

SPORTS



The Halton Hills bantam A Thunder edged Oakville 3-2 in overtime to claim top spot at the Best of the Best Thanksgiving Challenge. Team members (front, from left) are: Sean Williams, Chris Ruth. Middle row: Kodi Trumble, Sean Martincourt, Alex Manteiga, Dano Nascimento, Ryan Cropper, Rhyme Hossain, Ben Marshall, Christian Legere, Victor Montini. Back row: Assistant coach Kevin Couch, head coach Dave Couch, Ryan Leslie, Connor Kahler, Bruce Martin, Josh Hicken, Luke Hubbard, Josh Tavares, Dylan Palmer, assistant coach Terry Hicken, trainer Allan Ruth. Absent: Assistant coach Shayne Trumble, manager Angie Palmer.

Submitted photo

Team of the Week: Bantam A Thunder

Playing against higher-ranked centres in the seven-team division, the Halton Hills bantam A Thunder kept the Harvest Cup on home ice after earning the championship at the recent Best of the Best Thanksgiving Challenge, which was hosted by the Halton Hills Minor Hockey Association.

The bantam A Thunder posted three shutouts en route to the title, but had to knock off undefeated Brampton, which is in first place in the league standings, in the semifinals, before avenging a preliminary-round loss to Oakville by winning 3-2 in overtime in the championship game.

monkeynastix®
Physical literacy starts here

Keep your kids active with Monkeynastix!
Ages 1-9 yrs of age

- Birthday Parties - New! Georgetown Location
- Daycare Programs • Special Events • Public Programs

Monkeynastix® is the pioneer of movement education for children
Fall & Winter registration opens September 2nd

For more details visit our website at www.monkeynastixmilton.ca
Email: haltonhills@monkeynastix.ca • Phone: 905.864.4516
Camp Location: 342 Bronte Street South, Unit #15, Milton ON L9T 6B7

**45 MIN FULL BODY WORKOUTS.
THE POSSIBILITIES ARE ENDLESS!**

**BIG BRIGHT FACILITY,
FULL RANGE OF EQUIPMENT**

- Circuit Training (6am start)
- Cardio KickFit
- Muay Thai Kickboxing
- Brazilian Jiu Jitsu
- Yoga
- Judo

**60 ARMSTRONG AVE.
905.702.0200
www.CircaFit.com**

**AS SEEN ON
BREAKFAST
TELEVISION**

**FAVORITE FITNESS CENTRE!
JOIN THE MOVEMENT.
TRY A FREE CLASS TODAY!**

Ask the Professionals



Find local professionals here
every Thursday!
For advertising information
please call 905-234-1018 or
email kkosonic@theifp.ca

SEPARATION & DIVORCE MEDIATION



Professional Workplace and Family Services

www.pccs.ca

905-567-8858 REDUCE COST & CONFLICT

1-866-506-PCCS (7227)

**DIVORCE WITH DIGNITY AND
KEEP YOUR MONEY IN YOUR POCKET!**

**ACCREDITED MEDIATORS
GEORGETOWN, BRAMPTON,
BOLTON, MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS**

Carolyn Dew

Acupuncture & Traditional
Chinese Medicine
@ HealthSpan Wellness

71 Mountainview Rd N
Georgetown
905-873-8729
www.healthspan.ca



BPHE, RAC,
RTCMP

Q: What is Traditional Chinese Medicine?

A: Traditional Chinese Medicine (TCM) is a system of medicine that has developed in China over the past 3000 years. These therapies include Acupuncture, Chinese Herbology, Tui Na Massage, as well as Diet, Exercise, and Lifestyle advice. Both Acupuncture and TCM became regulated in Ontario in 2013.

The foundational theories of TCM are based on the concepts of balance and nature. It sees our health as a reflection of our surroundings and the environment. When we are not in a state of balance - physically, mentally, or spiritually - illness and disease will develop.

The TCM approach to treatment is based on your specific group of signs and symptoms, not your western medical diagnosis. This is why TCM is unique and demonstrates one of its strengths. For the same reason, one does not need a diagnosis in order to treat symptoms.

Acupuncture is one of the fastest growing physical therapies North Americans are turning to for both prevention and treatment of disease. If you are suffering from a chronic health condition or from multi-system health problems, consider the TCM approach.



Advanced Therapy,
Trusted Care

81 Todd Rd, Suite 201,
GeorgetownMarketplace Mall
905-702-7891



Jenni Veneruz
Owner/ Registered
Physiotherapist

Q: My doctor told me that I have VERTIGO. Can this be treated?

A: YES! One of the most common causes of vertigo is BPPV (Benign Paroxysmal Positional Vertigo). It is very common and easily treated by a health professional with training in Vestibular Rehabilitation.

BPPV is caused when calcium carbonate crystals, normally housed in a sac in the inner ear, fall into one of the semi circular canals. When the head is moved in certain directions the crystals will move and cause the brain to think you are spinning. There is a simple, painless head maneuver that is done to put the crystals back into the sac where they belong. A full assessment should be done first to ensure that this is indeed the cause of your dizziness.

The maneuver is highly effective and 1-2 sessions is usually sufficient.

Please see a Registered Physiotherapist with **ADVANCED TRAINING** in Vestibular Rehabilitation for successful treatment of this disorder.