

Revitalize Spa



Great Expectations

Buy a photo facial package and receive a free hand photo facial treatment

Buy 1 laser hair removal package and receive another for 1/2 price.

These services are all done by our medical esthetician Karen Case-Bloomfield

30% off on all esthetic services for the month February with our esthetician **Sue Mansala**

(min purchase \$35 please cut out heart to take advantage of this promo)

House Doctor available for Botox and Fillers

One hour of soft rock massage for \$90

with our registered massage therapist Tracey Banks.

Soft rocks can be added to any other massages that are offered by a registered massage therapist for an extra \$10

To show our appreciation for being a loyal customer at Great Expectations let us treat you to a complimentary manicure at

Revitalize Spa

(min purchase \$40)

Coming Soon Fitness Classes & Eyelash Extensions!!!!

Buy a Hot stone massage by Carolyn and a get a wash & blow dry by Great Expectations \$115

Make-up services for bridal, special occasions, in spa or mobile on location

Make-up lessons also available for all ages

To show our appreciation for being a loyal customer at Revitalize Spa let us treat you to complimentary hair cut at

Great Expectations

(min purchase \$75)

Our Many Services Available

FULL SALON SERVICES
MANICURES PEDICURES
FACIALS
WAXING
BODY TREATMENT
EAR CANDLING

MASSAGE
REFLEXOLOGY
ION DETOX CLEANSE
SUN KISSED AIRBRUSH
MAKE-UP
MICRO-DERMABRASION

ELECTROLYSIS
LASER HAIR REMOVAL
JEWELRY MAKING
MEDICAL ESTHETICS
REGISTERED MASSAGE THERAPIST

BOTOX FILLERS
HOT STONE MASSAGE
LASER HAIR REMOVAL
PHOTO FACIALS
CHEMICAL PEELS
REIKI

Electrolysis Hair Removal by Gloria Sinclair ~ Support our Silent Auction for Heart & Stroke Month in February

905-877-5358
Revitalize Spa

905-702-8924
Great Expectations

69 Main St., S., Georgetown
www.greatexpectationsrevitalize.com

Municipal Awards



Halton Hills once again recognized accomplished local residents at the Municipal Awards Evening in the Council Chambers. Among those honoured were: the Halton Hills Bulldogs Bantam A Lacrosse Team (silver medalists in the 2009 Ontario Lacrosse Association Championships), the Georgetown Cheerforce Jaguars Youth Team (2009 provincial and national champions), the Georgetown Cheerforce Jaguars Junior Team (2009 provincial silver medalists and national bronze medalists), the Georgetown Cheerforce Jaguars Senior Team (2009 provincial and national silver medalists), trampolinist Amanda Nelles (2009 Ontario T&T Championships Individual Trampoline gold medalist, 2009 Eastern Canadian T&T Championships Double Mini Trampoline – Team Ontario, Individual Trampoline silver medalist), and swimmer Sophie Cieplucha (2009 Swim Ontario Short Course Championships 800-metre and 1500-metre Freestyle bronze medalist, 2009 Swim Ontario Long Course Championships 400-metre and 1500-metre Freestyle gold medalist, 200-metre and 400-metre Individual Medley gold medalist, 4x100-metre Medley Relay gold medalist, 2009 Age Group Canadian Championships 400-metre Individual Medley silver medalist).

Photo by Ted Brown

CONGRATULATIONS!

Better Grades Start Here

Reading | Writing | Spelling | Math | Study Skills | Homework Support



Don't get stressed—get help.
Oxford Learning can help your child get back on track to academic success. Want better grades? All it takes is Oxford Learning. We'll help.

oxfordlearning.com



324 Guelph St. Unit 11, Georgetown, ON L7G 4B5

905-877-3163

georgetown@oxfordlearning.com

Set Goals For School Success

Having goals is important in everyday life – it gives a sense of direction and purpose, and it sets goalposts by which we can navigate almost everything that we do. Nowhere is goal-setting more important than in school!

Setting academic goals can be challenging for students – most students merely exist from day to day, from test to test, without much thought to where they are going or where they currently are.

"Students often just tread water. Setting goals helps them to set a target to aim for, which gives them an advantage over students who are simply staying afloat," said Patricia Leggett, the centre manager of Oxford Learning Georgetown.

To set goals, students need to take a look at their current academic standing. Usually there is one area that could use special attention, such as science, math, or completing homework. To help students begin setting goals, they should become familiar with Oxford Learning's CAM Rule for setting goals: Goals need to be **Clear**, **Achievable** and **Measurable**.



Clear. Make sure that goals are clear and specific. It shouldn't be "improve my science grade," but "I want to understand the periodic table of elements."

Achievable. Keep goals realistic. A C-minus student has a better chance of getting a C-plus on the next test than an A.

Measurable. By setting a goal that has benchmarks, you can track success. Last week Tim only knew three periodic elements; this week he knows 10!

The CAM method for setting goals makes academic resolutions easy to keep. Students won't get discouraged and abandon their resolutions because they can track their progress and celebrate their successes, no matter how minor the achievement is. Success leads to more confidence. More confidence creates increased motivation. Motivation leads to setting more goals and even greater success!

— Article supplied by Patricia Leggett, Centre Manager of Oxford Learning Georgetown