



A walk in the gardens

The judging team from Georgetown Horticultural Society made the rounds recently as they judged entrants in the Society's annual garden contest. A total of nine gardens were judged in the Halton Hills area. This year's judges evaluating the gardens at Coté Terrace were (from left) photographer Ian Oldaker, Zita Lee, Jackie Murdoch, Gisela Tomkinson and Barbara Millar.

Photo by Ted Brown

Herbal Magic

WEIGHT LOSS & NUTRITION CENTRES

130 Guelph Street, Georgetown

(across from Christ the King School)

905-873-2476

Canada's #1 weight loss company*



Laurie lost 56 pounds!
See Laurie's amazing transformation
by visiting www.herbalmagic.com

AUGUST SPECIAL

**Because you deserve the best
we will match all competitive
program pricing!**

Call today for your FREE consultation.

Voted Halton Hills Favourite
Weight Loss Clinic.

www.herbalmagic.ca/georgetown



*As measured by number of locations across Canada. †Source Consumer Insights Research. As our clients vary, so do their results.

see it
feel it
explore it
live it
enjoy it
halton hills

have fun
get into it

www.havefungetintoit.ca

Explore it! Go online to discover safe & fun ideas for living active!

Get into it! Click on Challenges & get moving! Actively challenge yourself, & your family, friends & co-workers too!

Share it! Get inspired & inspire others. Share your stories & photos on the website... & have fun!

This week's challenge!

move it

Let your surroundings move you - backyards & neighbourhoods, parks & trails, green spaces & town places. Get your feet moving and connect with your community! Refresh your memory about previous **have fun** active challenges and try them again. Walk, bike, swim, play....but whatever you do, make it fun and then tell us about it online!

Remember...

REST ICE COMPRESSION ELEVATION

*If these don't help in 72 hours
you may need help.
Consult your health professional
for advice!*



Baynes for your pains!
Baynes Physiotherapy Georgetown

232A Guelph St., Unit 10

905-873-4964

Georgetown (next to Ares Restaurant)