

## Stop living in the statistics. Physiotherapy can help

- It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain
- 1 in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.
- Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

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**Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from:**

1. Low Back Pain
2. Incontinence
3. Pelvic Organ Prolapse
4. Sexual Dysfunction
5. Pelvic Pain
6. Block Ducts and Mastitis



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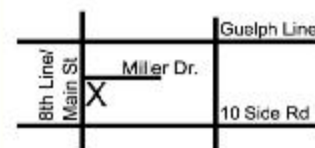
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## COMMUNITY

# Acton Legion membership to visit vets at Sunnybrook Hospital

By Sharon Graham  
Acton Legion news

Thanks to all for showing up for Fun Day on Sunday. Whether you helped or came out to support, we had a good turnout of executive. It is appreciated. We owe a special thanks to Kathy Hall for bringing so many good things some of her own to make the day a success.

Thanks to those who helped Saturday night at the Ladies Auxiliary Appreciation Dinner the ladies had a great time and seemed to thoroughly enjoy themselves. Great compliments on the meal so thanks to kitchen crew who worked hard in kitchen for a couple of days.

On behalf of the branch we would like to thank the following members for all your help:

- L.A. Appreciation Dinner— Kitchen staff: John Dunn, Keith Andrews, Bob Service, John Wagg, Dave McLean and Matt, Jack, and Neil Mowatt. Bar crew: Frank Single, Pat and Peggy Graham. Servers: Bob Harris, Jim Horne, Rheel Champagne and Dave Allen.

- Winterfest— Inside crew: Kathy Hall, Cathy Monday, Peg Graham, Sharon Graham, Mike Hedley, Jim Horne. Kitchen crew: John and Ryan Wagg. Outside crew: Dave Allen, Dave Parker and

his pal Bob. Student volunteers were Kaileigh Graham, Mikayla Vidler and Ally Cleave

Washer toss will begin next Monday at 7 p.m. sharp and is open to anyone who would like to play. You should arrive at 6:45 p.m.

We will be visiting Sunnybrook Hospital on Feb. 28 and would like to see as many members as possible join us. Bus will be leaving legion around noon. This is a chance for us to pay a visit to our veterans to thank them for their service.

On Friday, March 4 we will have a Pasta Night. The tickets are on sale now. The cut-off date is March 2. Come out for a nice home-cooked meal. All are welcome. There will be music by The Right Sound.

Remember we are hosting our first-time washer toss for Zone B7 on April 30. This is for legion members only. Registration is 9-9:30 a.m. Start time is 10 a.m. for singles followed by doubles. The entry fee is \$5 per person and \$15 per pair. The signup sheet is on the board now. It should be a great day as there are a lot of our members who play washer toss and really enjoy it.

Check the boards behind the bar for upcoming events. We invite people to join our legion. If you are 18 and you are eligible to join. Pick up an application at the bar or at legion.ca under membership section.

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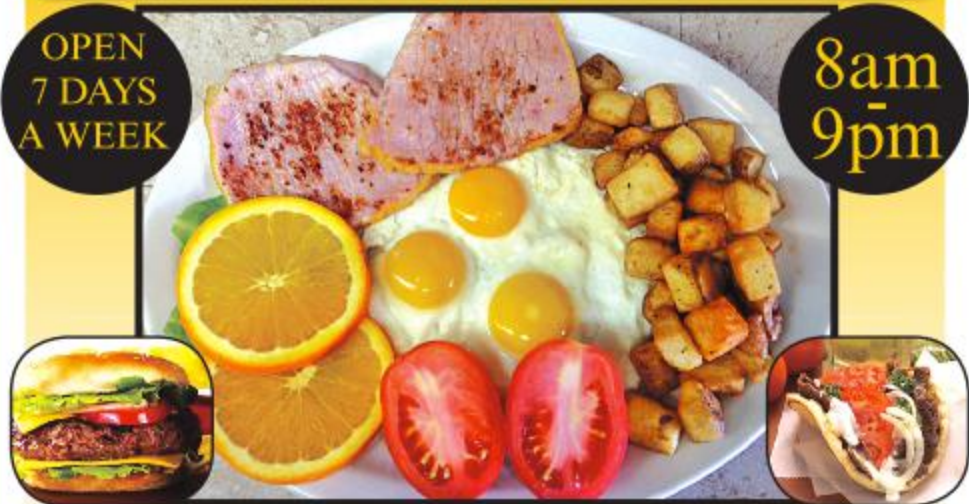


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