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here every Thursday!
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www.georgetowndental.com
905-877-2273 (CARE)

ROSS...Bounce Back
Ross Physiotherapy Solutions
905-873-7677
318 Guelph St.,
Georgetown

Gerry Ross
H.B.Sc. PT, MCPA,
res.CAMT

Q: I broke my wrist and strained my back after slipping on the ice. Will easing back into normal day to day activities be enough to get me back to the way I was before?

A: Injuries such as yours are serious enough to warrant a consultation with a physiotherapist. Working with a physiotherapist now will ensure that you recover to the greatest extent that is possible.

The degree of recovery that occurs spontaneously may allow you to be comfortable in your current lifestyle but not in the more physical spring and summer activities. Your physiotherapist will discuss your lifestyle with you and set you up with a program that will ensure that you can enjoy the upcoming spring and summer activities without disruption, comfortably and with confidence.

DR. ANOOP SAYAL
Family and Cosmetic Dentistry
located in
Georgetown
Marketplace Mall
905-877-CARE (2273)

DR. ANOOP SAYAL

Q: How do I get my kids to brush their teeth?

A: You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush your teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavored children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.

REAL ESTATE DIRECTORY

To start advertising in this full colour directory next Thursday please call 905-873-0301
Ask about the three month booking special on now until February 21st!

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