

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.

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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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

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COMMUNITY CALENDAR

Friday, March 28

Technology Made Simple: Are you having trouble figuring out your Kobo? Wondering how to download free eBooks to your iPad? Bring your technology questions to Halton Hills Public Library's Technology Made Simple program, 9:30-11:30 a.m. at the Georgetown branch. Join us for some hands-on time with the Kobo, Playbook, iPad or other devices. We have laptops available too and can help you navigate our online resources.

Norval United Church Parents Group: Everyone gathers for an informal potluck at the church at 6 p.m. and at 7 p.m. adults head over to the House Next Door for conversation, while children hang out with NUC volunteers at the church. Always great fun and a good way to connect!

Friday night supper: 6-7 p.m. at the Georgetown Legion. Menu: BBQ Chicken on a bun plus soup. Tickets: \$6, dessert \$1.

Friday night euchre: 7 p.m. every Friday at the Georgetown Legion. Admission \$2. Everyone welcome.

Acton Legion euchre: every Friday night, 7:15-9:45 p.m. at the Acton Legion. Admission \$2.

Coffee, Books and Conversation: Join the staff at Halton Hills Public Library, Georgetown Branch, 2-3 p.m. for some



freshly brewed coffee, your favourite books and some wonderful conversation! Once a month we'll chat about recent reads and you'll also get a sneak peek at some new books. Info: 905-873-2681 ext. 2511, www.hhpl.on.ca. Also April 25.

Baby Talk: Do you have a new baby (newborn to mobile)? Do you have a million questions and are shy to ask? Come to a free drop-in to meet other parents with new babies to chat in an informal setting, Fridays, 10:30 a.m. to 12:30 p.m. at St. George's Anglican Church, 60 Guelph St.

Saturday, March 29

North Halton Kitten Rescue young cats adoption: to approved homes, 11 a.m. to 2 p.m. at Pet Valu, 235 Guelph St. Georgetown. Adoption fee of \$160 includes: spay/neuter, first vaccinations, parasite treatment, microchip and a bag of food. Kittens for adoption can be previewed at www.NHKR.ca or call Barb 905-873-8547.

Euchre and Bid Euchre: every Saturday, 7-9:45 p.m. at Georgetown Seniors Centre. Come early for refreshments. Admission \$3.

Spaghetti Dinner and Music Night: 6pm at the Georgetown Community Church, 271 Mountainview Road South. Join us for a free evening of dinner, live music and fellowship.



Skype & Facetime: Halton Hills Public Library, Acton Branch, 10 a.m. to 12 p.m. invites you to I See You: Communicating with Skype and Facetime. Learn how to communicate in real-time video over the Internet using programs and applications such as Skype and Facetime. Long distance charges do not apply! Please call 519-853-0301 to reserve your spot. Info: www.hhpl.on.ca

Earth Hour:

8:30-9:30 p.m. Building on past successes, the Town plans to once again participate in the global Earth Hour event.



Through partnerships with Halton Hills Hydro, residents, businesses, schools and other organizations, the focus will be on energy conservation and addressing climate change. For tips on how to participate in Earth Hour connect with the Town of Halton Hills at: www.haltonhills.ca/initiatives/earthHour.php, www.facebook.com/ImagineHaltonHills

Halton Hills Sports Museum and Resource Centre: will be open on Saturday, March 29 during the Raiders game from 6-9 p.m. and on Sunday, March 30, 1-5 p.m.

Sunday, March 30

Emotions Anonymous (EA): meets Sundays 7 p.m. at 39 John St. Acton. (beside St Joseph Church parking lot enter in front door.) Everyone is welcome. No dues or fees. Emotions Anonymous offers a 12-step program to help people cope with stress. The program is open to anyone who has a desire to become emotionally well. Members attend for various reasons, among them depression, anxiety, relationship problems and other emotional difficulties. Info: Debbie, 519-853-8262, gardenliver@hotmail.com.

Georgetown Runners meet for weekly club runs every Sunday morning at 8 a.m. from the BAO Institute for Healthy Living (formerly Atlantis Athletics, corner of Guelph St. and Mountainview Rd.) Everyone from the novice to the seasoned athlete is welcome. Info: www.georgetownrunners.ca

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Here we **Grow** Again



Town of Halton Hills Public Information Open House

Acton Arena & Community Centre Campus Projects:

- Acton Arena & Community Centre Expansion
- Acton Seniors Centre Renovation
- 3 Musketeers Skate Park Reconstruction

Date: April 2, 2014

Times: 1:00-3:00 p.m. and 7:00-9:00 p.m.

Location: Acton Arena & Community Centre, Community Hall, 415 Queen St. E, Acton ON.

For more information please contact John Archibald, Facility Capital Projects Supervisor, at 905-873-2601 ext. 2403 or JohnA@haltonhills.ca.



Temporary closure of Acton Seniors Centre

During the renovation, the Acton Seniors Centre's temporary location starting April 2 will be the Prospect Park Boathouse (30 Park Avenue, Acton). Recreation & Parks fitness programs will be held at St. Alban's Church (19 St. Alban's Drive).

For more information call 519-853-5951.