

ELIZABETH'S

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GET READY TO LIGHT UP!: Bring your friends and family out for a fun evening of entertainment, treats, and lots of community spirit for Light Up The Hills. Ignition is held in Georgetown, located in the Dominion Gardens Park, the site of the first Tree of Hope in 2008. The park comes alive with thousands of lights decorating both trees and lighting displays. At 7 p.m. Dec. 1 all the lights will be turned on. In Acton the tree is in the Sports Park and in Glen Williams at Shelagh Law Park.

File photo



Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are common but **N**o **m**!

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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