

HEALTH & FITNESS

What exactly is a Chiropodist?

The term chiropody means to treat the foot with one's hands.

Chiropodists and podiatrists are the only health care providers educated exclusively in the assessment, treatment and diagnosis of foot disorders. The difference between the two is that podiatrists receive their training in the U.S.A. and chiropodists in Canada.

Chiropodists treat a wide array of foot problems including:

- inflammatory conditions such as heel pain, foot strain, arthritis and athletic injuries,
- bone deformities such as flat feet, bunions and hammer toes,
- infections,
- disorders of the skin and nails such as warts, corns, callouses, ingrown toenails and athlete's foot,
- symptoms of general diseases such as ulcers and joint pain,
- pediatric foot problems.

CARE FOR THE GIVER

Thursday, June 20th
6:30-9:30 pm

Georgetown Seniors' Centre

Workshop for those who are caring for an aged loved one

For more information or to register, call ASSIC, 853-3310



or

Halton Health Department, 877-2238

WHISTLING BEAR NATURAL HEALING ARTS



Reflexology
Therapeutic Touch
Ear Candling and
Conflict Resolution
Workshops
Drama and Writing
Workshops
Gordon Gilhuly
(519) 856-9534
125 Guelph Street
Rockwood, Ont. NOB 2K0
All services offered
in the comfort
of your home!

 **Flamingo Dance Studio** 
SUMMER SESSION BEGINS
Week of June 24 - July 26
AND
Week of July 29 - August 30
WALK FIT CLASSES
Tuesday, Wednesday, Thursday
Morning or Evening Classes
LINE DANCE CLASSES
Tuesday or Thursday Evenings
PRIVATE BALLROOM CLASSES
AVAILABLE
Call Dorri for more information.

873-4907

36 Main St. South, Georgetown

 **The Feminine Way** INTERNATIONAL
TONING & TANNING SALON
TONING | TANNING
30 Hours | 10 Sessions
60-half hour | Plus
sessions | One FREE
\$129 | \$50
Expires June 30/96
You'll notice the difference!
Marilyn Russiani, Consultant
Mon-Fri 8:30 am to 8 pm
Saturday 9 am to 1 pm
Sunday 9 am to 12 pm

Billings Orthotics & Footwear

Bryan Billings
Certified Pedorthist

210 Kortright Road, Unit 8
Guelph, Ontario
N1G 4V7

tel: (519) 821-7992
fax: (519) 821-2452

We specialize in computerized gait analysis & the prevention of foot problems through the shoe and/or orthotic therapy

 **JOIN THE FUN!** 
at the
ACTON SENIORS RECREATION CENTRE 

30 Park Ave., Acton • 853-5951

Activities offered at the Centre:
Euchre, Cribbage, Darts, Bingo, Carpet Bowling, Bocce, Walking Club, Horseshoes, Luncheons and Day Trips

We would really like to meet you ... So for more information or a calendar of events, please call or visit the Centre, Mon-Fri, 9 am to 4 pm (except holidays)

Optical Lab on Premises

Michael's Optical

For Fast, Professional Service



- Repairs - Same Day
- Discounts for Seniors and Children
- All Prescriptions or Duplications Filled

 88 Main Street East, Milton
 **(905)878-0553**

CREATING CONFIDENT SMILES SINCE 1982

Georgetown DENTURE CLINIC

Alexander Trenton, D.D., F.C.A.D. (A)
- DENTURIST -



WE CARE ABOUT YOUR SMILE!

- New Complete & Partial Dentures
- Relines - Same Day • Emergency Repairs
- Implant Dentures • Quality Services Guaranteed
- No Referral Needed - Simply call our office direct

877-2359

18 Church St.,
Georgetown
(Across from the library: corner of Church & Market St.)



GEORGETOWN CHIROPODY CLINIC

Greg J. Lawrence B.Sc., D.Ch.
Foot Specialist

- digitized gait analysis
- sports injuries
- general footcare
- foot surgery
- corns, callus, warts
- flat feet, arch pain
- custom orthotics (arch supports)



1A Princess Anne Dr. 350 Main St. East
Georgetown Milton

(905) 873-3423

NEW PATIENTS WELCOME - Extended Hours