

HEALTH CARE

Thursday, September 15, 2011

The Independent & Free Press Special pullout section

8 Pages

Share your 'Get Active' story with Generations

Generations Physiotherapy Centre has recently launched a campaign for the summer entitled 'Get Active Challenge 2011'.

Staff believe that staying active is an integral part of staying healthy and are encouraging everyone to get active and stay active.

Because we all need a little push at times, Generations is holding a contest encouraging everyone to get their families active and share their story of how they did so via a letter or video.

The Challenge/Contest is free and open to everyone, but stories must be submitted to Generations Physiotherapy Centre on or before October 1.

The winner will be chosen based on the best story and/or most original way in which the family is getting active.

Simply drop off your story to Generations Physiotherapy Centre, 371 Mountainview Rd. S., Unit 7, in south Georgetown and, if possible, bring a non-perishable food item that will go to the Georgetown Bread Basket food bank.

The prize list includes passes for yoga, fitness/wellness assessment, massage therapy, gift cards for a free golf lesson, dance class, boot camp, sporting equipment and more. For more information call 905-702-0888.



Generations Physiotherapy Centre has recently launched a campaign entitled 'Get Active Challenge 2011'. Staffers (from left) co-owner Jason Jiskra, physiotherapist assistant Stephanie Patching and physiotherapist Neil Flores believe that staying active is an integral part of staying healthy, and are encouraging everyone to get active and stay active. To promote healthy living, there is a contest to encourage everyone to get their families active and share their story of how they did so via a letter or video. The Challenge

Contest is free and open to everyone. Stories must be submitted to Generations Physiotherapy Centre by October 1. The winner will be chosen based on best story and the most original manner in which the family is becoming active. Participants can drop off their story at 371 Mountainview Rd. S., Unit 7, in South Georgetown. In addition, Generations Physiotherapy staff ask everyone, if possible, to drop off a non-perishable food item that will go to our local food bank.

Photo by Ted Brown

Upcoming Events

NEW TrailFIT: Now accepting registration for Fall Training Season (Oct. 16th to Dec. 17th)

MON. SEPT. 19TH
7:30 - 8:30 PM

Help Your Child Cope
with Stress with Chantal Garneau

SAT. SEPT. 24TH
11:00 AM - 2:00 PM

Open House
Everyone Welcome!

WED. SEPT. 28TH
7:30 - 8:30 PM

The Benefits of Meditation and
Deep Breathing with Chantal Garneau

Register online at www.healthspan.ca

71 Mountainview Rd. N. Georgetown, ON
HealthSpan CLINIC + STUDIO
WELLNESS 905.873.8729 www.healthspan.ca

Group Expedition to Zion National Park, Utah in Spring 2012
and climb Kilimanjaro with us in Summer 2012!

Info Night - Wed. Oct. 5th, 7:30 - 8:30 pm in the HealthSpan Studio.

Do you have what it takes? More info on website, advance registration is required.