



DO

INDULGE

Treat yourself to  
hand-finished  
sterling silver rings.



PANDORA®

THE PANDORA STORE AT

CONESTOGA MALL  
WATERLOO

FAIRVIEW PARK MALL  
KITCHENER

LIVING WELL IN WATERLOO REGION, GUELPH AND BEYOND

# GRAND

HEALTH & WELLNESS

## Full circle Victoria Moors

*Olympic gymnast  
falls for her sport  
all over again – as a coach*

### THE LEGEND

Golfer Gary Cowan's  
amazing life on the links

### BEYOND STRESS

Seeking help when  
anxiety takes hold

JULY | AUGUST 2017 \$5.95



7 72873 00002 8