

Feb 1 – Feb 28, 2014

ACTON AUTO TECH INC.

45 Main Street North, Acton

NO
TAX

2014

Customer
Appreciation
Sale



NO
TAX

Services include :

Brake repairs

Suspension repairs

Emissions related repairs

Call today to schedule your appointment

519-853-4144

TUESDAY IS
SENIOR DISCOUNT DAY

SAVE 15%
ON LABOUR

Friday, Feb. 7

Friday Night Supper: 6 p.m. at the Georgetown Legion. Menu: BBQ Chicken on a Bun plus soup. Tickets: \$6 per person. Dessert \$1 extra.

Youth Dance: 7:30-10 p.m. at Gellert Community Centre. Cost: \$9.

Saturday, Feb. 8

Generac Generator Info session: on residential emergency generators will be held Feb. 8, 10 a.m. and 1 p.m. and Feb. 10, 7 p.m. at Halton Hills Optimist Club, 13439 Trafalgar Rd. (Hwy 7 and 22 Sideroad). Hosted by Deker Electric Ltd. of Georgetown. Free admission and refreshments. Info: 905-702-0515, www.dekerelectric.ca or info@dekerelectric.ca

Be My Valentine Card Craft Day: Kids can drop in anytime between 10 a.m. to 12 p.m. (Acton Branch) or between 2-4 p.m. (Georgetown Branch) and make a card or two. Info: www.hhpl.on.ca

Community Calendar

Family Hungry Man Breakfast: 8-11 a.m. at the Georgetown Legion. Adults \$6, children under 12, \$3. Customers and volunteers needed to support your branch.

North Halton Kitten Rescue has kittens and young cats for adoption to approved homes, 11 a.m. to 2 p.m. at Pet Valu, 235 Guelph St. Georgetown.

A Valentine's Day Tea: 11 a.m. to 2 p.m. at Trinity United Church, 70 Mill Street, E., Acton. Fancy sandwiches, veggie tray, squares, cookies, coffee and tea for \$10. Bake table and more.

Halton Hills Sports Museum and Resource Centre: will be open on Saturday, during the Raiders game, 6-9 p.m. and on Sunday, 1-5 p.m.

More CALENDAR, pg. 18



Best Buy CORRECTION NOTICE

NEWSPAPER RETRACTION FOR THE BEST BUY JANUARY 31 CORPORATE FLYER In the January 31 flyer, page 16, the Acer Laptop with Intel® Core™ i5-4200U Processor (WebCode: 10276338) was advertised with an incorrect screen size. Please be advised that this laptop has a 15.6" screen NOT a 14" screen, as previously advertised. We apologize for any inconvenience this may have caused our valued customers.



MANON
Dulude Ph.D.
COUNSELING &
COACHING SERVICES



- INDIVIDUAL & COUPLE COUNSELING
- ANXIETY/ DEPRESSION
- LIFE & CAREER CHANGES
- PERSONAL GROWTH

**POWERFUL CONVERSATIONS
FOR PERSONAL
TRANSFORMATION**

905-873-9393
www.forgecoachingandconsulting.com
38 Oak Street, Georgetown, ON

#1 NON-PROFIT



Thank You
Halton Hills
for Your
Support!

UPPER CREDIT
HUMANE SOCIETY

www.uppercredit.com
519-833-2287

Are you changing your
lifestyle because of
incontinence?

Let us help you regain your confidence
and independence



Did you know?
The scientific research clearly
shows that physiotherapy should
be the first line of treatment for
incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are **common** but **NOT** normal.

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.

372 Queen Street, Acton • 519-853-9292 • 333 Mountainview Road South, Georgetown • 905-873-3103
www.erasamosaphysio.com