

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

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall
905-877-CARE (2273)



DR. ANOOP SAYAL

Q: How can I get rid of bad breath?

A: It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath.

You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath.

If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.

WHAT'S ON

10 THINGS TO DO IN HALTON THIS WEEKEND, MAY 25-26

Epiphany Extravaganza

When: Saturday, May 25, 9 a.m. to 2 p.m.

Where: Church of the Epiphany, 141 Bronte Rd., Oakville

More info: Fun for everyone. There will be attic treasures, a vendor market, silent auction, bake sale and more. Refreshments will include coffee, bacon on a bun and a barbecue.

Fashionista Flip

When: Saturday, May 25, 10 a.m. to 3 p.m.

Where: Country Heritage Park, 8560 Tremaine Rd., Milton

More info: The fifth annual fundraiser for Milton Transitional Housing. Perfect for any budget. Every item of women's clothing, shoes or accessories cost just \$2.

Brookville Spring Fair

When: Saturday, May 25, 10 a.m. to 2 p.m.

Where: Brookville Public School, 11325 Guelph Line, Milton

More info: New games in kids' alley, pony rides, silent auction, basket raffle, entertainment from the school's skipping club at 10 a.m. followed by the school band, a barbecue and so much more.

Smilezone Community Village

When: Saturday, May 25, 11 a.m. to 4 p.m.

Where: Joshua's Creek Arenas, 1663 North Service

Rd. E., Oakville

More info: Enjoy a fun-packed kids' zone with bouncy castles and slides, inflatable sports, mascots, a magic show, carnival snacks, a food truck lunch and more.

Georgetown Skatepark Opening

When: Saturday, May 25, 11 a.m. to 1 p.m.

Where: Gellert Centre, 10241 Eighth Line, Georgetown

More info: Join Mayor Rick Bonnette and members of council for the grand opening celebration. Fun for the whole family, including food, demonstrations, giveaways and entertainment.

Lasagna Dinner and Talent Night

When: Saturday, May 25, 5:30 to 9:30 p.m.

Where: Brant Hills Presbyterian Church, 2138 Brant St., Burlington

More info: A delicious lasagna dinner and a fun evening of local talent. Doors open at 5:30 p.m., dinner at 6 p.m. and talent show at 7 p.m. Tickets cost \$20 for adults, \$10 for children ages six to 12 and are free for kids under six. To purchase email annwebber@cogeco.ca or call 905-335-3643.

Northeast Oakville Fair

When: Sunday, May 26, 11 a.m. to 5 p.m.

Where: Glenashton Park, Glenashton Drive and

Eighth Line, Oakville

More info: Enjoy a family-friendly day of activities, great food, live music and more at the third annual Northeast Oakville Fair.

Afternoon Tea

When: Sunday, May 26, 1 to 4 p.m.

Where: Burlington Golf and Country Club, 422 Northshore Blvd. E., Burlington

More info: A sophisticated afternoon with friends that also serves as a fundraiser for the Lighthouse for Grieving Children and Dare to be You Foundation. Elegant dresses, daring hats and fascinators are the order of the day. Tickets cost \$125 each and can be purchased at www.dtby.ca/tea-party.

M Power Parent Group Meeting

When: Sunday, May 26, 6 to 9 p.m.

Where: The Red Harp Pub, 137 Mill St. E., Acton

More info: Join Kristin Heywood of Warrior Wellness as she conducts a free mini parenting mindfulness session at M Power's parent group session. Come for drinks, food, and great mindfulness discussion.

Spring Concert

When: Sunday, May 26, 7:30 p.m.

Where: Port Nelson United Church, 3132 South Dr., Burlington

More info: Port Nelson United Church will host its renowned choir's spring concert. The program features special guests, the Hamilton Children's Choir. Admission by free will offering.

FOR ALL YOUR Denture Needs

New Dentures
Same Day Repairs / Relines
Implant Secured Dentures
On-Site State-of-the-Art Lab
No Referrals Needed
FREE Consultations



GEORGETOWN DENTURE CLINIC

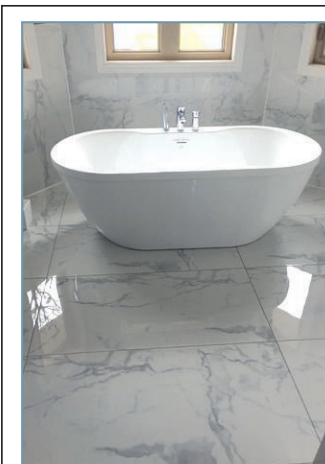


FOR ALL YOUR DENTURE NEEDS
DENTURES - PARTIALS - REPAIRS
IMPLANT SECURED DENTURES



ALEXANDER TRENTON, DENTURIST

905.877.2359 | 18 CHURCH STREET
WWW.GEORGETOWNDENTURECLINIC.CA



LoDuca
CERAMIC TILE



CONTRACTOR - 7 years!
Thanks for your support!

QUALITY BATHROOM RENOVATIONS

Dave LoDuca
Cell: 416-989-7809