

The Heart Truth Fashion Show

The launch of The Heart Truth Fashion Show at Toronto's L'Oréal FashionWeek in 2008 was a great success. The Red Dress, symbol of The Heart Truth campaign, has come to represent women's courage, passion and power.

This year Canadian women have a chance to win VIP access to this celebrity-studded event by entering The Heart of Fashion contest on the website. The winner of the Heart of Fashion contest receives two VIP tickets to the Heart Truth Fashion Show, a return flight for two to Toronto, two nights at a luxury hotel, and spending money.

The 2nd annual show will take place in March. To enter the contest, visit the website at thehearttruth.ca, or call 416.489.7111



Mary Walsh

Brain Game

Nintendo's Wii games gave seniors a fun way to stay active and get exercise. For anyone wanting to work their mental muscles on the Wii console, brain fitness games are now available.

Originally accessible only on the computer, HAPPYneuron games were developed by a team of neurologists, cognitive psychologists and educational scientists to specifically target the brain's five major cognitive functions:



memory, attention, language, executive functions and visual/spatial skills.

To get started with HAPPYneuron on the Wii, log onto HAPPYneuron at happy-neuron.com.

The Ride to Conquer Cancer

Remember: This is a ride not a race. Here's your chance to do something big about cancer - like cycling from Toronto to Niagara Falls. Over 200 kilometres in two days - June 13-14, 2009. Sure, it sounds like a lot... and it's meant to be. The conquest of cancer is a monumental task and won't be easy. But make no mistake, this event isn't just for athletes or cycling enthusiasts. The Ride to Conquer Cancer is for anyone who wants to challenge themselves for a great cause. Even people who haven't ridden since they were twelve. All you need is motivation, a bike, and a helmet. The rest is history. Be part of it.

ontarioguides@conquercancer.ca
877.699.2453 (BIKE)
conquercancer.ca

The FUN Factor

The "Slope Shark" helmet cover belongs to Ian, 74 years old. A gift from his kids, the Shark has developed a bit of a reputation at Blue Mountain Ski Resort.

The Shark, along with more creative helmet designs for all ages, is available from Tail Wags, a Canadian manufacturer. Designed to make the wearer more visible, they also add a layer of warmth on cold and windy days.

Tail Wags Helmet Covers
416.482.3625
info@tail-wags.com
tail-wags.com

