

# Georgetown Lions Club looking for Citizen of the Year nominations

**KATHRYN BOYLE**  
kboyle@theifp.ca

The Georgetown Lions Club is looking for that special individual, couple or organization that through their volunteer efforts has made Georgetown such as great place to live.

This is your chance to recognize someone in our community that makes a difference in the lives of many in our town. It only takes a few minutes to complete the process; that special someone has spent years helping others, so don't delay.

The awards dinner will be held on March 20 at the Mold Masters SportsPlex, 221 Guelph St., with presentations from the Lions Club and all levels of government. For more information, contact Lion Doug Penrice at 905-873-8469.

To nominate an outstanding volunteer, send a



IFP file photo

The Georgetown Lions Club is asking the community to put forward nominations for the annual Citizen of the Year award. Here, last year's recipient Mark Rowe accepts a congratulatory plaque from councillors Bryan Lewis, Clark Somerville, Ted Brown and Mayor Rick Bonnette.

letter, or if you prefer, use our application form and return it to the Lions Club Citizen of the Year, P.O. Box 73, Georgetown, Ont., L7G 4T1,

or email dpenrice1@gmail.com by Feb. 15. Past nominations are carried forward for two years and will be considered.

## 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

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