



WALK-IN & FAMILY CLINIC

FLU VACCINE AVAILABLE!

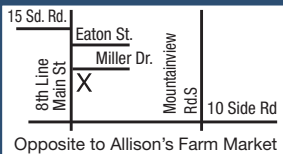
Walk-ins welcome ~ Open 7 days a week



Walk In Clinic

FULL SERVICE MEDICAL CLINIC

- Male & Female Physicians
- Family and Walk-in
- Women's Health & Pregnancy Care
- Sports Medicine
- Extended Hours
- Senior's Health
- Lab On-Site
- Pharmacy On-Site



221 Miller Dr., Georgetown
905-873-6776

GenesisHealthTeam.com

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good health
begins



Ask the Professionals

Find local professionals here
every Thursday!

For advertising information
please call 905-234-1018
or email kkosonic@theifp.ca



Q: I cannot sleep at night due to pain; I can manage all my daily activities without a 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/or mattress 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 down; however, the inflammatory response in your body continues to be 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
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cbi.ca/web/physiotherapy-georgetown



FAMILY DAY

Monday, Feb. 17, 2020
Activities are FREE!



Sponsored in part by: TC Energy

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haltonhills.ca/familyday