

HEALTH & WELL BEING



All smiles over Tim Horton's cookie campaign

Following a successful Smile Cookie Campaign at the Georgetown Tim Horton's, a number of Tim's staff met with representatives of the ALS Georgetown Walk, to donate \$6,400, which was raised by the sale of Smile cookies. On hand for the presentation were, in front, kneeling, Tim's manager Melissa Lane and supervisor Amanda Roach. In back, from left, managers Frances Berg, Tanya Drake, Erin Loughnan, Nicole Edwards and Julie Korhonen, general manager Peter Brzozowicz, owner Mary Walker Georgetown ALS Walk organizers Dr Jeff Sutherland, his wife Darlene, Mary Jo Knox, Tim's Patrick Morris and ALS Walk organizer Rob Blackburn.

Photo by Ted Brown

Physiotherapy can help MS patients

Although there is no "cure" for multiple sclerosis, physiotherapists do play a key role in the treatment and management of this disease.

Physiotherapists are "movement experts" and their main goal is to help the person achieve maximal physical independence, flexibility, strength and fitness levels.

A Registered Physiotherapist will also help the person improve their function by educating them on aids and devices that can help them through their day.

Physiotherapy is particularly useful when the physical symptoms are changing, or during the recovery phase after a relapse.

What will happen when I see a physiotherapist?

The physiotherapist will complete a thorough assessment to determine what needs to be worked on in therapy. They will help you establish

some realistic goals.

The specific treatment will depend on which symptom you are experiencing at the time, but any visit is likely to include:

- Exercises and physical activity that is designed specifically for you.
- Advice on posture, assistive devices and walking aids as appropriate.
- Specialized stretches to decrease spasms and stiffness.

Are there physiotherapists with extra training in this area?

Registered Physiotherapists with advanced training in neurological rehabilitation have a special interest in treating people with neurological disorders, such as Multiple Sclerosis.

For more information contact: Sue-Ann Rudaitis at In Focus Physiotherapy Inc. 905-702-7891.

Healthy Living...

Please Join us for our Yoga Classes

Over 20 to choose from
All levels welcome

See full schedule online or call for any questions!

January Special
\$12 drop in Yoga
Drop in & Save \$4
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Yoga Workshops

YIN Workshop
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Saturday Feb. 5

Energy Medicine
Friday March 4

Also Available at Studio2:
Yoga Accessories,
Mats, Bags, Netipots
Gift Certificates

NORTH HALTON POWER & SAIL

Get the skills you need to get out there and boat safely.

Register at the Georgetown Market Place
THIS WEEK January 13, 14 & 15
Thursday & Friday 7 - 9 pm, Saturday 10 am - 3 pm

Seamanship Sail **Boating** **Boat Pro**

Any Questions?
Call Dave Aitken 905-878-2035

Courses starting Monday Jan. 17, 2011:

DON'T JUST GET A LICENSE LEARN HOW TO BOAT

Click on DISCOVER to find out what there is to do within our hills
www.haltonhills.ca

Trinkets and Treats

Halton Healthcare **Retail Volunteer Positions Now Available** GHVA

Come join our team at Georgetown Hospital!

Not everyone realizes that there is more to hospital volunteering than working directly with patients. The Georgetown Hospital Volunteer Association (GHVA) Gift Shop offers a selection of beautiful gifts, jewellery, cards, flowers, toiletries, reading material, snacks and coffee kiosk. This service raises funds that are vital to the purchasing of hospital equipment.

- Help patients without working directly with them
- Meet new people
- Have fun!
- Morning shift preferred, other shifts available
- Weekends are suitable for youth 16 years and older

Contact Janice at 905-873-0111, ext 8153 or jcown@haltonhealthcare.on.ca for more information.