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At Habitat for Humanity Halton-Mississauga, we've seen incredible things happen when people help us build a home for a family in need. But did you know that you don't have to lift a hammer to help?

We need your help to start our projects in Georgetown and Acton. Help us change the lives and futures of more families than ever before.

For more information and to donate, please visit habitatbuild.ca.



Ask the Professionals



Find local professionals here every Thursday!
For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

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COACHING AND COUNSELING
SERVICES
905-873-9393
info@coachmanon.com



Coaching & Counselling Services
info@forgecoachingandconsulting.com

Q: I'm too busy! How can I find the support I need before things start to fall apart?

A: Commit time to yourself. Discuss with others what you want out of life. Being a part of a **personal growth network** helps you create a vision for your future while ensuring that vision is directly linked to your values and passion.

**INSPIRE
YOURSELF**

**ENERGIZE
YOUR LIFE**

This is a chance to finally quiet your inner critic and develop solutions to questions you have in **all areas of your life:** wellness, career, and relationships.

Join Forge's group coaching opportunity exclusively for women.

**Drive Your Life Forward with
Power and Focus**

If this sounds like something for you, contact Manon at 905-873-9393
info@forgecoachingandconsulting.com
More at www.forgecoachingandconsulting.com.

New groups forming for September 2017.

youngdentistry
SMILE CARE

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Q: I need to have a tooth out. Should I get it replaced? Also, did the classical Greek philosophers have anything to say on the subject?

A: Each situation is a little different when it comes to replacement but it is generally better to replace a missing tooth than go without. One exception would be wisdom teeth, which most people do not need.

Aristotle said 'Nature abhors a vacuum', and so does your mouth. There is a 'domino-effect' when a tooth is extracted. I really mean it. Your other teeth can literally fall over into the space where the tooth was extracted. The tipped teeth will not meet up with their partners properly. It can also create food traps and interferences when chewing. When one tooth is missing, the neighbouring teeth will take more of the load which can lead to excessive wear and fractures.

Teeth support your lips and cheeks, and also help you form sounds when you speak. So you can actually look and sound different after a tooth is lost. And to answer your anticipated next question, no, it usually isn't an improvement.

So there are lots of good reasons for replacing a lost tooth. Watch this space for ways you can get it back.

By the way, Aristotle was right about a lot of things but he did write once that men have more teeth than women, which is totally wrong. A great philosopher maybe, but turns out he was pretty bad at counting.