

Medical Walk-In Clinic

Now OPEN 6 days a week
at 99 Sinclair Ave. Suite 106

NEW EXTENDED CLINIC HOURS

Mon. 9-8pm; Tues. 9-8pm; Wed. 9-5pm;
Thurs. 9-8pm and Fri. 9-7pm and
Sat. 9-2pm (starting Oct 5th)

905-877-9998

Male and female physicians are accepting
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Fall Promotion for botox, fillers,
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905-702-9988



Fernanda Lazzaro

Certified Personal Trainer • Specializing in Women 40+

Q: I don't have time to stretch after my workout. Can I just skip it altogether?

A: Stretching is the most important part of the workout and should not be omitted. Stretching offers many benefits, but a few include:
Reduces stress: Tight muscles can be a result of physical or mental stress. Stretching helps to relax the muscles and the mind.
Increases flexibility: Increased flexibility allows your muscles to move with more fluidity and helps reduce injuries in the joints. Therefore, flexibility is not only important in improving your workouts, but crucial in helping to perform daily activities.
Improves coordination and balance: With increased flexibility comes improved coordination and balance, which can reduce the risk of injuries and falls.
Stretching is important and beneficial at any age. Cut your workout a few minutes short in order to make time for stretching. If you are not a gym junky, then find a quiet place in your home to stretch and relax your body and mind. Try to hold a stretch from 20 to 30 seconds and never push beyond your joint's range of motion.

Fernanda can be reached at **416-409-0672** or fernanda@fitlips.com.

Fernanda is also the creator of



a 100% Natural Lip Balm, Made in Canada, and contains no petroleum or parabens.
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Get a "doctor's prescription" for workplace stress

On Thursday, October 3, Halton Region Health Department will host a free workplace health networking meeting for representatives of local businesses.

The workshop will offer participants a chance to learn about the effects of stress in the workplace, the potential impacts of technology on stress, and how employers and employees can become champions for change.

"Employees are a business' most valuable asset and organizations that promote workplace health attract and retain the best employees," said Halton Regional Chair Gary Carr. "This networking session will highlight resources and supports available to employers to help promote healthy and positive workplaces in Halton."

This meeting is designed for anyone who is responsible for the health and well-being of their employees at local businesses.

The workshop runs from 9 a.m. to 12 p.m. at the Halton Regional Centre South Auditorium at 1151 Bronte

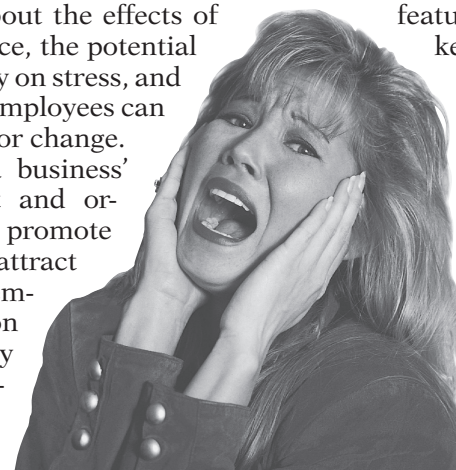
Road in Oakville, with a continental breakfast and opportunity for networking scheduled prior to the meeting, at 8:30 a.m.

The networking meeting will feature Dr. David Posen, keynote speaker, author and well-known authority on stress and stress management. Dr. Posen will explore why the workplace has become so stressful and offer his prescription for change.

The registration deadline for the networking meeting is Thursday, September 26.

For more information, to register for this session, or to be added to the distribution lists for future meetings, please contact Halton Region by dialing 311, or visit our website at www.halton.ca/workplace-health.

For more information about the benefits of having a stress-free workplace, visit www.halton.ca/workplacestress.



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