

# DOWNTOWN BURLINGTON ASKS YOU TO SHOP OUTSIDE THE BOX

Support Your Independently Owned Local Businesses  Brought to you by the local businesses of Downtown Burlington.

FOR ALL YOUR HOME DECOR NEEDS!

GIVING BACK TO THE COMMUNITY



OOH!!! My Back Shed Too is a store you have to visit to see what can be done to old furniture. You will find gift of every occasion. Pictured above is Ondrea Crockett, the bubbly owner who makes you feel like a million dollars when you walk in. Drop by 422 Pearl Street, Downtown Burlington to see for yourself or call to set up an appointment 905-637-1171.



Tim Langford (second from right), owner of Brant Arts Dispensary and Langford's I.D.A., along with staff pharmacist and menopause practitioner, Carolyn Whiskin, present a cheque to Teen Tour Band member Tessa DeMerchant and Band Booster president Vic Demelo. The funds were raised through ticket sales to a women's health symposium in November, plus a matched donation by Langford, and will be used for the band's trip to Itabashi, Japan to celebrate the city's 20th anniversary as Burlington's twin. For information on the Burlington Teen Tour Band, visit online at [www.teentourboosters.com](http://www.teentourboosters.com).

## Upcoming events in Downtown Burlington

**Taste of Burlington Winter 2009 prix-fixe dining program, back by popular demand!**

On from Saturday February 28 through to Sunday March 8th, Taste of Burlington participating restaurants will offer exciting three-course menus at great value. Burlington residents and visitors will enjoy new culinary experiences! Most of the participating restau-

rants for this Winter '09 Taste of Burlington event are in the Downtown zone. This initiative is supported by Burlington Downtown and the Aldershot Business Community, and is coordinated by Tourism Burlington. Look for the posters and streetside banners up around town. See website for menus, restaurants, and phone numbers. Call your restaurants of choice today and make reservations to take part in a Taste of Burlington! Check out [www.tasteof-burlington.ca](http://www.tasteof-burlington.ca) for all the details.

**HSBC 2009 Chilly Half Marathon & Frosty 5K**

Sunday March 1st, 2009  
Downtown Burlington

Proceeds from the HSBC 2009 Chilly Half Marathon & Frosty 5K will be used to purchase an MRI... Breast Coil for Hamilton General Hospital.

One in nine women will develop breast cancer in their lifetime. This year in Ontario 8,500 new cases will be diagnosed and 2220 women will die from it. Early and complete diagnosis affords the best chance for cure. Breast MRI uses an MRI machine coupled with a special breast MRI coil to look inside the breast without radiation or pain. Breast MRI detects breast cancer in its very earliest stages. It is the best test to determine the extent of surgery so no cancer is left behind. In our local health network there are only two MRIs that have such special breast coils and the waiting list for this test is many months long. Help raise money for this lifesaving piece of equipment. This event is produced by VR Pro and Kelly Arnott. BDBA Member Advanced Rejuvenation Medical Spa is also involved as a main supporting group.

Visit [www.vrpro.ca](http://www.vrpro.ca); [www.restoringnaturalbeauty.com](http://www.restoringnaturalbeauty.com)



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