

Healthy Living

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Ice cream for diabetics

Heather Knapton Allan serves up a cone at The Big Scoop in Acton. The Big Scoop will be serving premium vanilla and Belgian chocolate ice cream with no sugar added for diabetics. It has also added fat-free gelato to its menu.

Photo by Herb Garbutt

Tooth Chatter



by
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Shoppers Drug Mart diabetes campaign raises \$1.4 million

The Shoppers Drug Mart chain recently contributed a grand total of \$1.4 million to the Juvenile Diabetes Foundation for research into the treatment of this disease in children.

Georgetown residents will remember their local Shoppers Drug Mart store having small paper sneakers stuck all over the store. Customers were encouraged to purchase these sneakers for \$1 each, write their name on them, and then stick them wherever they wanted inside the store.

Pharmacist/owner Al Fraser said "some customers had some very creative ideas as to where we should stick the sneaker...and we did it." Fraser was surprised by the Canada-wide total that Shoppers Drug Mart

collectively raised for Juvenile Diabetes.

"About \$500,000 came from the sneaker sales with the balance being raised in the Shoppers Drug Mart sponsored Walk for the Cure held in 11 cities across Canada.

"We participated in the sneaker sale component of the program and raised in excess of \$300. Plans are

**Local store
 raises \$300**

underway for a much more aggressive Sneaker Sale for 1997 and we intend to have staff members

participate in the Walk for the Cure in Toronto," Fraser said.

"It's important that customers who purchased sneakers and supported the program know about its magnitude of success. It makes you very proud to know that you really helped to make a difference."

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Follow the Rehab PATH to Recovery



Physiotherapy Active Treatment towards Health



The following stretching exercises should be done before you start playing golf. Each stretch should be held for a minimum of 10 seconds and repeated 3 times to each side (if applicable).

Remember to breath - don't hold your breath!

Arms, Shoulders, Forearms:

1. Stand with your arms stretched behind you, hands together and fingers interlaced. Slowly turn your elbows inward, while straightening your arms. Feel the stretch across the front of your chest and shoulders.
2. Holding onto your golf club with both hands, raise both arms, shoulder width apart, over your head and allow your arms to go back behind your head. Feel the stretch across the front of your chest, shoulders and down your arms.
3. With your arm reaching out in front of you, elbow straight, as though you are pushing open a door: bend your wrist up so that your fingers are facing the ceiling. Use the opposite hand to gently pull back on the extended hand. Feel the stretch up the underside of your wrist and forearm.
4. With your arm reaching out in front of you, as above: bend your wrist down so that your fingers are facing the ground. Use other hand to gently apply some overpressure to your wrist and feel the stretch on the top of your wrist and along the forearm.
5. Stand with your knees slightly bent in your ready to hit position (as though you are at the top of your swing). Gently pull your left elbow with your right hand towards your right shoulder - as your rotate your hip into a hitting position. Feel the stretch at the back of the shoulder and upper back.

BAYNES PHYSIOTHERAPY GEORGETOWN
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