



**ONE SMALL POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY.**

We have some exciting upgrades that are coming to Willingdon Park this year.



### BBQ & Picnic area

In front of 4190 Still Creek we will be converting the area that is currently covered in ivy into a paved BBQ area that will include benches and tables.



### Wellness Center

Triovest is proud to offer an onsite Wellness Center to be located at 4280 Still Creek Drive. The Wellness Center will include space for yoga and other exercise as well as a variety of health practitioners.

Stay Tuned....



We are proud to support Earth Hour. Join us by turning off your lights and unused electronics for one hour.

**SATURDAY, MARCH 28, 2015**  
8:30PM – 9:30PM

## THINK GREEN

*What to do with those K-Cups?*

While K-Cups have their convenience, there is a hidden cost to the environment that many of us simply choose to overlook. Keurig has released a statement saying that a 100% recyclable version will be released by year 2020. In the meantime here are some options that are more earth friendly while still allowing you to enjoy your K-Cup.

1. Purchase a set of refillable K-Cup pods and simply fill them with your favorite coffee. Available at places like Wal-Mart, Superstore and London Drugs.
2. Grand & Toy have teamed up with TerraCycle to produce recycle boxes that once filled are sent for recycling. The cost of the boxes are \$52.99, \$96.99, and \$136.99. Postage is included.
3. Recycle the pods yourself. You will need to tear off the foil lid, empty the coffee grounds into the compost bin, pull out the filter and put it in the compost bin, and then put the lid and empty plastic cup into the mixed container bin.

## ECO Car Wash

Have your car cleaned on-site while you work.  
CleanMyCar.ca or 604-349-5495