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**Nutrition Coaching...**  
**"because life can  
 get in the way of  
 the best intentions."**



*Are you licensed to  
 drive a shopping cart?  
 See my book  
 Ramona*

## My Book

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### The HeartSmart Shopper - Nutrition on the Run

By Ramona Josephson with the Heart and Stroke Foundation of Canada \$9.95 Published by Douglas and McIntyre

Canadian bestseller



### How do you balance good nutrition with a hectic life?

You shop on the run. So much to choose from. Labels seem confusing. But you still want to make healthy food choices. You need nutrition information that's easy to digest! Ramona Josephson will put you in the express lane to HeartSmart shopping and eating. It's simple. Your shopping cart brings Canada's Food Guide to Healthy Eating to life where you need it most - in the supermarket.

## Order now

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Please send me \_\_\_\_\_ copies of

**The HeartSmart Shopper - Nutrition on the Run @ 9.95 each**

Shipping (in Canada), + handling, *including gst*

Total : \_\_\_\_\_ \$

Name :

Address :

Due to security reasons we will phone you to confirm payment or submit visa information (Card number, expiry date and name on card) by fax to: 604.266-2217

