

# Tired of being told what to do?

*Lose 10 lbs.*      Increase your breast size  
*Eliminate salt from your diet*      *Tighten your buttocks*  
*Slim your thighs*      Boost your sex drive  
*cut out carbohydrates*      *Flatten your tummy*  
*Work out every day*      *Don't eat fat*

**This year, resolve to take charge of  
your own health care . Learn more about  
women's health issues at**

*Vancouver Women's Health Collective*



**Call us or visit our Information Centre.  
You can also find out about volunteer opportunities.**

**#1 - 175 E. 15<sup>th</sup> Ave. (at Main St.), Vancouver  
604-736-5262**

<b>Hours</b>	<b>M, T</b>	<b>10 - 1, 2 - 5</b>
	<b>W</b>	<b>10 - 1, 6:30 - 8:30</b>
	<b>Th</b>	<b>10 - 1</b>

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