

# SHED THE STRESS

FEEL YOUR BEST... Join Our

## ADULT PROGRAMS.



- \* Convenient evening programs
- \* Classes run 3 times a week (come once, come three times, whatever works with your schedule)
- \* A great social evening with excellent physical & mental benefits
- \* FOR ALL AGES & Abilities

We're ready when you are.  
Visit us soon & feel the difference



### Rampulla's Martial Arts

14 Main St. S. Downtown Georgetown • 702-1116  
www.rampullasmartialarts.com

## HOCKEY HERITAGE



2015 Hockey Heritage recipient Dr. Ron Lefebvre is presented with a framed print of his profile published in January in *The Independent & Free Press* by the newspaper's Regional Managing Editor Chris Vernon.

Photo by Eamonn Maher

L A T I T U D E  
FOOD & DRINK



latitudefoodanddrink.ca

99 MAIN STREET SOUTH, GEORGETOWN ON | 905.702.9855



Mark your calendar for our

# JOB FAIR

Saturday, March 14th 10:00am - 2:00pm

We are currently looking for friendly, enthusiastic individuals to work on our team.

Positions include cashiers, general labour, AZ-DZ drivers, shippers, receivers, fork lift operators and more. We offer a full support training program, room for advancement, competitive wages as well as a comprehensive health plan. If you cannot make it please email resume to Steve Johnson (sjohnson@sheridannurseries.com)



Sheridan Nurseries  
100+ YEARS

## Sheridan Nurseries

12266 Tenth Line | Tel: 905-873-7547



HORIZONS  
opioidtreatmentservice

Methadone Clinic in Georgetown  
Accepting Patients

About us:

- Physician supervised methadone treatment
- All services covered by OHIP
- Methadone Maintenance Treatment is one of the most successful ways to treat an opioid addiction

Why Start Methadone?

- To eliminate withdrawal symptoms
- To decrease or eliminate cravings for opioids
- To stabilize social, emotional and financial aspects of ones life
- To increase the likelihood of maintaining stable employment
- To increase the likelihood of completing your education
- To increase the likelihood of re-establishing relationships
- To improve self-esteem and quality of life

Call 905-877-8888  
for more information  
and to book an appointment



GEORGETOWN  
pharmacy

Georgetown Pharmacy

www.georgetownpharmacy.ca

Angelo Dias

Pharmacy Manager

905-877-8888

angelo@georgetownpharmacy.ca

118 Mill Street, Unit 101

Georgetown ON L7G 2C5

Monday to Friday 9:00am to 7:00pm

Saturday 9:00am to 4:00pm

Sundays and Holidays

10:00am to 2:00pm

