

GIDDENS OPTOMETRY

FAMILY EYE CARE SERVICES



DOWNTOWN GEORGETOWN
83 Mill St | 905 873 1867

We are open but due to the current virus situation we have to limit the number of people in our office. Please contact us in advance and we will arrange an appointment time for you. This will prevent overcrowding and keep everyone safe!



METRO PLAZA
371 Mountainview Rd S | 905 873 1861



Dr. Ben Giddens



Dr. Andrea Kozma



Dr. Brandon Pham



Invisalign Dental Surgery Sleep Dentistry



Marketplace Dental Centre 877-CARE (2273)

MARKETPLACE DENTAL
280 Guelph St (in Georgetown Market Place)
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GOING THE DISTANCE



Christine Peel photo

The 2022 Ruck 2 Remember Team, was recently hosted by the Royal Canadian Legion Br. 120 Georgetown branch - including a chicken dinner, place to sleep, breakfast and care packages for the trail - prior to its 900-kilometre trek of the Bruce Trail. Started in 2014, the team was hoping to raise \$500,000 for Operation Leave the Streets, which helps get Veterans off the streets. The Legion donated nearly \$7,000 towards the cause.

A STRONGER VOICE

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DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

905-877-CARE (2273)



DR. ANOOP SAYAL

Q: How do I get my kids to brush their teeth?

A: You know it's important for your child's health. As a parent, you want to do the right thing. When it comes to regular tooth brushing, though, it's become a struggle just to get your child to brush their teeth.

Some parents, unfortunately, give in and allow their children to neglect good oral hygiene. Don't make the mistake! Your children should be taught very early how to brush. This can be encouraged as a regular habit by using some of the flavoured children's toothpastes now available. Try to reserve brushing for the same time each day so it comes to be an expected activity. If your child still resists, make a game of it. You may even wish to pretend to be a "dentist" for your child, in the process doing the needed brushing for them. Older children may respond to a reward system that you establish.

Perhaps most important, set a good example. Your daily brushing, flossing, and avoidance of sweets will do more to develop good dental habits than anything else.

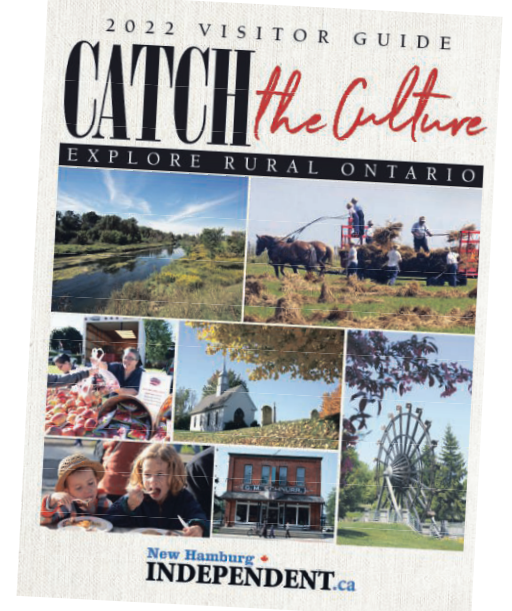
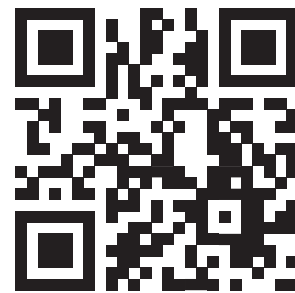
2022 VISITOR GUIDE

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