



Marissa Liana Nutrition

Whether you're seeking help with weight loss, digestive health, sports nutrition, or disease prevention, each client is individually evaluated by a professional Holistic Nutritionist and provided with a well-researched and comprehensive plan they can follow for the rest of their lives. Whether you're looking for nutritious recipes, or you need professional guidance in order to address a specific health issue.

MARISSA LIANA IS READY TO HELP YOU REACH YOUR DIETARY GOALS TODAY.
www.marissaliana.com ~ Instagram: @marissaliana ~ email: is.marissalianacnp@gmail.com
Marissa Liana, CNP, BHSC Kin

Become Rooted In the Realm of Health that Mother Nature Intended

HAKIM OPTICAL *hello Spring* **SALE**

75% OFF **Plus! Rx Lenses \$49 From Only**

All Hakim Designer Frames when you purchase 2 pair of complete Rx Eyeglasses Frames & Lenses

See store for details.

OSHAWA: 264 King Street E. (at Ritson) 905-579-4220
300 Taunton Rd. E. (at Ritson) 905-723-2500



WELCOME WAGON 
SINCE 1930

New in our Community?

Welcome Wagon provides free gifts from local civic minded businesses and valuable information.

visit our website for more info:
www.welcomewagon.ca