

How healthy is your shoulder?

Are you living in pain or discomfort?



372 Queen Street, Acton • 519-853-9292 • 333 Mountainview Road South, Georgetown • 905-873-3103
www.erasomaphysio.com

While there are many causes of shoulder pain, be it a sports injury, trauma or joint weakness, it is important to have an accurate diagnosis so that the appropriate treatment is implemented.

Common medical diagnoses for shoulder pain include: rotator cuff tendonitis, rotator cuff tear, impingement syndrome, frozen shoulder, shoulder dislocations and shoulder separations.

Did you know?

Shoulder pain is one of the most common complaints treated at Eramosa Physiotherapy Associates through our Path to Improved Health.

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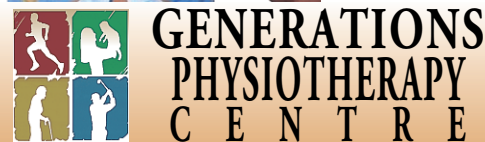


Neil Flores

Registered
Physiotherapist

DID YOU KNOW? Physiotherapists can treat/perform:

- Whiplash
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- Headaches and Migraines
- Dizziness or Vertigo
- Cardiac Rehab
- Osteoporosis and Osteoarthritis
- Pediatric Conditions



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COMMUNITY CALENDAR

From pg. 13
the Acton Legion.

Optimist Club Bingo: every Thursday. Grand Prize \$250. Starts at 7 p.m.; doors open 6:30 p.m. The club is located on Hwy. 7, between Georgetown and Acton, just west of 22 Sideroad.

Staying Alive Fitness presents the 7th Annual Yoga in the Park Fundraiser: Thursdays, July 9-Aug 13 in Prospect Park, Acton. Registration 6:30 p.m. Yoga 7-8 p.m. Free, but non-perishable donations to Acton Foodshare or cash donations to the Links2Care Backpack program. Bring your own mat, towel or blanket and water.

Acton Farmers' Market: 3-7 p.m. on Thursdays, from June to October. Come for home-grown produce, meats, baked goods, crafts and lots more! Info: www.downtownacton.ca, 519-853-9555.

FRIDAY, JULY 31

Munch to the Movies: Kids bring their lunch and watch a film at the Halton Hills Public Library. No registration required, but seating is limited. At both branches, 12 p.m. on Fridays, until Aug. 28. Info: www.hhpl.on.ca

Fantastic Fun Friday: at Norval United Church. Fantastic Fun Fridays are PD Day programs for kids in SK-Gr.5, featuring crafts, games, singing, outdoor play, and

faith education. Cost is only \$10 per FFF. Info: www.norvalunited.ca.

Play Euchre: at the Acton Legion on Fridays: 7:15-9:45 p.m.

Palette & Pencil Guild: is offering fun two-hour intro art workshops at the CVA Cottage, Fridays, 10 a.m. to noon. Drop-in \$15/session (supplies included). Info: www.creditvalleyartisans.ca.

SATURDAY, AUG. 1

Saturday Stop-in Fun: Drop-in and make a craft or play some board games at the Halton Hills Public Library. For all ages, but kids under 6 must be accompanied by an adult. No registration required. Saturdays, July 11 to Aug. 29, 2-4 p.m. Info: www.hhpl.on.ca

Acton Trunk Sale: A garage sale on wheels, Saturdays, until October. Info: www.downtownacton.ca, 519-853-3437.

Downtown Georgetown Farmers Market: 8 a.m. to 12:30 p.m. on Saturdays from June to October. An old-fashioned market with vendors offering a large selection of farm-fresh produce. Info: 905-873-4970, www.downtowngeorgetown.com

PLEASE NOTE: Deadline to submit briefs to the Fall Sideroads Calendar is Aug. 15. (Events between Oct. 1 and Nov. 30). Email cgamble@theifp.ca

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