

GEORGETOWN GARDEN CENTRE

CLOSED MONDAYS

140 GUELPH ST. 905-877-8882

(The former Georgetown Fruit Market building)



LOCAL GROWN

Super Sweet Peaches & Cream
Corn Tomatoes Peaches



GARDEN MUMS
3 FOR \$22
10" pot

FLOWERS & PLANTS
Brugmansia from \$9.99
(Angel Trumpet)

FOR THE GARDEN

Large Size Perennial Plants
3 FOR \$22
1 Gal Pot
or \$7.99 each



MIXED ACCENT PLANTERS
Great colours & variety

HIBISCUS
2 Gal Perennial \$11.99 ea
Top Soil
25 litre bag \$1.99

NEW OPTOMETRY OFFICE IN DOWNTOWN GEORGETOWN

GIDDENS OPTOMETRY

has opened a 2nd location at the Mill Street Medical Centre.



DOWNTOWN GEORGETOWN
83 Mill St | 905 873 1867

FAMILY EYE CARE SERVICES



METRO PLAZA
371 Mountainview Rd S | 905 873 1861

Day, Evening and Saturday Hours | Same day appointments for urgent eye care. Please phone.



Dr. Ben Giddens



Dr. Andrea Kozma



Dr. Stephanie Britton



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Joshua Kelly, DD
Denturist

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REDUCE COST & CONFLICT

1-866-506-PCCS (7227)

DIVORCE WITH DIGNITY AND KEEP YOUR MONEY IN YOUR POCKET!

ACCREDITED MEDIATORS
GEORGETOWN,
BRAMPTON, BOLTON,
MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS

MANON *Dulude*
Ph.D., RP
COACHING AND COUNSELING SERVICES
905-873-9393
info@coachmanon.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

Contact Us
324 Guelph St. Unit 8
Georgetown ON L7G 4B5
905.873.4800
youngdentistry.ca
smile@youngdentistry.ca



Q: So I grind my teeth at night, is that really a big problem and if so, what can be done?

A: To answer that question, I need to know how you feel about looking like a henchman from a mid period James Bond movie. My theory is that the character 'Jaws' from The Spy Who Loved Me (1977) and Moonraker (1979) was actually a chronic tooth grinder, and his dentist made him his steel teeth as an effort to preserve his oral health.

Any contact between teeth that occurs outside of eating is known as parafunction. This includes clenching, grinding or tapping teeth together.

Any breakdown of tooth structure due to parafunction will not get replaced naturally. Over time, depending on the severity of the parafunction, the damage can add up and significant amount of teeth can be worn away. This can cause sensitivity, reduced chewing function, and in some severe cases, necessitate root canals. Also, nobody has ever said that short, worn-down teeth make a beautiful smile.

Converting to steel teeth is one option, but another would be to wear an appliance called a night guard that creates a barrier between the arches and protects the teeth from further damage. Wearing one regularly can save you from all kinds of unpleasantness.

So when your dentist advises you to get a night guard, don't say Dr. No (1962), say Dr. Yes! lol.