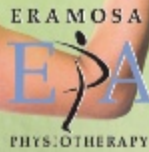


How healthy is your shoulder?

Are you living in pain or discomfort?



While there are many causes of shoulder pain, be it a sports injury, trauma or joint weakness, it is important to have an accurate diagnosis so that the appropriate treatment is implemented.

Common medical diagnoses for shoulder pain include: rotator cuff tendonitis, rotator cuff tear, impingement syndrome, frozen shoulder, shoulder dislocations and shoulder separations.

Did you know?

Shoulder pain is one of the most common complaints treated at Eramosa Physiotherapy Associates through our Path to Improved Health.

372 Queen Street, Acton • 519-853-9292 • 333 Mountainview Road South, Georgetown • 905-873-3103
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Rock the Hills is coming back to Halton Hills this weekend, July 23. Tickets are \$15 and are available at Pinecone Music, Pat's Deli, Silvercreek Cafe, Off the Wall Acton and Williams Mill. Submitted photos

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GLOBE PRODUCTIONS www.globeproductions.ca
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Rock the Hills takes the stage Saturday

Rock The Hills 2016 is approaching fast!

Rock The Hills, a music festival run by youth for youth, will be held on Saturday (July 23) from 5-11 p.m. at the Georgetown Fairgrounds.

The price is only \$15 and the event includes tons of free activities including bubble soccer, school-against-school fire truck pull, hair dyeing, henna tattoos, graffiti artists, the colour fight, and more!

You asked for tasty and affordable food

and it will be there, including food from Food Cabby, Sweetie Pies, and more.

And the most important thing is the music; nine amazing acts will take the stage this year such as Crisis Ctrl Club, North Of Nowhere, The Maysides, Aviva, Mountain & The Wood, Rhythmic Manner, Erica Knox, Wes Mason and Small Towns.

Get your tickets at Pinecone Music, Pat's Deli, Silvercreek Cafe, Off the Wall Acton, Williams Mill and online at www.rockthehills.ca

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