

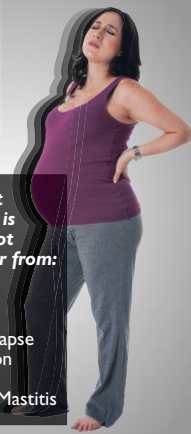
Stop living in the statistics. Physiotherapy can help

- 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



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



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NEW OPTOMETRY OFFICE IN DOWNTOWN GEORGETOWN

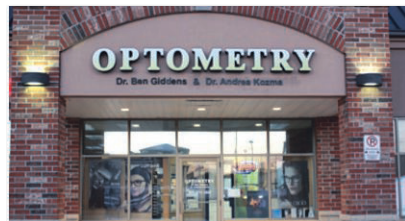
GIDDENS OPTOMETRY

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



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Dr. Ben Giddens



Dr. Andrea Kozma



Dr. Stephanie Britton



CONTRIBUTED

CHRISTMAS ON THE CREDIT BAZAAR IS COMING TO TOWN

Santa's elves at St. Alban's Church in Glen Williams have been busy getting ready for the annual Christmas on the Credit bazaar being held on Saturday, Dec. 1.

Fill up your pantry for Christmas with delicious baked goods, homemade jelly preserves, appetizing soups and tasty frozen entrees.

Throughout the year, the Wednesday Sewing Group has been working diligently sewing beautiful crafted pieces which will be offered for sale. There will also be gorgeous plants available to decorate your home for Christmas such as poinsettias, Christmas cacti and other various attractive house plants.

And don't forget to purchase your tickets to try your luck at the ever-popular penny table. An enticing display of gifts which will please the youngest to the eldest in any family is waiting.

A raffle draw will also be held.

First prize: An Ultimate Dining Card (\$200)

Second prize: Georgetown Little Theatre package (\$125)



St. Alban Church/photo

Elizabeth Norton in St. Alban's kitchen making pastry for some tasty pies.

Third prize: Wine and chocolate gift basket (\$100)

Fourth prize: Petro Canada gift card (\$100)

Last and not least, don't forget to take a break from your shopping and enjoy a delicious lunch in the tea room.

The bazaar will be held at St. Alban's Church Hall, 537 Main St., Glen Williams on Saturday, Dec. 1 and runs from 10 a.m. to 1 p.m. For further information please call 905-877-8323.

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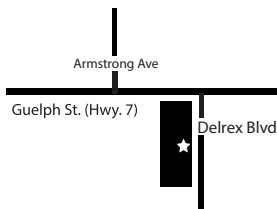
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(In the Knolcrest Centre)



The Staff at Alex Trenton's office have written a Christmas carol and dedicated it to him!

SUNG TO THE TUNE OF "FROSTY THE SNOWMAN"! "ALEX THE DENTURIST"

ALEX THE DENTURIST, WAS A TALENTED HAPPY GUY WITH HIS CARING STAFF, AND HIS FRIENDLY LAUGH HE MAKES THE BEST DENTURES THATS NO LIE!

ALEX THE DENTURIST, MAKES EVERYTHING RIGHT HERE IN HIS OWN LAB, AND THAT'S NOT ALL HE GUARANTEES THEM, THERE'S NO FEAR!

THERE MUST BE SPECIAL MAGIC IN HIS TOOTHY HANDS THEY SAY, JUST POP HIS DENTURES IN YOUR MOUTH AND SOON YOU'LL BE CHEWING STEAK!

OH, ALEX THE DENTURIST, WILL BE HERE FOR QUITE A WHILE!

CAUSE HIS PATIENTS CHEW, HAVING PROBLEMS FEW CAUSE HE "CARES ABOUT YOUR SMILE"!



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