

News and layout workshop

Learn the basic skills of newswriting and layout at this enlightening and enjoyable workshop which will be held on September 17 at 7:00 pm in Rm 203 in the Student Union Building. For more information call 453-4983 or 450-6806 (ask for Allan).

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"Health benefits of regular participation in moderate to vigorous physical activity are well established." *Postgraduate Medicine, Feb./88*

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349 King St.

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Call for an appointment 452-2900

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ONLY \$15

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