

flower POWER

MARCH 15TH

CARSON ARTHUR

1PM & 3PM

Meet Citytv and HGTV's gardening expert live at BCC to answer all your post-winter gardening questions.

ASK THE EXPERTS

**ICE STORM CLEAN UP TIPS
1PM - 4PM**

City of Brampton Horticulture, Forestry, and Emergency Preparedness Departments, along with Davey Tree Experts will provide Ice Storm updates and information to get gardens growing this spring.



**FLORAL TRENDS SHOW AT
1PM & 3PM IN OLD NAVY COURT!**

Shop & Dine

ALDO / BCBGMAXAZRIA / DENISE / EXPRESS / FOREVER 21
HOLLISTER / JOE FRESH / MELANIE LYNE / NINE WEST SHOE STUDIO
THE KEG / MOXIE'S / PICKLE BARREL + 300 MORE STORES!

BCC
BRAMALEA CITY CENTRE

bramaleacitycentre.ca
2 lights east of Hwy. 410 on Queen Street.

Thieves cut through Thrift Shop wall to gain entrance to convenience store

Thieves pried open the front door of the Upper Credit Humane Society's Thrift Shop in the Moore Park Plaza last Friday morning and smashed a hole in the dry-wall in order to enter the adjacent convenience store just after 4 a.m. last Friday.

The culprits proceeded to sever phone and security system lines, but their attempts to steal cigarettes from the locked display and money from the ATM with a cutting tool were unsuccessful.

Store owner Bill Cui said the suspects did get away with an older-model laptop.

A cat was in a cage in the Humane Society unit but was not harmed and was returned to the UCHS Shelter afterward.

Dee Cope of the UCHS, a lead volunteer, said she was relieved to hear that the landlord would be looking after repairs to the unit. The Thrift store generates one-third of the operating revenue for the UCHS per year.

Surveillance video captured three suspects in the convenience store. Two of the suspects were wearing balaclavas and the



Upper Credit Humane Society Thrift Store volunteer Marion Young shows where thieves pushed aside bookshelves and broke a hole through the drywall and entered the convenience store next door to them in the Moore Park Plaza.

Photo by Eamonn Maher

other wore a grey hoodie. Anyone with information can call the Halton Crimestoppers Hotline at 905-825-8477.

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

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

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