

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.



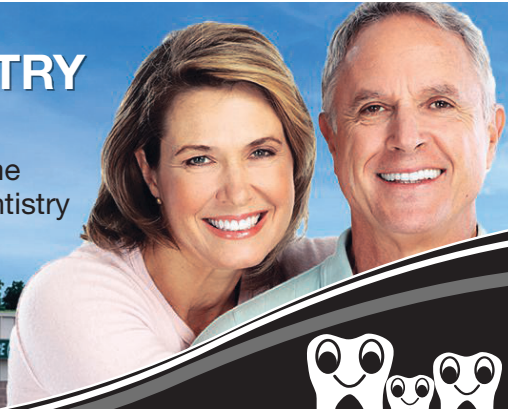
Did you know?

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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NEWS

My Fit Little Foodie pop-up a 'smooth operator'

ALEXANDRA HECK
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What started as a pop-up shop gig in a former Georgetown cupcake shop has taken on a life of its own.

For Amber Cubitt, a Brock University kinesiology grad, she didn't necessarily see her business growing into a mobile pop-up food service and catering company, but after Couture Cupcake moved from Halton Hills to Oakville last year, she was left at a crossroads.

"I didn't realize there was such a vegan community in Georgetown until I opened up the shop," said Cubitt, who had transitioned over to veganism.

The shop specializes in vegan smoothie bowls, as well as comfort classics like vegan mac and cheese, granolas, sandwiches and more.

At the Georgetown Farmers' market, the smoothie bowl is a favourite.

The signature berry smoothie bowl is topped with house-made pumpkin spice granola, hemp hearts, chia seeds, all topped with a peanut butter sauce drizzle.

"The smoothie bowl is a vegan version of frozen yogurt," said Cubitt. "It's healthy ice cream."

The energy bites are also in high demand; with flavours like chocolate peanut butter, and maple



Amber Cubitt



Above, My Fit Little Foodie is a pop-up vegan shop specializing in smoothie bowls and energy bites. Left, a signature berry smoothie bowl.

walnut, the balls are the perfect portable energy treat.

During the winter, Cubitt offered delivery service for meals prepared out of the Cellar restaurant in Georgetown. The African peanut curry stew was a favourite alongside the vegan mac and cheese.

As the company contin-

ues to expand and develop, My Fit Little Foodie has hosted pop-up shops at corporate events in Burlington and Mississauga, as well as community events.

The shop could soon be coming to the Acton Farmers' Market and will even be set up at the Glen Williams Canada Day festivities.



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