



New Members!

By Wendy Hue,
Partners in Progress

Sweet Confectionery,
Standish Street, Georgetown,
647-458-8358,
www.sweetconfectionerycakes.com
Sweet Confectionery specializes in custom elegant wedding cakes and kids cakes. All products are made from scratch with no shortening, fillers or preservatives added. Come enjoy a cake from Sweet Confectionery for those memorable moments in your life.

Corporate Films Canada, Georgetown,
416-317-0855,
info@CorporateFilmsCanada.com.
Owned and operated by Steve Jesse, Corporate Films Canada is an award-winning video production company that creates unique and engaging content for small and large businesses. We specialize in web video, animation, broadcast and television ads. For more about us, our services and HD samples of our work, visit www.CorporateFilmsCanada.com

Mink Hair Lounge, 324 Guelph Street,
Unit 5, Georgetown, L7G 4B5,
905-702-0411
Under the direction of master stylist Maurizio Abate, who has more than 12 years of creative experience, the seven member styling team offers a creative look for both female and male

clients. Maurizio brings his inspirational styles to our growing Georgetown community. Experience the difference Mink can provide!

Health E Nut Cafe and Juice Bar,
360 Guelph Street, Georgetown,
905-965-3246,
healthenut@sympatico.ca.
Find our online menu, upcoming events, classes and courses at www.healthenut.ca. Owner Susan Wilson is a Registered Natural Nutritionist and raw food chef. The cafe serves only organic whole foods that are all free of gluten, dairy, animals and processed refined sugars and are full of enzymes.

Georgetown South Kumon Centre,
271 Mountainview Road South,
Halton Hills, L7G 5K8,
905-877-8000,
www.kumon.com/georgetown-south,
amierid@ikumon.com.
Kumon Math and Reading Centres has partnered with instructor Amie Reid to open the Georgetown-South Kumon Centre. Kumon's after-school math and reading enrichment program is designed for students of all abilities from preschool to university. Free placement test.

The M.S. Society of Canada,
Halton Chapter,
2016 Victoria Avenue, Burlington, L7R 1R4,
905-681-8770, 1-800-211-8322.
The Halton Chapter provides support and services to people living with MS as well as their family and friends. We offer information, education, individual counseling, advocacy, support, financial assistance for assistive and mobility devices, and social and recreational programs in the Halton region. For more information, contact ont-hal@mssociety.ca.

Halton Hills Mompreneurs, Adina Ingram,
647-964-4245,
info@haltonhillsmompreneurs.com,
www.haltonhillsmompreneurs.com.
Halton Hills Mompreneurs supports women in business in Acton, Georgetown, Rockwood and surrounding areas through networking with experts in the areas of small business. The group focuses on showcasing the talents of locally-run mom and female businesses in the community. Showcases happen at least once per year.

Fire & Ice Jewellery, 310 Guelph Street,
Georgetown, 905-873-4405.
An independently owned business for 19 years, Fire & Ice can design and create the custom

jewellery of your dreams. The workshop provides expert repair service and the store features a large selection of precious, semi-precious, diamond jewellery, 10k and 14k gold jewellery and branded watches.

- Additional New Members:**
- Alcoa
 - BMO Bank of Montreal
 - Booster Juice
 - BRC Canada
 - Calloway REIT
 - Crime Stoppers of Halton
 - Direct Hit Promotions Inc.
 - G.town Taxi
 - Halton Tire Centre
 - Human Resources Professionals Association
 - Mold Hotrunner Solutions
 - Mortgage Intelligence, Tara Sterken
 - Nashville North
 - Real Property Solutions
 - Reds Garden Centre
 - Riepma Consultants Inc
 - Rona Georgetown
 - Sharon Wilson, Group Benefit Consultant
 - SnowCorp Inc.
 - WSI Digital Marketing

Ask The Professionals

Ask Amy about our "NEW"
Ask The Professional Directory
asykes@theifp.ca
905-873-0301 ext 237

ROSS...Bounce Back
Ross Physiotherapy Solutions

905-873-7677
318 Guelph St.,
Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
res.CAMT

Q: I had a full ergonomic assessment of my office workstation and my pains haven't gone away. Why?

A: The field of Ergonomics plays a key role in injury prevention but even the best ergonomic set up will not allow workers to stay in the same position indefinitely. Our bodies rely on muscle contraction and relaxation as well as regular joint movement to stay healthy and efficiently coordinated. By analyzing your work station, your work demands and your pre-existing posture we can provide you with an at work postural health program that is designed to increase your comfort. Everyone is more productive when they are comfortable.

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Georgetown Marketplace 905-877-2291



Theresa Portelli
RPh

Q: Why is diet important when I have diabetes?

A: Eating well is a part of a healthy lifestyle, for both people with diabetes and people without diabetes. For people with diabetes, improving your eating habits can help reduce blood sugar levels, reduce A1C (a measure of blood sugar) by 1 - 2% and help reduce some long term complications of diabetes. Carbohydrates, which are transformed into glucose (sugar) are our most important source of energy for the brain and muscles and so are essential at every meal and must not be avoided. In addition to carbohydrates, proteins and fats are also essential to a healthy diet. Thirdly, portion size is also important. A general rule is: vegetables occupy half the plate, protein is one quarter of the plate and carbohydrates are the other quarter of the plate. Not only is it important, but quality as well and that means making healthy, nutritious food choices such as choosing foods high in fiber and low in fat and sodium and limiting intake of soft drinks, candies and chips. It is also important to eat 3 meals a day at regular hours (4 to 6 hours apart) with a snack in between, if necessary. A dietitian can assess your eating habits to better understand your needs and also help you understand the role of food in the control of diabetes.

SUSAN S. POWELL
BARRISTER & SOLICITOR

FAMILY LAW

350 RUTHERFORD RD. S.
(Plaza 2, Suite 320)
on the Corner of Steeles & Rutherford

905-455-6677



SUSAN S. POWELL

Q: I have been separated from my husband for several months but we still live in the same house. I want to buy another house but someone told me my husband could claim one-half of it? Is this true?

A: If you and your husband have decided to separate you would be considered to be living separate and apart in the matrimonial home. Any assets you acquire after your separation are your assets and your husband can not claim an interest in them.

The new house would be your asset. Be careful though, as you will likely not be able to obtain a mortgage unless you have a Separation Agreement and have divided your property and settled other financial issues such as support. The bank will require a copy of your Separation Agreement before they will advance you the money for your new house.

IN FOCUS
physiotherapy

& WellnesCenter Inc.
324 Guelph St., Georgetown
Halton Gate Plaza
905-702-7891



JENNI VENERUZ

Q: I woke up feeling like the room was spinning around me. When I saw the doctor he diagnosed me with BPPV. What is this and how can I fix it?

A: BPPV stands for Benign Paroxysmal Positional Vertigo. It is a very common problem of the inner ear and can easily be treated by a trained professional. Crystals that are normally contained in a sac in the inner ear can become dislodged and float into the semi circular canals. Here, they stimulate sensors inappropriately and give the sensation of "spinning", or VERTIGO. There are several reasons why this may occur, including head injury, ear infections, stress and age.

The treatment consists of gentle positional changes of the head which will guide the crystals back into their proper location. If done properly, relief should be immediate and only 1-2 treatments should be required.