

Health & Wellness

Advertorial

Get the right fit at Goodnight Goodmorning

Oprah has opened the minds of many women onto the importance of a great bra!

Oprah's bra expert Susan Nethero says there are obvious clues your bra is the wrong size:

- if your cups runneth over, it's time to go up a cup size
- if your cups pucker, it's time to go down a cup size
- if you have the dreaded back fat, you probably think your bra is too tight, but you're wrong – your bra is too big. Wearing the bra lower on your back with a smaller band size will eliminate the back fat.
- if your strap falls down, that means your bra band is riding up and you probably need to go down a band size

If any of these points sound familiar to you, come down to Goodnight Goodmorning and get yourself fitted

into the right bra for you!

At Goodnight Goodmorning, we carry styles & brands which Oprah swears by including Chantelle, Prima Donna and Empreinte! Bra sizes range from 30-48, cups A-K

Health Benefits of Wearing the Right Bra

Reasons why your bra needs to work for your body

1. Your bust has no muscle
2. When gravity pulls your breast down it also stretches your throat and face and your bust must be lifted to allow for proper circulation
3. Without proper support lymphatic drainage is impeded which interferes with cellular health

3 Steps to Follow for Breast Care

1. Control weight & maintain an exercise program
2. Moisturize your skin

3. Buy & wear well -fitted bras that will give you the proper support

Goodnight Goodmorning bra fitters will fit you into the right size and perfect style to fit your body type. There is a reason why we are called Oakville's Bra Heaven!

We will listen to your requests and find what you are looking for whether you want something plain or sexy we have it all!

Our store is always fully stocked in styles from petite to full figure.

Dr. Oz on SPORTS BRAS

Wearing a supportive sports bra while you work out is more important than most would believe.

- When exercising, breasts move up and down, side to side, and in and out
- Without proper support the

underlying muscles underneath the breast tissue tear and rip causing permanent damage to the breast tissue

- Whether you are running or walking ligaments and skin stretch and there's no real way to un-stretch short of surgery

Breast tissue damage is **IRREVERSIBLE** so be sure you are properly supported.

At Goodnight Goodmorning, we carry sports bras from Shock Absorber, Triumph and Anita (brand that was showcased on the Dr Oz. Show) in cup sizes A-HH

For more information about bra sizing and products contact Goodnight Goodmorning –your bra & swimsuit fitting experts. Call 905-847-1512, www.goodnightgoodmorning.ca or visit the store at 100 Bronte Road #3.

Are you suffering from hearing or balance problems?

- Do you have difficulty hearing?
- Do you ask people to repeat themselves?
- Do you experience a ringing or buzzing sensation in your ears?
- Do you experience balance problems?

If so, you are not alone. Millions of Canadians are living with hearing and balance disorders, say specialists in this field.

Audiologists are highly trained professionals with expertise in evaluating and managing your hearing and balance problems and other related disorders to help improve your quality of life.

A professional can be located near you with the reliable online resource: www.speechandhearing.ca.

www.newscanada.com

PRIMA DONNA

Bra Fitting Days • April 20-22
Sizes 30-48, Cup B-J

- Get **FREE** Prima Donna Panties with purchase of a regular-priced Prima Donna Bra
- Up to **30% OFF** selected Prima Donna Bras
- Introducing New Collections
- Spend \$500 or more & Get a **\$50** gift certificate towards next purchase!

CHANCE TO WIN
PRIMA DONNA GIFT BASKET
— \$300 VALUE! —



Oakville's Bra Heaven

100 Bronte Road #3. Oakville. (South of Lakeshore Rd.)

905-847-1512

www.goodnightgoodmorning.ca

Good Night
Good Morning