

# St. Margaret's Bay Business News

Spring 2009

Issue 1

At Clutterbug Cleaning, we provide **quality home cleaning** and **organizing**. Our business, started in 2005 continues to grow. We regard your property with the respect and care that you deserve. We continue to build relationships with our clients and look forward to working with you in the future! Our main objective is to please our clients, it's the most important part of our business! Most of our staff have now been with us for over 1 to 3 years! This will ensure that you have the same teams in your home! The staff are all wonderful, and we all take extra time to present a perfect home when you return!

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\$25.00 off spring cleaning!  
www.clutterbugcleaning.com 240-0047

**Increase the value of your home** and property. Regular home cleaning can increase the value of your home. Clutterbug Cleaning's techniques and skills will help to keep your home looking it's best! We service much of HRM, including parts of Halifax, St. Margaret's Bay, Tantallon, Timberlea, Hammonds Plains, Bedford and more.

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**Relax and Enjoy!** By choosing Clutterbug Cleaning to clean your home, your cleaning will always be done! Instead of being overwhelmed by your house work, you can dedicate more time to relaxing, and enjoying family, friends and life! Call today for your FREE home consultation! 240-0047  
www.clutterbugcleaning.com

**Janice Naugler**  
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902-229-0902



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**beadpixies.com**

JEWELLERY MAKING CLASSES START AGAIN APRIL 8th.

Check out the new Spring/Summer schedule online, or call Jan (826-2876), or Paula (826-7686) for details.  
Email: info@beadpixies.com

Beads, Beading Supplies and Classes BOUTILIERS POINT

Near my 65th birthday, I was over weight, diagnosed with Type 2 Diabetes, stressed out and burned out from being in the work force for close to 49 years, taking care of my family and ignoring myself. I was also diagnosed with Fibromyalgia and Chronic Fatigue, suffering from depression and anxiety, not to mention High Blood Pressure, high cholesterol, digestive problems and coxrademia to the point it was sometimes difficult to walk. I knew for sure is that I had to take control of my health and my life.

**Yoga** has changed my life so much it is amazing. I no longer have digestive problems, headaches, sore back, with **Yoga**, my diabetes is under control (helped with diet) and I sleep so much better, I am calmer and more focused on daily tasks. Now when family situations start to get to me I do my yoga poses or meditation to ease the situation within myself. I thought at my age doing yoga was beyond my capabilities, but I soon realized that I would not attain all the poses perfectly at first.



www.yfy.ca  
826-2968



For information on advertising in our next issue, please contact Celeste Oldfield at 240-0047. All profits from this issue will be donated to the Tantallon Elementary School.

But if I took my time and went at my own speed, pushing a bit every class I would achieve some improvement in myself and I have. I feel so good about myself, I am so pleased with the way I feel and look, I have toned up my whole body, I have dropped two pant sizes and I breathe and sleep so much better. I have strength, stamina and a much better feeling about myself.

So Gabriella, I want to thank you for your help and encouragement and your patience, you have been a wonderful role model and have restored my self-confidence. I am a healthier and stronger person for having you in my life.

**Edie Shaw-Ewald BSc PDt PTS**  
Registered Dietitian, Fitness Coach  
Nova Scotia's Nutrition Coach  
shaw.ewald@ns.sympatico.ca  
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Nova Scotia's Nutrition Coach

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This newsletter is distributed throughout the St. Margaret's Bay area.

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