

Wednesday, August 17

Bruce Trail hike: Level 1, 5-6 km loop hike on local trails. Depart at 9:30 a.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water and snacks. Lunch at a local eatery after the hike. Leader: Maureen, 905-873-9757 haltonhillshikers@yahoo.ca

Open Devotions: Prayers, scripture readings, music, refreshments. All welcome 7:30 p.m. at 20 Donaghedy Drive, Georgetown. Sponsored by the Baha'is of Halton Hills. Info: 905-873-0661.

Georgetown Skating Club registration: In-person advance registration at the Mold-Masters SportsPlex, Rink B, 6-8 p.m.

Resume Skills: Links2Care Employment Resource Centre, 45 Mill St. E., Acton is hosting a free session, 2 p.m. Learn to write a solid resume. Info: 519-853-5014.

Acton Orators Toastmasters: meets 7 p.m. at Knox Presbyterian Church, 44 Main St. N., Acton. Info: Judi Hopper, 905-699-

www.theIFP.ca

BINGO
GEORGETOWN OPTIMIST CLUB
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Every Thursday at 7 pm August 18 & 25

Price \$5.00 per Five Game Session (3 Sessions)

CASH PRIZES

Call 905-877-7166 for details.

Profits to stay in Halton for Youth Activities!

Community Calendar

9777 or ActonTM@gmail.com.

Thursday, August 18

Employment and Re-training info: Links2Care Employment Resource Centre, 45 Mill St. E., Acton is hosting a free session, 1 p.m. Info: 519-853-5014.

Summer euchre: Come play weekly euchre 7:30 p.m. at the Limehouse Memorial Hall. Sponsored by the Limehouse Memorial Hall Board. All welcome.

Friday, August 19

Community BBQ: hosted by Acton Hub Team at St. Alban's Church, 19 St. Alban's Dr. in Acton, starting at 6 p.m. It's a BBQ with fun activities and face painting for kids and families. Everyone is welcome.

More www.theifp.ca/whats-on/events/

Suffering from Depression, Grief, Anxiety?

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MANON *Dulude*
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Q: My relationship has reached a standstill, what can we do to bring it back to life? Is it too late?

A: Many clients come for Relationship Coaching to assist them in giving a new breath of life to their relationship. It is not unusual after several years of marriage that couples find themselves being somewhat disconnected from each other. As the feeling of disconnection increases, people may resort to filling their time and needs through personal activities. This choice can lead to even more distance between the partners.

There are other factors which can contribute to the breakdown of a marriage, besides many years of shared life. Unresolved conflict, lack of quality time, lack of intimacy, over scheduling due to work, house responsibilities and children activities, and financial stress, etc. are other possible factors which create a strain on a relationship.

If you find yourself at a standstill, consider that it is probably time to reintroduce courtship into your marriage. The routine of everyday life has probably taken its toll on you. Don't wait for your partner to initiate. Look at your calendar and set dates, discuss what would be fun to do together. Consider trying new things that will give you new stories to talk about and a chance to discover new shared interests. Stop making excuses that there is no time. Make your relationship a priority. After all, your personal and family well-being depend on the health of your relationship.

If you have some challenges that need to be overcome, seek help. Don't wait for things to be very bad and for hopelessness to set in before consulting. You would never drive your car without tune ups. Why expect that your relationship can be left unattended for years before looking after it. Invest in your relationship today to keep it strong and healthy for many years to come.

Manon Dulude is a certified member of the Ontario Association of counsellors, consultants, psychometrists and psychotherapists. She is also a Professional Certified Coach. She can be reached at 905 873 9393.

Georgetown

Physical and Sports Therapy Clinic

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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: I have been having right hip and knee problems. My physiotherapist has told me that I overpronate at my feet and orthotics would help correct this. Is it possible that poor foot biomechanics can cause hip and knee pain?

A: Your body is all part of one kinetic chain. The foot is the most important link within the kinetic chain, since it is the first part to hit the ground as you walk. In general, your foot motion can be described as normal, overpronated or oversupinated. Imbalances with the chain can have effects as high as the neck region.

For overpronators, the purpose of orthotics is to maintain the foot in a "neutral" position. For oversupinators, the purpose is for the orthotic to absorb some of the ground forces, since a supinated foot is a "locked and rigid foot".

How your feet react with the ground determines how the rest of your body reacts as well. In a normal kinetic chain, muscles must contract against the forces generated by abnormal foot biomechanics. This leads to muscles and tendons having to work improperly. As a result, the eventually fatigue and breakdown. When the muscles and tendons cannot work properly, they are unable to keep joints in alignment. This can have effects throughout the body. More prevalent however, are problems closer to the feet such as in your case, the knees and hips.

Your orthotics are transferable between shoes. They may take a few days to get used to, but will play a great roll in decreasing your symptoms.

RBC Dominion Securities

905-450-1850

Email: barbara.byckowski@rbc.com



Barbara Byckowski
Investment Advisor, BBA, PFP, CFP

Q: I am in my late 60's and looking going into a retirement home. I need cash flow with a high degree of certainty. Can you provide some options other than the run-of-the-mill GIC's at 2-3%?

A: As a Certified Financial Planner at RBC Dominion Securities, I can shop the marketplace for the right investment vehicles for you. I would suggest we get together and review your financial plan to find out your specific cash flow, estate planning and tax issues to ensure we find the best vehicles for your personal situation for now and the future. Life annuities and insured annuities provide a high degree of certainty in these uncertain times and provide guaranteed income from your portfolio. Both of these strategies are suitable for clients who want or need more cash flow (yield) with a high degree of certainty. Predominantly, the cash flow from the annuity is "return of capital", which is supplemented with an interest amount fixed for life from the onset. This also results in the life annuity being tax-efficient since the annuitant only pays tax on the interest portfolio not the entire annuity income. Please contact me for more detailed information.

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Julia Fountain,
BSc, ND

Q: We suspect our child is overweight, how can a Naturopathic Doctor help?

A: We start with an initial assessment including a baseline of your child's current height, weight, body mass index and cross-reference it against percentile charts. If your child is above the 85th percentile he/she is at high risk for obesity. We determine your child's daily caloric needs based on activity level and test for food intolerances which can affect digestion and absorption. We develop a lifestyle plan. It's important the household be supportive of the lifestyle changes involved. We include guidelines for exercise, sleep habits, screen time (TV, computer, video games), what to eat and drink, what to look for on package labels and healthy portion sizes. Together we set boundaries on "discretionary" (ie. junk foods) and restaurant foods. Our chef helps by re-vamping family favourite meals to be higher in nutrients and lower in calories, and by providing simple menu plans and recipes that get children and teens into the kitchen to help and learn. Don't wait for a diagnosis of obesity. Developing healthier habits is never wasted effort.

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