



Employees of Fraser Direct fashion tickets for the upcoming Georgetown Craft Beer Festival. Back: Kim McDougall, Laurie Hartman, Kelly DeCoste, Vanessa Mitchelmore, Melanie Spittal, Omar Gani, Carolyn DeVries, Christian Hadad, Rochelle Ellis. Front: Rachel Kirkwood, Christine Albert, Jessica da Silva, Leslie Sumi, Lois Fraser, Genevieve Guenette. Photo by Steve Frost

Get your tickets for Craft Beer Festival coming Sept. 17

The staff of Fraser Direct are heading to the Georgetown Craft Beer Festival on Sept. 17.

pany party and a great team building opportunity, says Lois Fraser of Fraser Direct.

The company expects 120 people to attend. It's an easy way to throw a com-

Tickets are \$22 in advance at www.headforthehills.ca.

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Do you know?
The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but **Not Normal!**

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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