

What you need to know about the IFP events calendar and newsletter

If you've spent long hours preparing for your community event, chances are, you want the public to know about it.

With a few easy steps, you can log in to the Independent Free Press' website and post your event, which will then be published in the online calendar for all to see.

And, if you are interested in staying up-to-date with local headlines, the IFP newsletter will provide you with just that.

To sign up, just go to the newsletter page and fill in the necessary fields.

Once you sign up, you can receive the latest news stories, opinion pieces and events straight to your email each day.



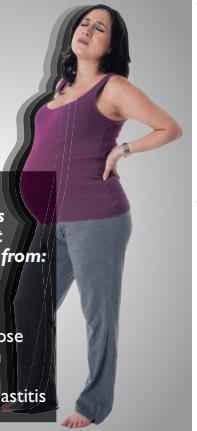
IFP file photo

You can post your events on www.theifp.ca for free.

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

ON NOW AT THE BRICK!



SAVING YOU MORE

For more details go instore or online @thebrick.com.

Sign up NOW for SUMMER

To advertise your SUMMER REGISTRATION OFFERINGS

please call **Kelli 905-234-1018**
or email **kkosonic@theifp.ca**

Fallbrook Trail Ranch

905-873-6588

- Trail Rides - 7 days a week
- Summer Camps - Ages 4 and up
- Birthday Parties
- Private Events & BBQs

14097 Ninth Line Georgetown
Anna & Gary Drummond
info@fallbrooktrail.com | www.fallbrooktrail.com

COOKING SCHOOL

Register for any of our camps at WWW.PCCOOKINGSCHOOL.CA or in-store at customer service

For information on camps
PCCOOKINGSCHOOL.GEORGETOWN@LOBLAW.CA

FULL DAY SUMMER CAMPS – July 16-20, July 30-Aug 3, Aug 20-24. 8:30am-4:30pm. Breakfast, lunch and snacks provided. Kids do all the cooking! Activities every afternoon at GoodLife Fitness, Pottery painting included in the camp one morning per week. Ages 6-11. **\$230** per week.

PART DAY SUMMER CAMPS – all summer long, sign up for as many or as few sessions as you like. Part day camps are 3 hours long. Ages 6-11. See full schedule at www.pccookingschool.ca **\$20** per class.

DAY CAMP THAT FEELS LIKE OVERNIGHT CAMP

TRUSTED BY FAMILIES SINCE 2002

1.800.690.7085 | REGISTRATION@KIDSINC.CA
WWW.KIDSINC.CA

STARTING AT **\$225/WEEK**

BUS INCLUDED
PAYMENT PLAN AVAILABLE

SERVING CAMPERS AGES 5 TO 14 ON A 30 ACRE PRIVATE FACILITY. BUS SERVICE AND EXTENDED HOURS AVAILABLE. ACTIVITIES INCLUDE:
SWIMMING, CANOEING, CRAFTS, TALENT SHOWS, ARCHERY, SCIENCE, GAMES, NATURE, LEADERSHIP, SPORTS, PUPPETS, DAY TRIPS, OVERNIGHT STAYS, CAMPFIRE, THEME DAYS AND MORE!