

T|M DR. T. MURPHY & ASSOCIATES
Psychological Services of Halton



PRACTICE IN CLINICAL AND
COUNSELLING PSYCHOLOGY,
PROVIDING ASSESSMENT AND
TREATMENT SERVICES TO
INDIVIDUALS AND COUPLES

Dr. T. Murphy & Associates: Psychological Services of Halton

offers a range of assessment and treatment services for a number of challenges and problem areas, including:

- Anger Problems
- Bipolar Disorder
- Career Transition & Development
- Eating Disorders
- Generalized Anxiety Disorder
- Grief & Loss
- Health Anxiety
- Major Depressive Disorder
- Marital Distress & Conflict
- Obsessive Compulsive Disorder
- Panic Disorder & Agoraphobia
- Phobias
- Post Traumatic Stress Disorder
- Relational Conflict & Problems
- Social Anxiety & Shyness
- Stress Management

Our approach relies upon up-to-date research and established practices in the fields of Clinical and Counselling Psychology, including Cognitive Behaviour Therapy.

Dr. Todd Murphy is a licensed Psychologist, registered with the College of Psychologists of Ontario. He works with both individuals and couples in the fields of Clinical and Counselling Psychology.

311 Commercial Street, Suite 108, Milton, Ontario L9T 3Z9
t 905-878-9665 f 905-878-0868
email: info@tmurphy.com web: www.tmurphy.com

T. Murphy Psychology Professional Corporation

Feel the benefits of pilates by conditioning your core

Pilates is a series of mind-body exercises based on the teachings of German athlete Joseph Pilates.

Originally designed to help the sick and injured regain their strength and mobility, Pilates has been modernized over the years and is now a popular and effective form of exercise and rehabilitation used around the world.

Close to a century old, these series of exercises focus

on conditioning the "power-house" of the body, the core.

Pilates, which can be performed on a mat or specialized equipment such as the reformer or cadillac, is a safe and effective way of achieving strength, balance and flexibility. Over time, and with dedicated practice, not only will you be stronger but also you will become more body aware. It is this increased body awareness that sets Pilates apart from other exercise programs.

As you learn to hold yourself correctly, all other activities become easier. Whether your are lifting children, sitting at your desk, training for a sport or simply using breath to de-stress, Pilates can make a difference.

The key to success in a Pilates program is the knowledge and experi-

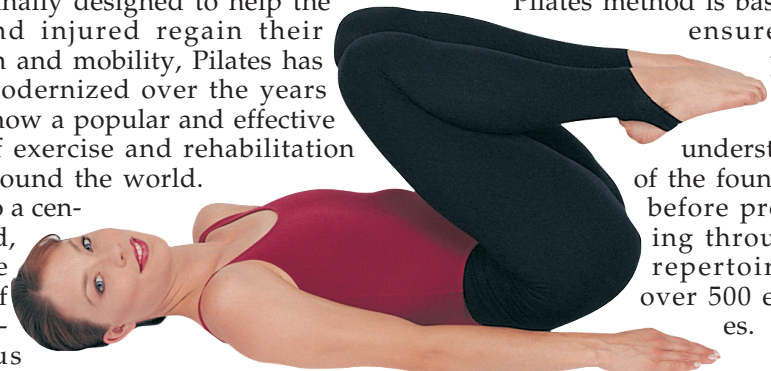
ence of a certified instructor. A certified instructor will take you through the basic principles on which the

Pilates method is based and ensure that you have a strong understanding of the foundations before progressing through the repertoire of over 500 exercises.

Small group classes and one-to-one training are ideal for safe and effective Pilates instruction. This allows the instructor to get to know each person and their specific needs as well as provide hands on training, essential in a Pilates class.

Everyone is trying Pilates and feeling its benefits. So whether you are currently active or not, 20 years old or 70 years old, male or female— try it out for yourself and feel the difference.

—Article provided by
Jennifer DiCarlo,
STOTT Certified Pilates Instructor
Sacha Reid,
STOTT Certified Pilates Instructor
Core Essentials Pilates &
Movement Studio



HealthWATCH

let's talk™

“stroke prevention”

Shoppers Drug Mart Georgetown SOUTH

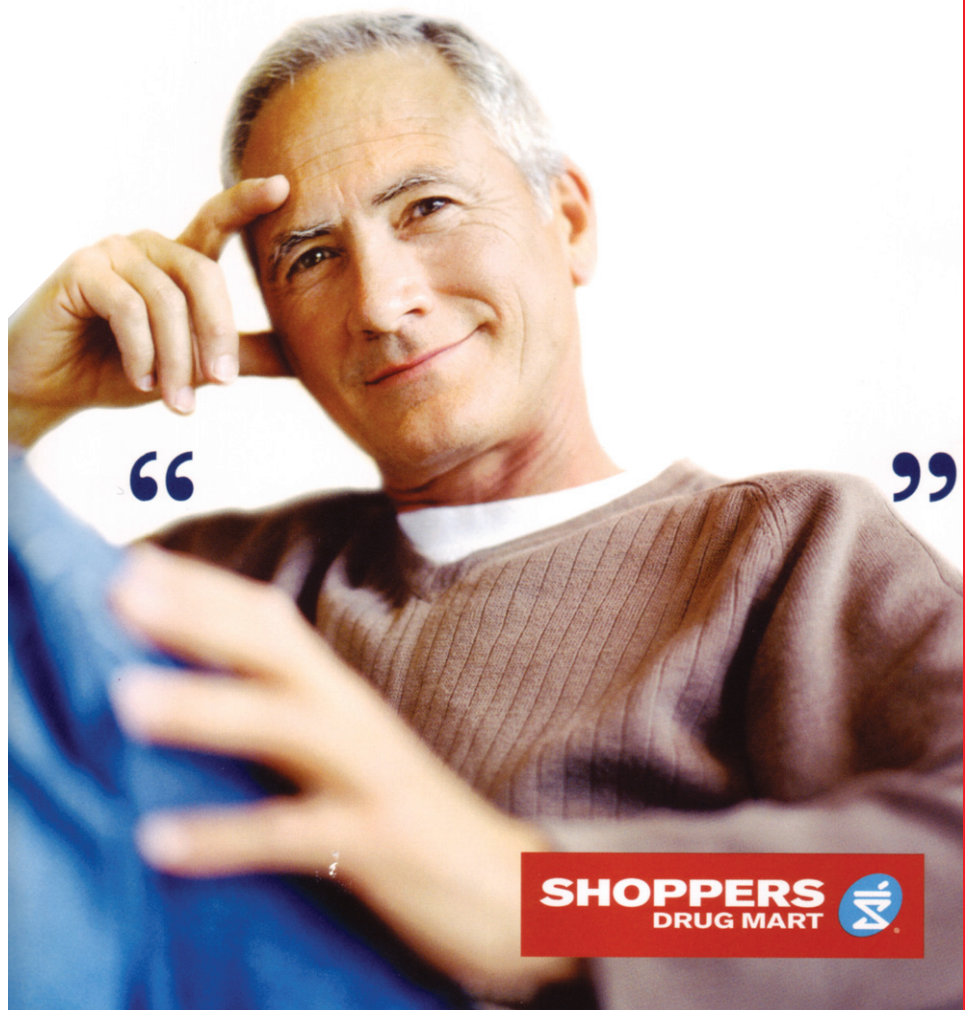
Invites you to come speak to our Pharmacists about

STROKE PREVENTION

until APRIL 30, 2006

We will be offering a Stroke Prevention Kit

to help determine if you are at risk.



Georgetown South
SHOPPERS DRUG MART

333 Mountainview Rd. S.,
905-877-2299