

# HARDWOOD FLOORING RECEIVERSHIP SALE

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SIZES: 2 1/4" / 3 1/4" / 4" / 5"

## SALE STARTS FRIDAY, JULY 8 @ 10AM SHARP!

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SUBMITTED PHOTO

FAREWELL: Jane Wightman, head of St. Mildred's-Lightbourn School, with some of her students.

## Head of St. Mildred's retires

After seven years, Jane Wightman has retired as the head of St. Mildred's-Lightbourn School

During her time at SMLS, Wightman strengthened and deepened the academic program, opened students and faculty to the world, and led two major building projects, including the recently completed addition that is expected to receive a LEED silver certification.

Under her leadership, two strategic plans were created. One was fully implemented, and another is underway. The academic program

grew, making strides in differentiated instruction, the use of technology, curriculum mapping, and the Advanced Placement program significantly expanded.

Students from Grades 5 to 12 now use laptops, and Junior School students are using iPads.

Most recently, Wightman led the establishment of the Centre for Leadership and Innovation, a think tank focused on educational innovation that has attracted participation from top experts and schools across North America.



**Q: Nutrition vs. Exercise? If I am trying to lose weight, what is more important: nutrition or exercise?**

Patsy Comisso R0HP, RNCP  
Clinic Director



**A:** Nutrition is the key to weight loss, however, if you are looking to shift your shape, exercise is vital. Think of your body as a stone; proper nutrition will make your stone smaller, however, proper exercise will sculpt your stone into a beautiful sculpture.

A successful weight loss program will combine both principles in a way that is easy for you to follow. Start with 80% of your focus being the nutrition and 20% exercise. As you begin to fat burn and control your hunger, this balance should shift gradually. By the time you hit your goal weight, the focus should be reversed: 80% exercise and 20% nutrition. This will get you to your goal weight and help you maintain your results.

LEARN WHAT NUTRITION & EXERCISE IS RIGHT FOR YOU: Call for your **FREE smart weight** session today!

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