

# Resource Directory

## Ad Sizes

### LOGO - Four Columns

Column 1 (left): Graphic with text to fit  
 Columns 2, 3 & 4: Maximum 120 words  
 Maximum seven lines per column

### MINI LOGO - Two Columns

Left column: Graphic with text to fit  
 Right column: Maximum 40 words  
 Maximum seven lines

### EXTRAS

Extra words and lines are available for an additional charge.

Colour graphics and/or photos cost an additional \$15 per month for both Logos and Mini Logos.

### SET UP FEES

A one time set up fee of \$60 for Logo Listings, and Mini Logos, and \$30 for Text Only. Please supply camera ready artwork for logos.

### EXAMPLES:

#### LOGO (colour)



**YES YOU CAN SING!**  
**Lynn McGown**  
 singing teacher /  
 vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

**LYNN MCGOWN**  
 Call to set up lesson  
 tel. 604-222-4113  
[www.lynnmcgown.com](http://www.lynnmcgown.com)  
[www.celtictraditions.ca](http://www.celtictraditions.ca)

#### LOGO (black&white)



**ARE YOU READY FOR A CHANGE?**  
**Lorraine Milardo Bennington**  
 M.Ed. (Counselling)  
 Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!  
**Success Coaching**  
**Hypnotherapy** - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias  
**Couples Counselling**

**Lorraine Milardo Bennington**, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counseling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.  
**604-871-4342**  
[transformance@mac.com](mailto:transformance@mac.com)

#### MINI LOGO (colour)



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#### MINI LOGO (black & white)



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