

Family
OPTICAL

\$50 OFF
Prescription glasses
when you mention this ad.
Limited time offer.



Over 24 Years of Experience

- Professional Eye Exams Arranged
- Eyeglasses • Sunglasses
- Contact Lenses • Safety Glasses

GEORGETOWN 905-873-3050 • **BOLTON** 905-857-5556
280 Guelph St.,

The Best Price on Quality Windows, Doors & Siding



Serious Know-how, Serious Products
Unbeatable Prices

www.MacLeodwindows.com
For **FREE** In-Home Consultation

Halton Hills:
905-703-4704
Cell: 416-347-5536



YUM— THE SWEET TASTE OF SPRING: Four-year-old Jacob Menken really enjoyed his pancakes at the Sweet Taste of Spring pancake breakfast at Limehouse Memorial Hall, Saturday morning. This annual spring event is a fundraiser for the historic hall in the hamlet of Limehouse.

Photo by Jon Borjstrom

Dancing is like dreaming
with your feet

- lessons for all ages and genres
- recreational and competitive programs
- convenient local recital
- over 20 years experience



GEORGETOWN
DANCE COMPANY

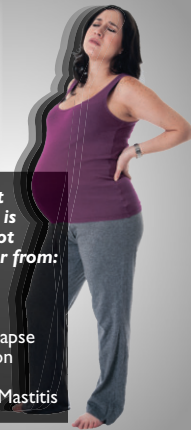
5 Armstrong Ave., Georgetown
PHONE 905-873-2989 OR EMAIL FOR FALL BROCHURE
danceco@sympatico.ca | www.georgetowndancecompany.com

Ample Free Parking

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

ERAMOSA
EPA
PHYSIOTHERAPY



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

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

How healthy is your shoulder?

Are you living in pain or discomfort?



ERAMOSA
EPA
PHYSIOTHERAPY

While there are many causes of shoulder pain, be it a sports injury, trauma or joint weakness, it is important to have an accurate diagnosis so that the appropriate treatment is implemented.

Common medical diagnoses for shoulder pain include: rotator cuff tendonitis, rotator cuff tear, impingement syndrome, frozen shoulder, shoulder dislocations and shoulder separations.

Did you know?

Shoulder pain is one of the most common complaints treated at Eramosa Physiotherapy Associates through our Path to Improved Health.

Georgetown Location now open
Saturdays 8am - 2pm

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

Spring Cleaning?

We want your Scrap Cars!

We tow them **FREE** of Charge!
We pay for your scrap metal
We donate them to the local fire department for them to practice with and then 100% recycle them when they are finished with them.
Call today!!!



FRED'S TOWING
SINCE 1958
905-877-4471
Georgetown

46 Guelph St.,
Georgetown

READERS CHOICE AWARD WINNER
16 YEARS IN A ROW!