

## Deadline for Christmas Greetings

If your club or society are placing a Christmas notice or greeting for the December 1 edition, the deadline is Friday November 28 at Noon - Cadre Office Main 06

For information contact Janice Muir, Advertising Manager 902 566-0629



### Stress Tip of the Week



"If you feel stress building ... Stop what you are doing. Sit up straight relaxing your shoulders, neck and jaw. Look up. Take several deep breaths and ... imagine everyone around you in their underwear.

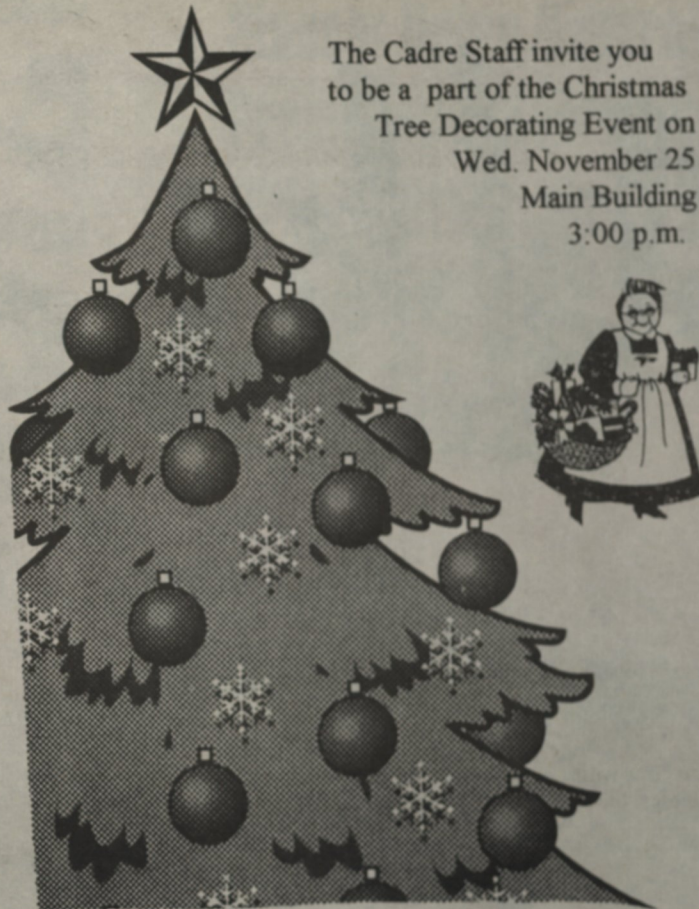
THE BODY ESTHETIC  
STRESS MANAGEMENT CENTRE

OFFICE #405, POLYCLINIC  
GRAFTON ST., CHARLOTTETOWN  
902.894.5443  
MON. TO FRI. 10:00 AM - 7:00 PM



## Come Celebrate With The Cadre!

The Cadre Staff invite you to be a part of the Christmas Tree Decorating Event on Wed. November 25 Main Building 3:00 p.m.



Food & Clothing Donations will be accepted for Island Charities. Come Be A Part of Making Christmas Better For Islanders.

Fiddle Lessons

Offered Fall & Winter

For more info,

Ward MacDonald

892-0266

## WE WANT YOU! ...AS A PLASMA DONOR

### FACTS

- During the month of November, the PEI Plasma Collection Centre is hosting Heroes Behind the Badges - a nation wide campaign that encourages emergency care providers to make group donations.
- We would like to extend the challenge to you, UPEI students and staff, to do your part in saving lives.
- Your Plasma donation is used to make many products in the treatments of cancer patients, burn victims, immune deficiency diseases, infectious diseases, hepatitis, AIDS and during some surgeries.

To learn more about the volunteer opportunities available or how you can become a donor call 1-877-PLASMA4.



CANADIAN  
BLOOD  
SERVICES



**Gift Certificates  
Available  
from  
The Body Esthetic  
Stress Management  
Centre  
Office # 405, Polyclinic  
Grafton St.,  
Charlottetown  
902.892.5443**

## GIVE SOMEONE A SECOND CHANCE.

When a Kidney Foundation volunteer knocks on your door, please give generously.

THE KIDNEY FOUNDATION OF CANADA