

LIGHT UP THE HILLS



Kathryn Boyle/Metroland

Light Up The Hills members will be selling Memory Balls every Thursday and Friday in the Georgetown Market Place until ignition night on Dec. 1. They cost \$25 and will be hung on the Memory Trees in Dominion Gardens. From left: Bonnie Brunton, Hazel Armstrong and Kathy Brooks stand at the Light Up the Hills booth in the Georgetown Market Place.

“The ankle bone’s connected to the knee bone...”

We know that forces act on the body from ground up. When our body is out of alignment, other structures may be affected. Our body is able to compensate for the imbalances until something “gives”. The sooner the better, but better later than never - get checked for good spinal health!

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Certified Active Release Technique provider

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