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**Are you changing your
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Did you know?

The scientific research clearly shows that
physiotherapy should be the first line of
treatment for incontinence.

Many people believe that incontinence; the involuntary loss
of urine, is a normal occurrence after childbirth or aging.
Continence concerns are **common** but **NOT** normal.

Stress Incontinence (SI) refers to leakage that is noticed
during a cough or sneeze, when laughing, or during strenuous
activities like soccer, jumping jacks, or other aerobic activities.
Sometimes women get the sudden and urgent need to get to
a bathroom. Urge Incontinence (UI) is the loss of urine that is
accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable
amounts of leakage that occurred with a cough or sneeze, but
then leakage can accelerate to amounts that are substantial
enough to wear protective padding, continence garments or
simply just avoiding activities that were once enjoyed.

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COMMUNITY CALENDAR

SUNDAY, JAN. 11

Bruce Trail Halton Hills Chapter Hike: Mono
Cliffs Provincial Park, Southern Outlier. We will
explore the southern outlier and tackle some el-
evation changes to visit lookouts. Dress for the
weather, boots essential and ickers/yak traxs help-
ful. Bring lunch and a hot drink as well as water.
Medium pace, strenuous terrain, 10 km. 3 hours.
Depart 9 a.m. Georgetown Market Place parking
lot, south of Medical Building, east of Walmart. Af-
ter the hike you may wish to enjoy refreshments at
the local Mono Cliffs Inn. As with all winter hikes,
weather conditions may make changes necessary.
Leader: Rob Currie 905-877-0634 rob.currie@

sympatico.ca

Emotions Anonymous (EA): meets Sundays
7 p.m. at 39 John St. Acton. (beside St. Joseph
Church parking lot enter in front door.) Info: Deb-
bie, 519-853-8262.

Be Still & Know God Candlelight Church:
7:30 p.m. every Sunday at St. Alban's Church, 537
Main St., Glen Williams. This beautiful old church,
lit only by candles, provides an atmosphere of rev-
erence and peace and wonder. Scripture, chanted
psalms, slow prayer. Nothing for the congregation
to say or do or read— only to enter and receive and
experience. Open to all.

Continued on page 29

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