NEW OPTOMETRY OFFICE IN DOWNTOWN GEORGETOWN

GIDDENS OPTOMETRY



FAMILY EYE CARE SERVICES



DOWNTOWN GEORGETOWN 83 Mill St | **905 873 1867**

371 Mountainview Rd S | 905 873 1861

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



Dr. Ben Giddens



Dr. Andrea Kozma



Dr. Stephanie Britton

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Are you changing your lifestyle because of incontinence?

Let us help you regain your confidence and independence



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,

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.eramosaphysio.com



Groups and Buses Welcome



Make it a day trip to remember – See you there!



THE TORONTO **ALL STAR BIG BAND**

Indoors at the **ROYAL BOTANICAL GARDENS**

680 Plains Rd. W., Burlington **RBG Auditorium**

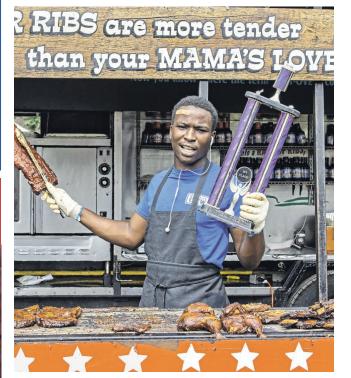


EXHIBITORS: For information on how to showcase your business call **905-842-6591** or Toll-Free **1-800-693-7986** Ext. 740698 (Nancy) or 740699 (Heidy)

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.



HAVE YOU HEARD?

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

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