



# Fallbrook Trail Ranch

## 905-873-6588

- Trail Rides - 7 days a week
- Summer Camps - Ages 3 and up
- Birthday Parties
- Private Events & BBQs

14097 Ninth Line Georgetown

Anna & Gary Drummond

info@fallbrooktrail.com

www.fallbrooktrail.com



## Strictly Dance

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Newly Renovated Studio!

### Fall Registration

Studio Hours:

August 18<sup>th</sup> 4:00-8:00 pm

August 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>

10:00 am-8:30 pm

August 26<sup>th</sup> 10:00 am-5:00 pm

Visit [strictlydance.ca](http://strictlydance.ca) to learn more about our studio & programs.

211 Armstrong Avenue, Georgetown, Ontario Phone: 905-702-9728

Email: [strictlydance@hotmail.com](mailto:strictlydance@hotmail.com) Website: [www.strictlydance.ca](http://www.strictlydance.ca)



## BACK TO SCHOOL

# Put health on your back to school list

With children across the country gearing up to begin another year of school, what better time to explore some ideas to help ensure your child gets off to a healthy and happy start? Here are the top five back-to-school health tips to consider.

1. Set bedtimes. It's essential for kids (and adults) to get a healthy amount of sleep each night to stay focused throughout the day. Although sleep requirements vary somewhat among individuals, most adults need about eight hours of sleep each night, and children and adolescents typically need more than eight hours to fuel growth spurts as well as developing bones and muscles. Rather than have them feeling groggy in the morning and getting upset when they oversleep, encourage earlier bedtimes for adequate rest.

2. Teach good hygiene habits. With so many people around, germs are bound to be lurking in classrooms. To help your kids avoid getting sick and prevent them from bringing viruses home it's important to show them how to protect themselves. Teach them to wash their hands after using the washroom

and before going to lunch or eating a snack. A travel-sized hand sanitizer is great in a pinch if you can't get to a washroom, but don't overdo it using a disinfectant too much can lower your natural defenses.

3. Stock up on healthy foods. It might be easy to pack your kids lunches with premade snacks, but a healthy diet is of the utmost importance and junk foods don't fit into the equation. Make it easier for yourself by stocking up on healthy grab-and-go foods like fruits, vegetables, whole-grain bread, and nuts. For meals, stick to lean proteins like turkey and legumes.

4. Manage stress. Ward away tension and anxiety by encouraging your little ones to exercise regularly in a way they enjoy, whether it's rollerblading, biking, team sports, or walking around the park playing Pokémon Go. Teach them proper deep belly breathing and that a healthy balance of work and play is best.

5. Stock up your medicine cabinet. Save yourself a last-minute dash to the pharmacy by keeping your medicine cabinet well-stocked for all the scrapes, bruises, and fevers.



### Are you ready for

### back to school?

- ✓ Back Pack
- ✓ School Supplies
- ✓ New Clothes
- ✓ Eye Exam

#### Did you know?

- Children's vision is the first step in ensuring their school success.
- Over 60% of parents still don't know if their child's vision is good.

Book an OHIP-covered eye examination for your child today and ask us about our children's programs.



## 905.873.2077



Dr. Joel Schaefer

Dr. Bruce Foley

Modern Eyes Optometry

14097 Ninth Line, Georgetown, ON L7G 0L5

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308 Guelph St. Georgetown, ON L7G 4B1

#### Hours of Operation

M-F 9:00am - 7:00pm • SAT 10:00am - 2:00pm