

DATE: January 28, 2002

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FOR IMMEDIATE RELEASE

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State Securities Agency Issues Cease And Desist Orders

LINCOLN – The Nebraska Department of Banking and Finance has issued Cease and Desist Orders against Cashiers Inc./Can-Stop Ltd., located in Bellville, Ontario Canada and Health Maintenance Centers, Inc., located on Bainbridge Island, Washington. The Orders permanently prohibit the further offer and sale of the companys' investments/securities absent compliance with the Securities Act of Nebraska.

Any Nebraska resident who has invested in high interest notes from Cashiers Inc/ Can-Stop Ltd. or the comon stock of Health Maintenance Centers Inc. should contact the Nebraska Department of Banking and Finance, Suite 311, The Atrium, 1200 N Street, P.O. Box 95006, Lincoln, Nebraska 68509-5006, (402) 471-3445.

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