



Accepting New Patients

+ Our Services:

- Family Practice, Male & Female Drs
- Walk-in Clinic - All Day
- Specialty Compounding Pharmacy
- SENIOR DISCOUNT- Everyday**
- Free Medication Review**
- All Drug Plans Accepted**
- Free Delivery
- Botox Clinic
- Free Diabetic Educator on Site
- Free Dietitian on Site



Caring, Compassion, Reliable & Honest

Medical Clinic: 905-877-2220 • Pharmacy: 905-702-1500
308 Guelph St. Georgetown, ON L7G 4B1
Hours of Operation
M-F 9:00am - 7:00pm • SAT 10:00am - 2:00pm

Give your image a new look for fall

This year, why not simplify your life so you can savour every last second of the fleeting summer months? On personal style, for example, we don't need to complicate things to put our best foot forward. Here are three little quick tips to keep us all care free:

- 1) Make a bold lip statement To make a beauty statement with minimal effort, reach for your favourite lipstick or crayon to add a pop of colour.
- 2) Plan easy layers If you're on the go, or short on time when selecting an outfit, opt for clothing with built-in layers. Layering can add



dimension and a quick flare to any outfit without much fuss or thought.

3) Freshen up Having a great smile and feeling confident can boost anyone's personal image. But nothing kills confidence faster than bad breath especially when it hits right before an unexpected big meeting at work, or during a social gathering with friends. Simply carrying mints or gum like new Excel Naturally Sweetened gum will give you a fresh breath boost on the go.

- Jillian Harris is an interior decorator and host of Love It or List It Vancouver.

Put a flu shot on your health list

It can be easy to think that because you and your family never get sick, you are safe from the flu. But you should know that viruses and germs spread through our everyday interactions, and no matter how much we wash our hands, sometimes we can pass them on.

The influenza virus is no different it can unknowingly be passed on through droplets from sneezing or coughing. The best way to protect yourself, your loved ones and your neighbours is by getting an annual

flu shot. Though healthy adults can fight off the flu, seniors and other vulnerable populations may not have the immune response to fight back.

These vulnerable groups include children under five years old, pregnant women, people who live in nursing homes or other long-term care facilities, people age 65 and over, and people with existing health conditions such as cancer, diabetes, heart disease, lung disease, and obesity.

Try before you buy!

At Halton Audiometric Centre, we are committed to your hearing healthcare. To find out if hearing aids are right for you, come in for a complimentary assessment and try the latest digital hearing aids risk free!



HALTON
AUDIOMETRIC CENTRE
 HEARING TESTS • HEARING AIDS • ACCESSORIES

Georgetown's trusted choice for hearing care

905.877.8828

360 Guelph St., Unit 44
 Georgetown
 (In the Knolcrest Centre)



10 Celebrating **10 YEARS** OF KEEPING YOU HEALTHY!

JOIN NOW AND RECEIVE \$50 CLUB CASH

CLUB CASH CAN BE USED TOWARDS:

- PERSONAL TRAINING
- SMOOTHIES
- CHILD WATCH
- AND MUCH MORE

*T-shirt and bag may not be exactly as shown



Plus, RECEIVE A BAO FIT TSHIRT & GYM BAG TO GET YOU STARTED!
 *Hurry! Offer ends soon. Some restrictions apply.

bao baoinstitute.com
 INSTITUTE FOR HEALTHY LIVING **905.877.0771**
 232 Guelph St., Georgetown