## COMMUNITY CALENDAR

Friday, Dec. 6

**Kids Christmas Fun night:** 5:30-10 p.m. at St. Andrew's United Church, 89 Mountainview Rd S for children ages 3 to 10. The Youth and Leadership are offering a fun program of crafts, games, pizza supper and a movie. "Santa Paws 2". The cost is by donation only. To register call the church office by Thursday Dec. 5. There are only 30 spots available; call 905-877-4482.

Holiday Magic on Main Street (and Holiday Market): Participating businesses will provide an assortment of events for the evening, including horse & wagon rides, caroling, shopping opportunities, and much more! This year they will also be hosting a Holiday Market featuring some of your favourite Farmers' Market vendors and other crafters and bakers, 3-9 p.m. on Main and Mill St., Downtown Georgetown. Info: 905-873-4970, www.downtowngeorgetown.com

Ted Flanagan's Olde Fashioned Christmas Special: at St. John's United Church, 11 Guelph St. in Georgetown, 8 p.m., following the Georgetown BIA event, Magic On Main. Tickets are \$20 adults, \$10 students and \$45 for a family of four pass. The show raises funds for local families who need a little extra help at Christmas time and music scholarships for local high school students.

**Toonie Movie:** 1 p.m. at the Georgetown Seniors Centre. New release featured with popcorn & drink. Nonmembers welcome at a cost of \$3.

**Youth Much Music Dance:** 7:30-10 p.m. at Gellert Community Centre. Tickets on sale now, \$12.50.

**Pre-Teen Video Dance Fundraiser:** 7-10 p.m. at the Acton Legion. These adult/parent chaperoned Video Dance Fundraisers help raise money for local sports groups and organizations and are hosted by Party Cinemas. Open to ages 7-13. Cost: \$10. Info: www.videodanceparty.ca.

**The Baby Bunch:** 2-3:30 p.m. at St. Alban's – in Alban House, 537 Main St., Glen Williams.

**Baby Talk:** free drop-in for parents with new babies to chat in an informal setting, Fridays, 10:30 a.m. to 12:30 p.m. at St. George's Anglican Church.

**Georgetown Legion euchre:** 7 p.m. Admission \$2.

**Friday Night Suppers:** 6-7 p.m. at the Georgetown Legion. Menu: Shepherd's Pie and salad. Cost \$6/person,

dessert \$1 extra.

**Acton Legion euchre:** 7:15-9:45 p.m. Admission \$2.

Saturday, Dec. 7

Optimist Breakfast with Santa: 9 a.m. to noon. (Pancakes, sausage, bacon, juice or tea/coffee) hosted by The Optimist Club of Halton Hills. 13439 Hwy. 7. Enjoy pancakes, sausage, bacon, juice, tea/coffee. Guests will be able to take pictures with Santa, enjoy breakfast, sing Christmas carols and get creative in our Christmas Craft room. Santa's elves will be helping and MAYBE a visit from Mrs. Claus too! Limited tickets (\$15/family); call Norm Paget, 905-873-8948.

Food bank fundraiser: Solaris Tanning Studio, 118 Guelph St., (at Maple Ave). will be hosting a fundraiser for the Georgetown Bread Basket in conjunction with its grand opening, 11 a.m. to 4 p.m. Bring a food or cash donation and enjoy free tanning, free food, prizes and more.

**Benefit show:** Inspire Halton, a Halton Hills youth initiative, is organizing a benefit show comprised of local acts for Eoin Campbell, a GDHS student diagnosed with cancer, 7-9 p.m. at Get the Scoop, Downtown Georgetown.

**3rd Annual 'Cram-a-Cruiser' Event:** at Real Canadian Superstore, 171 Guelph St., 7 a.m. to 5 p.m.

**Skating competition:** Acton Skating Club hosts the Midway West Area competition Skates Alive, Dec. 7 and 8. The competition is running Saturday 8 a.m. to 8 p.m. and Sunday 8 a.m. to 6 p.m. Come cheer on our local skaters!

**Georgetown Little Theatre Auditions:** for youth May production of Semi-Monde to be held 10 a.m. to 3 p.m. at the GLT Studio, 33 Stewarttown Road. Info/to book an audition: 905-877-3422.

Christmas Dinner: Welcome Home Children's Centre hosts a Christmas Dinner, 5:30 p.m. at Maple Avenue Baptist Church. Keynote speaker is Pastor David Tapley. A fun evening for all including bake table and door prizes. Tickets, \$20 adults, \$10 children, 6-12. For tickets call 416-648-0040, 905-873-9652, 905-877-0630 or info@welcomechildren.org, www.welcomechildren.org

**Christmas Bazaar:** 11 a.m. to 2 p.m. at Boston Presbyterian Church, 9185 Third Line, Halton Hills. Hot lunch, deli, baking, silent auction, country store.

Breakfast with Santa: a fundraiser for Georgetown Girl Guides, 9 a.m. to noon, at Knox Presbyterian Church, Main Street, Georgetown. Tickets are \$5, available at the

door. Price includes Pancake Breakfast, photo with Santa, silent auction, kids crafts, and more.

Bake Sale: 10 a.m. to 3 p.m. at Upper Credit Humane Society Thrift Shop, 68 Main St.N. (Moore Park Plaza) Georgetown. Info: 905-702-8661.

Poor Angus in Concert: The popular of celtic band brings their upbeat mix of modern and traditional music to the John Elliott Theatre at 8 p.m. Poor Angus dynamically interprets the music of past and present, performing original and traditional Scottish, Irish and East

Coast themed Celtic music in a manner which appeals to both traditional purists and modern audiences equally. Tickets/info: www.haltonhills.ca/theatre or 905-877-3700.

North Halton Kitten Rescue Pet Pictures with Santa on Sat. Dec. 7 and Sun. Dec. 8, 11 a.m to 2 p.m. Pet Valu, 235 Guelph St Georgetown will be hosting this entertaining event. \$10 per print donation. Young cats and kittens also available for adoption.

Georgetown Choral Society presents An Olde English Christmas, featuring the "Magnificat" by John Rutter, and a selection of traditional English Christmas Carols, 8 p.m. at Georgetown Christian Reformed Church, 11611 Trafalgar Rd. Info: www.georgetownchoral.ca

Christmas on the Credit Bazaar: 10 a.m. to 1 p.m. at St. Alban's Church, 537 Main St., Glen Williams. The Café opens at 9 a.m. Doors to bazaar open at 10 a.m. and will feature crafts, plants, baked goods, frozen foods, penny table, silent auction and more.

An English Christmas Tea: noon to 3 p.m. at Churchill Community Church, 14406 Churchill Rd. N., Acton (at Erin-Halton Townline). A traditional Tea features cranberry scones, raspberry jam, cream, finger sandwiches, sweets, special teas or coffee. Cost: \$10/person.

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- It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain
- I in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.
- Like incontinence, prolapse is common, with I in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

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be amazed. Time is limited to receive your

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