

NEW OPTOMETRY OFFICE IN DOWNTOWN GEORGETOWN

# GIDDENS OPTOMETRY

has opened a 2nd location at the Mill Street Medical Centre.



DOWNTOWN GEORGETOWN  
83 Mill St | 905 873 1867

Day, Evening and Saturday Hours | Same day appointments for urgent eye care. Please phone.

FAMILY  
EYE CARE  
SERVICES



METRO PLAZA  
371 Mountainview Rd S | 905 873 1861



Dr. Ben Giddens



Dr. Andrea Kozma



Dr. Stephanie Britton



## COMMUNITY

### MMM, MMM GOOD



Ray Lavender photos

Three-year-old Jaxon Rowen and dad Chris dig into their ribs and fries at the annual Georgetown Ribfest this past weekend at the local fairgrounds. Ribmaster Chimba Musafiri of Hamilton shows off his ribs and a trophy he recently won for best barbecue sauce. Singer/songwriter Mauve entertains the crowd.

### Are you changing your lifestyle because of incontinence?

Let us help you regain your confidence and independence



ERAMOSA  
EPA  
PHYSIOTHERAPY

#### Did you know?

The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are **common** but **NOT** normal.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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

# YOU'RE INVITED!!

Groups and Buses Welcome

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**Sunday September 9, 2018 • 10am-4pm**

**Make it a day trip to remember - See you there!**

Indoors at the **ROYAL BOTANICAL GARDENS**  
680 Plains Rd. W., Burlington  
RBG Auditorium

Live Entertainment from **THE TORONTO ALL STAR BIG BAND**

Enjoy the Music of **DR. J**

EXHIBITORS: For information on how to showcase your business call  
**905-842-6591** or Toll-Free **1-800-693-7986** Ext. 740698 (Nancy) or 740699 (Heidy)

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## HAVE YOU HEARD?

**Lora Greene, Agent**  
211 Guelph Street  
Georgetown, ON L7G 5B5  
Bus: 905-873-1615  
lora@loragreene.ca

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