

Did you think incontinence was just a "woman's issue"?

Learn how physiotherapy can help men with Pelvic Health, including incontinence and pain after prostate surgery.

Incontinence can be dramatic following prostate surgery or radiation treatment. Men are alarmed by the immediate decrease in their quality of life that comes with being reliant on urinary pads throughout the day.



Did you know?

The scientific research clearly shows that men who receive physiotherapy BEFORE and AFTER prostate surgery gain control of their bladder quicker.

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## COMMUNITY



Resident Marie Cini of the Mountainview Residence was awestruck by the size of the pumpkin delivered to the facility last week, which tipped the scales at more than 600 pounds.  
Photo by Eamonn Maher

## The Great Pumpkin visits Mountainview Residence

The 'Great Pumpkin' arrived at the Mountainview Residence last week, weighing in at about 615 pounds, and is expected to be a popular attraction for ghouls and goblins leading up to Halloween.

Bob Allison of Allison's Farm Market on Eighth Line personally delivered the pumpkin on his John Deere tractor Wednesday morning and was greeted

warmly by residents of the Mountainview Rd. N. retirement home.

The pumpkin will be decorated with spiders and surrounded by smaller pumpkins in the facility's Activity Room, alongside the Haunted House, with plenty of trick or treating expected through the week. The public is welcome to drop by Saturday from 5:30-6:30 p.m.

## castle building centres LEATHERTOWN LUMBER



**HAPPY HALLOWEEN!**

WHILE SUPPLIES LAST / UNTIL OCTOBER 31

**DOOR BUSTERS**

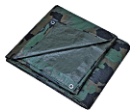
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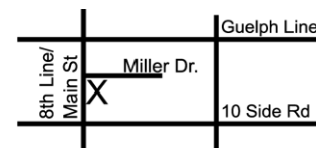
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