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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.

Georgetown Location open Saturdays 8am - 2 pm

372 Queen Street, Acton • 519-853-9292 • 333 Mountainview Road South, Georgetown • 905-873-3103
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Red Hat Society forms chapter in Georgetown

A new chapter of the Red Hat Society called the G-Town Gals has been started here in Georgetown.

The group looking for Georgetown women 40+ who are looking for friendship and fun. Members have one, and sometimes two, outings/meetings a month.

If interested contact Queen Sage at 905-702-4456.



Members of the G-Town Gals chapter of the Red Hat Society enjoy the food and drink during Taste of the Hills at the Club at North Halton, Feb. 3. From left are Leigh Pedwell, Cammie Pierce, "Queen" Phyllis Foster, Carol McCulloch and Gail Luyben Powers. Photo by Ray Lavender

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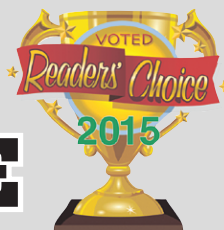
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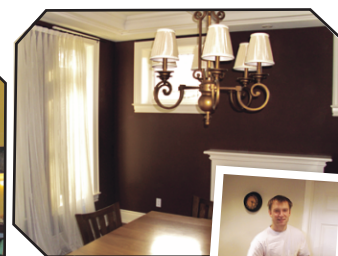
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