

# COMMUNITY

## Georgetown Legion makes donations

The Royal Canadian Legion Br. 120 held its annual Honors and Awards presentations last month.

Right photo: The Poppy Campaign donated \$5,000 to the Georgetown Hospital Foundation. Accepting the cheque was Executive Director Mary McPherson from Co-Poppy Chair Debbie Smith, President Sue Thomas, and Poppy Chair Peter Smith. Left photo: The Georgetown Legion Poppy Campaign presented a \$5,000 cheque to the Bennett Health Care Centre. Accepting the cheque was Brian Jackson CEO. From left Poppy Chair Peter Smith, Jackson, President Sue Thomas, and Co-Poppy Chair Debbie Smith.

Photos by Lynn Chalmers



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DR. ANOOP SAYAL

**Q:** How do I choose a toothbrush?

**A:** Below are some tips:

1. Remember: the Softer the better.
2. Go nylon, not natural.
3. Choose a handle with care. What you should really look for is a toothbrush handle that feels comfortable in your hand and is easy to maneuver.
4. Does it have a timer? Many electric and power toothbrushes are equipped with timers to alert you when you've brushed for 2-3 minutes.
5. Does it have a sensor? Some electric toothbrushes are equipped with sensors, which stop the vibrations if you brush too hard.

## Susanne Dorder, M.A.

Food Control & Obesity Specialist  
905-601-3268



### Food Control Help

Susanne Dorder supports people who are overweight and obese and have trouble with over-eating and binge eating. The majority of participants who work with Susanne have tried multiple weight loss and diet programs without having any success. The noticed differences between Susanne's work and the other services is that the people who work with Susanne learn more about themselves - specifically what their reasons are for their troubles with food. In order to establish stable change you need to know the reason for the problematic behavior. Why is it there to begin with? Once reason has become understood Susanne works with her clients to create personal plans making the necessary changes to control the problematic eating behaviors. Participants meet with Dorder weekly, eventually fading out once change has started to happen.

If you are ready to manage your weight and control your eating, Susanne can help you. Give her a call and set up your appointment for change.

To schedule an appointment call 905-601-3268  
Susanne Dorder, M.A.  
Food Control & Obesity Specialist