

## Stop living in the statistics. Physiotherapy can help

- It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain
- 1 in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse.
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.
- Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum

ERAMOSA  
**EPA**  
PHYSIOTHERAPY

*Did you know that after pregnancy it is COMMON, but not NORMAL to suffer from:*

1. Low Back Pain
2. Incontinence
3. Pelvic Organ Prolapse
4. Sexual Dysfunction
5. Pelvic Pain
6. Block Ducts and Mastitis



372 Queen Street, Acton • 519-853-9292  
333 Mountainview Road South, Georgetown | 905-873-3103 | [www.eramosaphysio.com](http://www.eramosaphysio.com)



## LEATHERTOWN LUMBER

**PLEASE SUPPORT OUR TOY DRIVE.  
DROP OFF A NEW UNWRAPPED  
TOY BEFORE DECEMBER 10TH**



**ALL TOYS WILL BE DISTRIBUTED LOCALLY  
BY THE SALVATION ARMY**

**STOCKING  
STUFFER**

**\$6.99** WAS: \$10.99

3-Oz. O'Keeffe's® Working Hands®  
Hand Cream  
Helps restore moisture and create healthy  
looking hydrated skin.  
5121926



**LIMITED QUANTITIES.  
WHILE SUPPLIES LAST.**

**DOOR  
BUSTERS**

**HOT BUY**

**\$219.99** WAS: \$269.99

20 Volt Max Cordless Oscillating Multi-Tool Kit  
Includes oscillating tool, battery, charger, sanding pad, (25)  
sanding sheets, accessory storage box, accessory adapter  
and contractor bag.  
4036513



**DOOR  
BUSTERS**

**\$8.99** WAS: \$13.99

13-In. Pry Bar  
Made from forged, heat treated, high-carbon steel.  
Beveled nail slot at both ends.  
8547812



264 Main Street North, Acton  
**519-853-1970** 416-601-1259



[www.leathertownlumber.ca](http://www.leathertownlumber.ca)

## LIGHT UP THE HILLS IGNITION NIGHT THIS FRIDAY



IFP file photo

The tenth annual Light Up the Hills ignition night will take place this Friday, Dec. 1 at 7 p.m. The event, celebrating a decade, will be taking place in the Acton Sports Park starting at 5 p.m.; Dominion Gardens in Georgetown at 5:30 p.m.; and the Glen Williams Shelagh Law Parkette at 6:30 p.m. All the lights will be turned on at 7 p.m. Families are invited out for a special Canada Day display, as well as live music, hot chocolate, food, and a movie. The lights will stay on daily until Jan. 3.

## Winter Registration

**GEORGETOWN DANCE COMPANY**

### WINTER REGISTRATION

COMPETITIVE & RECREATIONAL CLASSES  
BALLET • JAZZ • TAP • HIP HOP • ACRO  
MUSICAL THEATRE • DANCE FOR TOTS  
BOYS ONLY HIP HOP

### WAYS TO REGISTER

EMAIL US OR CALL  
905-873-2989  
5 ARMSTRONG AVE #1  
GEORGETOWN, ON  
[GEORGETOWNDANCECOMPANY.COM](http://GEORGETOWNDANCECOMPANY.COM)



Please call Kelli Kosonic 905-234-1018 or email [kkosonic@theifp.ca](mailto:kkosonic@theifp.ca) to advertise your Winter Sign Up opportunity on this special feature.

# HELLO WINTER!

**SAVE 20% ON ALL REPAIRS  
WITH OUR PREVENTATIVE MAINTENANCE PLAN**

**Carrier**

turn to the experts™

Halton Hills' #1 choice in Heating, Cooling + Fireplaces since 1989



**905.877.8023**