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## Stop living with Chronic Pain!

Eramosa Physiotherapy is excited to provide Shockwave Therapy. There are no side effects with this non-surgical treatment and it is available at a reasonable cost. Shockwave treatments are non-invasive and promote accelerated recovery of injured soft tissue, bone, heel and joint pain. Shockwave has been clinically proven to have a high success rate in the following conditions:

- 90% improvement for plantar fasciitis
- 88% improvement for patellar tendonitis
- 83% improvement for calcific tendinitis of the shoulder
- 77% improvement for tennis elbow
- 76% improvement for achilles tendinopathy



Contact us to learn more information or book an appointment with one of our physiotherapists!



**ERAMOSA PHYSIOTHERAPY CAN HELP YOU**  
333 Mountainview Rd. South Unit 7, Georgetown, ON L7G 1E6  
905-873-3103 | [www.erasosaphysio.com](http://www.erasosaphysio.com)

# A Final Gift to Your Family



Prearranging your burial or cremation is the last gift you can give your family. It releases them from having to quickly make decisions in their time of grief. It also frees them from the need to pay costs associated with your cemetery arrangements.

Contact one of our family counsellors to discuss your wishes and options.

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## OPINION

# FACTS, NOT FEAR, ARE NEEDED IN CORONAVIRUS OUTBREAK

## FOCUS ON INFORMATION RATHER THAN SPECULATION, WRITES DR. NADIA ALAM



NADIA ALAM  
Column

My son and his friend were stopped one day by some kids who wanted to "test" them for coronavirus because they were Chinese.

A few restaurants in downtown Toronto are now refusing to serve people who look Chinese.

Across Ontario, comments are now

made to kids who look Chinese that they should stop eating bats, that they are somehow dirty and should be quarantined.

In Australia, patients will no longer shake the hands of a Chinese doctor.

This is racism triggered by fear of the coronavirus epidemic.

I get that people are scared. Fear can bring out the worst in people.

Fear of the unknown, of an uncertain future. And while their intent may be benign, their words and actions hurt.

Staying silent is not the answer.

Instead, we should turn to compassion. Solidarity. Education. Perspective.

There is a lot of good information out there about the 2019 Novel Coronavirus and what you can do to stay safe. The Public Health Agency of Canada has up-to-date information here: [www.https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-](http://www.https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-)

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### Thrift Shop 13th Anniversary

Celebrate with us!

Join us as we celebrate the 13th anniversary of the Upper Credit Humane Society Thrift Shop.



**Event Details:**

 Saturday Feb. 8, 2020

 UCHS Thrift Shop, 68 Main St. North in Georgetown, ON

 10:00 am - 3:00 pm

 Light refreshments will be served.

Free door prize giveaways throughout the day!



## UPPER CREDIT HUMANE SOCIETY

Thrift Shop | 68 Main St. N., Georgetown (Moore Park Plaza)  
[thriftshop@uppercredit.com](mailto:thriftshop@uppercredit.com) | 905.702.8661 | [uppercredit.com](http://uppercredit.com)  
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