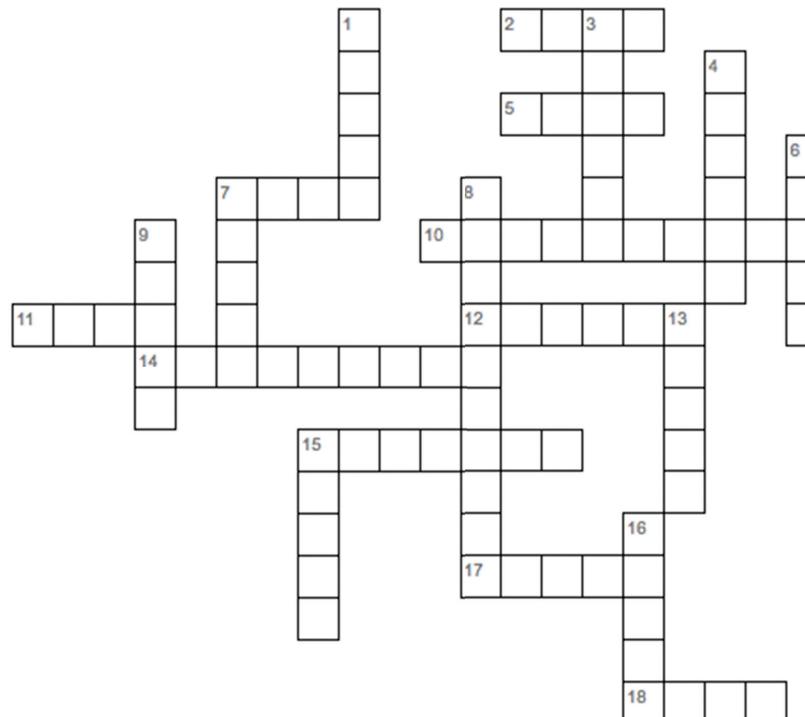
* For Keto folks – Substitute maple syrup with ¼ to ½ tsp of liquid stevia to your taste or other Keto friendly sweetener

Directions

- Line a baking dish with parchment paper.
- Warm up coconut oil to melt in a pot.
- Add maple syrup and almond butter and stir.
- Add cacao powder and stir to combine well.
- Pour the mixture into the prepared baking dish.
- Tap the dish onto the counter to flatten the surface and remove air bubbles.
- Chill in the refrigerator until firm, about 1-2 hours.
- After chilling, remove the chocolate from the baking dish.
- Cut the sheet of chocolate into 1" x 1" squares with a clean, warm knife.
- Sprinkle the cacao powder on top or dip into the cacao powder.

Using an emersion blender to mix the ingredients is recommended, but using a whisk or spatula also works well.

- Prep Time: 15 min
- Cook Time: 10 min
- Chill Time: 1-2 hours



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8		4	5	6	1	2	3	
					4		5	
5			8				2	
4				5				
7	3			1		6		5

Sudoku solution on page 7

Crossword and Sudoku

Across

- 2 The fish that was lost
- 5 Befriends a reindeer and his person
- 7 A forgetful fish that help find a lost fish
- 10 Spunky fairy
- 11 Let It Go
- 12 Wears blue and blue
- 14 Lives with 7 little men
- 15 Fastest race car
- 17 Best friends include a fish and a crab
- 18 Likes warm hugs

Down

- 1 Wears a green hat
- 3 The top Mouse's girlfriend
- 4 The top Mouse
- 6 Princess who wear yellow
- 7 An Elephant who can fly
- 8 Princess who wear blue
- 9 Needs to control his temper
- 13 Name of a Flower
- 15 Tow truck and best friend to a race car
- 16 The top mouse's best pal

For answers, see page 7

Healthy Gut — Healthy You

Research shows organisms in the gut determines our health.

The Mayo Clinic examined compositions of human waste in patients. The research focused on the levels of good to bad bacteria and which bacteria are missing. The team found 1,000 different species of bacteria in the gut of healthy people.

The more good bacteria, the better our body's ability to tackle intruders. If we protect and preserve the good bacteria in our gut, they'll work in our favour preventing an overgrowth of bad bacteria.

When there is an imbalance of bacteria, our appetite craves more food, particularly foods like sugar or bread. Gut imbalance suppresses leptin, the hormone that



tells us we've eaten enough. An imbalance causes inflammation which leads to fat accumulation. The gut becomes inflamed and unfortunately leads to a cycle of liver disease without your

knowledge.

RESTORING GUT HEALTH

You can restore a healthy gut in three simple steps. **First**, stop eating the bad stuff. **Second**, put in good bacteria. **Third**, feed your gut the right food to grow good bacteria.

Eat foods that contain living, healthy microbes, especially fermented products like yogurt, kombucha, fermented tea and kefir drinks.

Consume foods high in fibre such as carrots, onions, radishes, jicama, kale, collards and spinach, grains, oatmeal, flaxseed and chia seeds.

Supplement with probiotics 10 billion to 50 billion or higher.

Keep it simple and ask the question, "Is it man made or is it naturally grown!"

YOUR COMMUNITY NEWS

Mississauga Budget and Your Budget

As Mississauga continues to grow and expand, so does the programs and services.

While we do need to keep up with progressive growth, it comes with a price tag.

Is there such a thing as responsible borrowing for balancing an account?

If so, how?

Every year the city creates a plan and a budget to help maintain the infrastructures.

They are also accountable to tax payers on how the money is spent.

HOW THE CITY GETS MONEY

In 2020, 58 percent of the city's revenue comes from property taxes. Other revenue sources include user fees, fuel tax, fines and payments in lieu of taxes.

THE CITY'S INFRASTRUCTURE GAP

The city's infrastructure is worth \$9.9 billion.

The depreciation expense represents the minimum amount that should be put aside each year to replace infrastructure in the future.

Depreciation based on historical costs would be \$135 million, making the gap between what is funded and what is needed \$31 million.

Depreciation adjusted for estimated replacement

costs would be \$378 million, making the real infrastructure gap \$274 million.

Despite help from the federal and provincial governments, the city still needs to apply the 2 percent infrastructure and debt repayment levy to manage our infrastructure.

NEW COSTS FACING THE CITY

- Sudden growth in GTA creates more traffic and more transit is needed.
- More transit – Additional services cost.
- Unpredictable energy market cost fluctuation.
- The Emerald Ash Borer insect requires taxation to manage the issue.
- Downtown and waterfront require an investment of public funds.
- Weather related events need additional costs.

The good news is, the city maintains capital reserves for unaccounted expenses.

And, Standard and Poor's Credit Score Rating Services endorsed the city's "AAA" credit rating.

Give us your feedback on how the rising cost of living impacts your household.

Read more:

<https://web.mississauga.ca/council/budget-and-finances/city-of-mississauga-budget/how-the-city-budget-works/>



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COMMUNITY NEWS

Environmental Goals for 2020

Before heading into the new year, let's take a few minutes to make some mental notes.

What can we do to protect and preserve our environment?

By understanding the role of our Natural Resources, we become better stewards of these resources. Faced with depletion and pollution, natural resources help us to live a quality life.

Natural Resources are given to us by nature. Here are some of Canada's Natural Resources.

FRESH WATER

Canada has five Great Lakes with freshwater. Day by day our fresh water is depleted and polluted. Chemicals are a major culprit in the water system.

FRESH AIR

Air pollution is wreaking havoc around the world. In some countries it is necessary to wear a mask. Poor air quality affects the respiratory health of people and animals.

SOIL

When the top layer of soil is exposed, nature's forces naturally causes erosion. Erosion and infertile soil

cannot produce crops.

TREES

Urbanization has contributed to deforestation. Deforestation causes a rise in earth's temperature and a significant reduction in wildlife.

OCEANS

Oceans are a source of minerals and food. Ocean pollution contaminates food and disrupts

wildlife from their natural life cycle. Noise pollution amplifies underwater sounds, disrupting wildlife from finding food and a mating partner.

PETROLEUM

Petroleum is fossil fuel which has a variety of modern uses. But its resources are getting depleted fast and its usage has arisen sharply.

MINERALS

Minerals include many metals and non-metals. Some are used in construction and other human activities. While some of them are used to maintain human health and treat diseases, there are fewer options for alternative means.

With a desire for luxury, technology, fast food and continual air and ocean travel, we contribute to air, water, sound, radiation, light and soil pollution — **A lot.**

We need to keep our environment alive and thriving for future generations.



Photo credit: agentsofgood.org

Solutions – What Part Do You Play?

FRESH WATER

A viable solution is to treat industrial sewage before it enters rivers and lakes. Harvest rainwater for outdoor use, such as car wash and watering lawns.

FRESH AIR

Prevention is the answer. Use electric vehicles and treat industrial exhaust prior to being released into the air.

SOIL

Plant trees and crops which irrigate the soil. Fallen leaves and branches decompose into fertilizer.

TREES

Trees have a cooling effect, reduce air pollution and preserve wildlife. Prohibit illegal cutting down of trees and encourage people to plant trees.

OCEANS

The ocean's wildlife can be preserved by re-routing commercial vessels around sensitive areas.

PETROLEUM

Use alternative sources of energy to power engines. Affordable and accessible public transportation reduces the use of automobiles.

MINERALS

The only way to conserve it, is through minimal use and recycling of old products containing minerals.

Looking for Employment Pre-Apprentice Electrician

I graduated with honours from the Skilled Trades College of Canada as a first year pre-apprentice electrician.

I have my own transportation, am self-motivated and easy to get along with others.

Please contact me: thomas.brasca@outlook.com

Cooksville Along the Road



The historic Village of Cooksville is well-known for several reasons. As a heritage centre, a sign on Hurontario Street's north corner claims it to be the first Canadian location for winemaking in 1836.

In the early 1900's Cooksville and Port Credit operated profitable brickyards.

The name HURONTARIO is a combination of Lake Huron and Lake Ontario.

Hurontario Street runs from Lake Ontario to Lake Huron in Georgian Bay.

Hurontario is also called highway #10.

Cooksville was the administration centre for Mississauga.

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LIFESTYLE—IMMIGRANT STORY

Newcomers: Gain Canadian Work Experience – Become a Skilled Tradesperson

Now that you have made Canada your home country, it's time to find out what Canada has to offer you to become a qualified tradesperson. And, what you can offer Canada's job market.

The Ontario Government is offering newcomers to Canada 3 types of apprenticeship programs. These programs are designed to utilize your past work experience in combination with Canadian work and study experiences. Even if you did not complete your high school education.

Apprenticeship programs are hand-ons training and learning on the job, as well as classroom instruction.

As you study and work to gain Canadian experience, you are getting paid. The apprenticeship programs are free, with training ranging from 8-12 weeks. You can study and work either full or part time towards certification.

The programs are a “win-win-win” for employers, employees and the trades industry. Employers gain skilled and loyal employees after training and receive tax credits and grants.

The trades industry gains more qualified workers for the next generation. And you are in demand earning a great salary.

HOW APPRENTICESHIP WORKS

As an apprentice, you learn a trade on the job. You work and learn from experienced workers while getting paid. You also learn in a classroom from instructors who know their trade. Training may take place in a college campus, in a union training centre or community agency across Ontario.

Crossword Answers — Across: 2. Nemo; 5. Anna; 7. Dory; 10. Tinkerbell; 11. Elsa; 12. Donald; 14. Snowwhite; 15. McQueen; 17. Ariel; 18. Olaf; Down: 1. Goofy; 3. Minnie; 4. Mickey; 6. Belle; 7. Dumbo; 8. Cinderella; 9. Beast; 13. Daisy; 15. Mater; 16. Pluto.



WHAT IS A SKILLED TRADE?

It is a career path that requires hands-on work and specialized knowledge. Skilled trade workers build and maintain infrastructures like homes, schools, hospitals, roads, farms and parks. They service industries we rely on every day, such as hairstyling, food preparation, social services and construction.

BENEFITS INCLUDE

- High demand and great earning
- Cutting-edge technology
- Earn while you learn
- Advancement
- Transferable skills

Read more:

<https://www.ontario.ca/page/apprenticeship-ontario>

<https://www.ontario.ca/page/prepare-apprenticeship#section-1>

Reader's Comments

“The Lighthouse Community newspaper is a quick and easy read, that is up to date with today's media and community. The paper is very organized and offers a digital version for those who enjoy reading on a device instead. It provides a wide variety of topics that will surely grab your attention. I have finally found a newspaper that I can completely read over a cup of coffee.”

- Thomas Brasca

Lighthouse Community News

Published By: Lighthouse Community Media

Editor Contact:

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Graphic Design and Layout: Xplor Global

Deadline for Ads and Articles for the March/April issue: **27 February 2020**

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

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4	6	8	2	5	3	9	7	1
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Happy Family Day – Strong Family = Strong Society

A strong, stable family produces a strong society, a strong nation and a strong economy.

Families are foundational to life and to the development of an individual. Strong families raise respectable children with good morals.

Children raised with good morals face less social problems.

THE PURPOSE OF THE FAMILY

- Is to secure society.
- If the family is strong, the nation is strong.
- If the family is frustrated, the nation is frustrated.
- If there is anger and violence in the family, it will show up in the community and in the nation.

YOUR FAMILY IS YOUR RESPONSIBILITY

- Protect your children and train them to function in society.
- Train them to positively contribute to society.
- Provide a safe environment for your children in school and education.
- Ensure there is stability, structure and guidance in your home.

These are your responsibilities and **not the government's**.

What happens within the family, reflects in the community, the city and the nation.

Children from abusive and broken homes with unusual behaviour, are faced with challenges.

This is the basis of a dysfunctional society.

Every family is a micro “nation”.

If each member of the family is trained to be good citizens, then we have a functioning society. Instil good morals and make it top priority.

You cannot produce a nation that is better than the families in the nation.

Destroy the family, and you destroy society and the nation.

Strong families are key to a strong society.

Happy Family Day!



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/blog/workshop 👈

Cost: Free – Invite a friend

When: Saturday, 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:

- Identify problem areas
- 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, February 22, 2020 — 12.30 pm - 2.30 pm

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

