

# Do The WagJag!

GREAT FOR MOTHER'S DAY

**Downtown Spa and Relaxation Centre: Two Options**  
**Option 1: \$35 for a Custom Spa Facial**  
**Option 2: \$19 for a Brow Tint, Plus Eyebrow Shape and Wax**

BEHOLD THIS DEAL | SHARE THIS DEAL AND YOU CAN SAVE 50%

Buy For \$35.00

WagJag Deal!

Regular Price: \$60.00  
 You Save: \$45  
 Discount: 75%

Time left on this deal  
**08 07:57:27**

21 bought

This deal activates in 1 minute!

**Offer Details**

- Expires December 31, 2012
- Good 1 year from purchase, may last 1 year as a gift
- Does not include tax, tip, gratuity, or cash back
- Subject to availability

**Highlights**

- Great Mother's Day gift idea
- Perfect for relaxing and pampering
- Attractive and rejuvenating treatment

This is the time of year when people can get a little closer about their spring cleaning... like, really it isn't like to visit and get depressed in the house sort of thing. While that's all well and good for the home, why not take that same kind of energy to their skin to work it right? Today's WagJag Deal, Downtown Spa and Relaxation Centre offers some options for the face.

- \$35 for a custom spa facial (set \$60 value)
- \$19 for a brow tint, plus eyebrow shape and wax (set \$30 value)

Downtown Spa offers soothing services for all skin types and concerns, including hydration, exfoliation, deep cleansing and more. Your facial will be customized to meet your skin's needs. This WagJag is also great for a Mother's Day gift!

WATER QUALITY CHECK OF WATERBURY UNDERWAY WITH \$200K BUDGET, STATE AND NYS GOV. REPAIRS

Downtown Spa and Relaxation Centre is Georgetown's original indoor spa since 1990. Downtown Spa has been offering exceptional, affordable services in a tranquil and soothing atmosphere. Besides facials, Downtown Spa offers a full range of services from manicures and pedicures, to massages, waxing, skin treatments, and more, including a variety of spa packages. Please call to book your appointment.

150 Mountainview Pl. #1  
 Georgetown, ON

www.wagjag.com

THE INDEPENDENT & FREE PRESS Buy together and we all win!



## Pens prevail in Jr. Tyke final

The Penguins defeated the Canadiens 7-5 in the Gold Medal game during the GMHA's recent Weekend of Champs for the Timbits junior tyke division. Members of the Penguins (front, from left) are: Michael Tauskela, Mitchell Cassista, Mason Giles, Isaac Wilson, Nathan Benoit, Nolan Peet. Back row: Cailin Cooke, Jake Panabaker, Jack Graham, Rylee Serrou, James Macari, Sam Stephens, Emily Norton. Submitted photo

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~ Mae West

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**Meryl DaCosta B.Sc. (P.T.), B.Sc.(KIN)**  
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**Q:** How early should I see a physiotherapist after my surgery?

**A:** The time to begin your rehabilitation after your surgery will depend on both the type of surgery and your surgeon's specific preferences. EPA has committed a large pool of resources to offer patients the best and research based care for surgeries like: ACL rehabilitation, knee scopes, meniscal tears, rotator cuff repairs, shoulder stabilizations and lumbar discectomies.

Typically shoulder patients are seen within 3 days post surgery and will likely be wearing a sling for up to 6 weeks. During their physiotherapy, the physiotherapist will mobilize their shoulder and the patient will be instructed on safe and specific exercises for them to initially begin at home.

Following a knee scope where arthritic changes may have been shaved or tears in the meniscal removed, a patient is also seen 3 days post surgery. While most people are without crutches, physiotherapy will assist in the early management of pain and swelling. More elaborate rehabilitation would follow an ACL repair, but still begins as early as three days post op.

Typical back surgeries like discectomies, where the piece of the disc is removed from a nerve root, also being as early as 3-4 days, to as late as 6 weeks post surgery. Rehabilitation post back surgery is primarily exercise based focusing on core muscles to prevent and protect the back from future pain recurrences.

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