

DENTURE CLINIC



FOR ALL YOUR DENTURE NEEDS DENTURES - PARTIALS - REPAIRS IMPLANT SECURED DENTURES



ALEXANDER TRENTON, DENTURIST

905.877.2359 I 18 CHURCH STREET WWW.GEORGETOWNDENTURECLINIC.CA

Ask the Professionals Health centre



Find local professionals here every Thursday! For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

SEPARATION & DIVORCE MEDIATION



ACCREDITED MEDIATORS GEORGETOWN, BRAMPTON, BOLTON, MISSISSAUGA, ORANGEVILLE FLEXIBLE HOURS

905-567-8858 REDUCE COST & CONFLICT 1-866-506-PCCS (7227)

Q: I cannot sleep at night due to pain; I can manage all my daily activities without problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/ormattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows does; however, the inflammatoryresponseinyourbodycontinuestobe active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with

a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep. Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT



318 GUELPH ST., GEORGETOWN • T: 905.873.7677 cbi.ca/web/physiotherapy-georgetown

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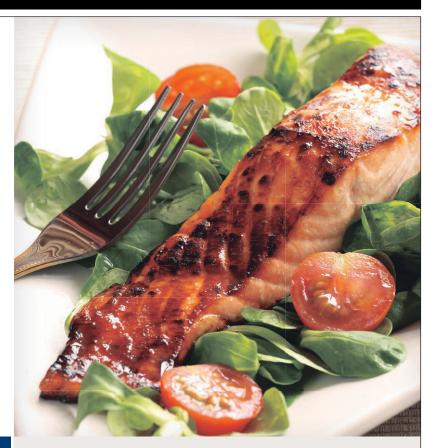


When:

Thursday, December 6

Departing from the Georgetown Presentation Centre at 10:30am 280 Guelph Street

Space is limited. RSVP to **905-702-1555**



Amica at Georgetown (Opening 2019) 224 Maple Avenue 905-702-1555 amica.ca/georgetown

