

GEORGETOWN GARDEN CENTRE NAMED ONE OF COUNTRY'S GREENEST EMPLOYERS

Sheridan Nurseries has been recognized as one of Canada's greenest employers for the fourth year in a row.

The garden centre retailer and grower, headquartered in Georgetown, was selected by editors of Canada's Top 100 Employers to receive the honour once again in recognition of its environmental awareness.

"Every day our entire team at Sheridan is focused on practicing gardening and growing practices to reduce our environmental impact through robust recycling programs and innovative water management techniques," said Sheridan Nurseries CEO and president Colin Cruji.

"We are committed to reducing our environmental

footprint by buying locally. Over 50 per cent of the plants sold at our garden centres are grown on our own Ontario farms, meaning shorter shipping distance, which leads to reduced fuel consumption and harmful emissions, as well as fresher products on our garden centre shelves.

There is much more we can do, and together we will reach our goals. We invite everyone to consider their personal environmental footprint."

Among the reasons why Sheridan Nurseries was selected as one of the country's greenest employers are its:

- Water conservation initiatives, which have been recognized by the Credit Valley Conservation Authority. Of the 127 million gallons of

water used for irrigation at Sheridan, 34.7 million gallons came from water recycled through its wetland and overflow pond.

- Use of coco-fibre discs, which have been added to every container-grown plant produced at its farms to reduce moisture loss by up to 30 per cent, while drip irrigation has replaced sprinklers and broadcast watering, reducing water consumption by up to 80 per cent.

- Customer return program, where clients can bring back unwanted plastic pots and trays. Through this initiative, Sheridan has reused 46,000 gallons of pots for repotting at its container farm, along with 195,000 four-inch propagation pots and 12,000 trays at its Norval farm that would've been destined for the landfill.

Sheridan Nurseries has been a grower and purveyor of plant material for the landscape industry and gardening public since 1913.

The company operates eight garden centres in the Greater Toronto Area.

Ask the Professionals

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

MANON
Dulude
Ph.D. RP
COUNSELLING & COACHING SERVICES



- INDIVIDUAL & COUPLE COUNSELLING
 - ANXIETY/ DEPRESSION
 - LIFE & CAREER CHANGES
 - PERSONAL GROWTH
- POWERFUL CONVERSATIONS FOR PERSONAL TRANSFORMATION**
- 905-873-9393**
www.forgecoachingandconsulting.com
38 Oak Street, Georgetown, ON

Carolyn Dew

Acupuncture & Traditional Chinese Medicine
@ HealthSpan Wellness

905-873-8729
www.carolyndew.ca



BPHE, RAC, RTCMP

Q: Can Acupuncture help with my allergies?

A: Allergies are on the rise in Canada, with estimates of up to 25% of Canadians suffering from allergies. Besides environmental exposure, excessive and chronic stress as well as poor lifestyle habits (thru diet, lack of exercise, and not enough sleep) can unbalance the immune system and trigger allergies and/or make seasonal allergies worse.

The World Health Organization (WHO) considers seasonal allergies, as well as asthma and sinusitis, as respiratory diseases that can be helped effectively with acupuncture.

Traditional Chinese Medicine (TCM) considers the Lung System as the first organ to come into contact with allergens. In a weakened state, it will be vulnerable to allergens and will lead to difficulty breathing and sinus congestion. The Liver system meanwhile, enables the body to adapt to its environment. The Spleen system is in charge of digestion and is seen as the source of excess mucous and phlegm.

By working with the energy of the Lung, Liver, and Spleen systems, acupuncture helps to calm the exaggerated immune response and assist with breathing. Acupuncture treatments can reduce acute allergy symptoms and can also be used preventatively before allergy season. Often Chinese Herbal Medicine treatments are used in conjunction with acupuncture treatment to help relieve chronic allergies and sinusitis.

HEARING AID DEMO DAYS

LIMITED TIME - TRY THEM YOURSELF



Can you see it?

What are Demo Days?

Demo Days offer you the opportunity to discover how hearing aids can improve your hearing experience. Have one of our certified hearing professionals demonstrate the powerful advancements of our hearing aid technology.† Plus, when you visit us, you will receive a FREE, no obligation hearing test!

MAY DEMO DAYS

TUES	WED	THUR	FRI
21	22	23	24

Call or book online:
HearingLife.ca/DemoDays

Acton 31 Mill Street East | Call Kim at
1-855-750-7902

Georgetown 324 Guelph Street | Call Fanny at
1-855-758-2841

HearingLife



No-cost Hearing tests are provided to adults ages 19 and older. A fee will apply for a copy of your audiogram. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Some conditions may apply. Please see clinic for details. Offer not valid in Quebec. †<https://www.oticon.ca/solutions/opn>

Promo Code **NSP-DEMO-GIFP**



HAVE YOU LOST YOUR TEETH BUT NOT YOUR APPETITE?
You CAN eat what you love again.

GEORGETOWN
DENTURE CLINIC



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



ALEXANDER TRENTON, DENTURIST

905.877.2359 | 18 CHURCH STREET | WWW.GEORGETOWNDENTURECLINIC.CA