

Milton Success Stories

Client satisfaction brings success!

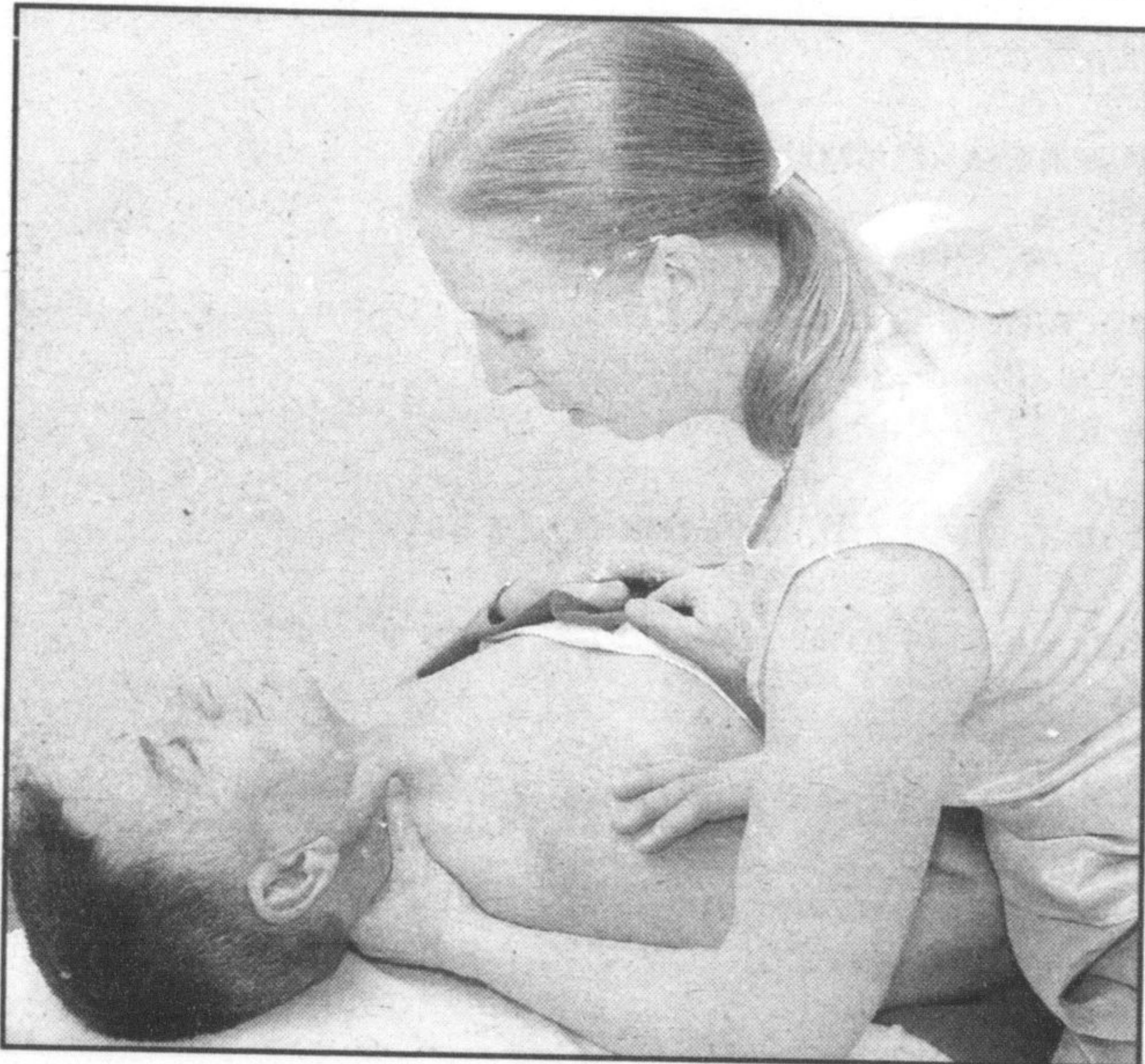
Eight years ago, Catherine Wilkinson developed a special massage technique for neck and shoulder injuries.

"Scapular Stretch & Rotator Cuff Release" combines different massage techniques such as Swedish and Shiatsu to create the upper body treatment.

"If your shoulder is frozen with limited movement, it will bring you mobility," said Ms Wilkinson, who's worked as a registered massage therapist for 23 years.

"I started experimenting with different techniques on the shoulders about 15 years ago. What they taught us in school about shoulder and neck massages didn't seem to meet the need of what people needed to ease the pain. I saw my technique really helping people."

Ms Wilkinson and her husband Robert opened their clinic at 8-497 Laurier Avenue in March of 2002. The past year has



been successful in helping several people with limited mobility to regain, without pain, their full use of shoulder and arm movement.

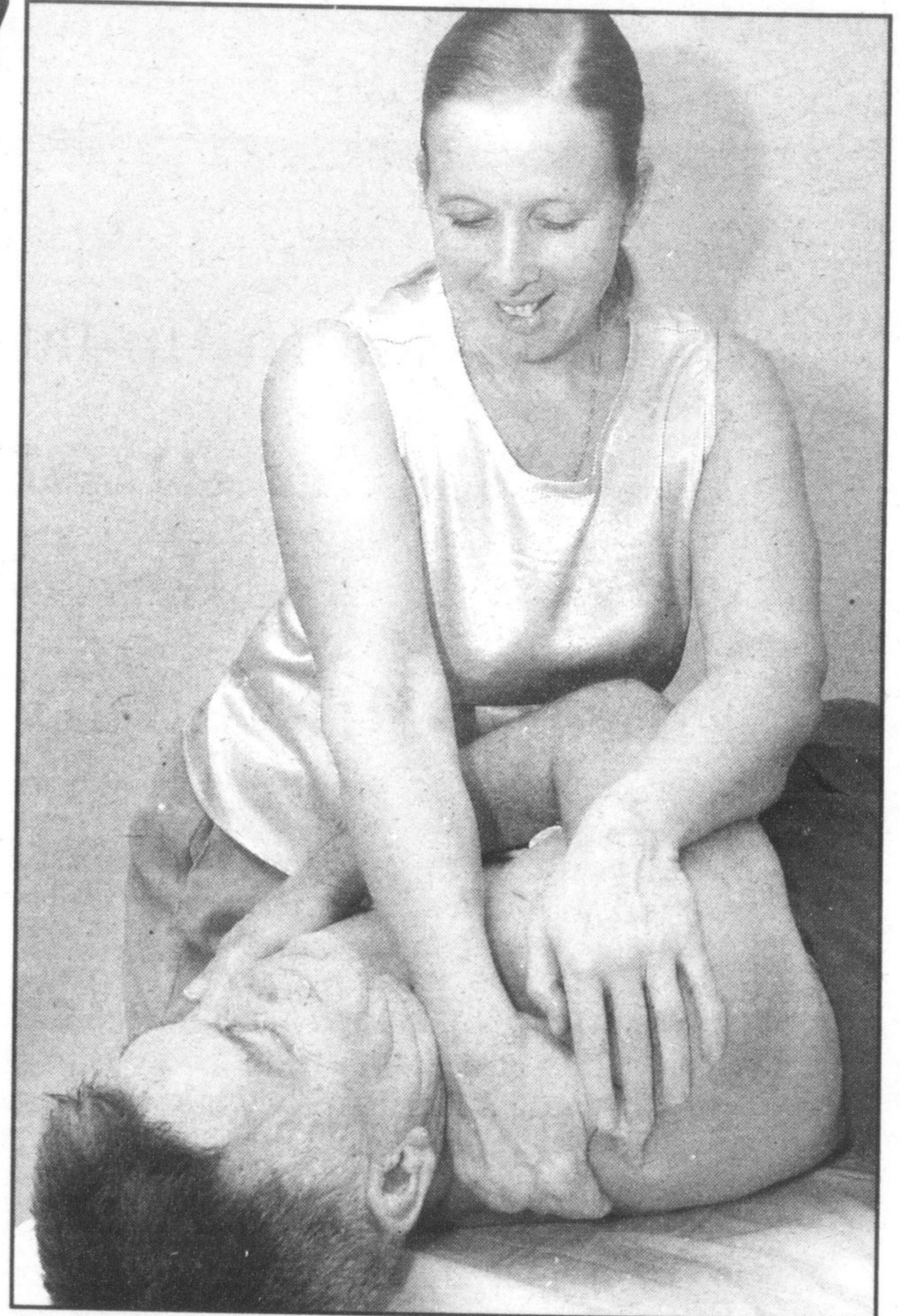
If your pain is muscular in nature, Ms Wilkinson guarantees the pain will disappear within three to five treatments. "If it's a relatively new injury, within the last six months, it might only take one treatment to make the pain go away. If it's an older injury it may take longer."

Diane Johnston came to the clinic in July 2002 with a frozen shoulder. It began in October of 2001 and had very limited movement. In six treatments between July and September 2002, Diane received 95% recovery. Ms Johnston said, "I was really amazed and happy at how fast it came along. With each treatment I experienced a great improvement in my arm and shoulder movement."

Percy Sherman attended the clinic in March 2002 suffering from cervical compression. He was unable to work in nearly a year. Three treatments later brought significant decreased pain and numbness. In six treatments he was able to return to work in full capacity. Percy reported "It was a great feeling physically and emotionally to be back at work again."

Ms Wilkinson has developed several other massage techniques which she and her husband teach to Registered Massage Therapists across Ontario as well as stress and business seminars. In addition to Scapular Stretch and Rotator Cuff Release massage, the clinic also offers traditional back and full body massages, lymphatic and reflexology therapies, and healthcare massages for pregnancy, stress, motor vehicle accidents, whiplash, chronic pain, sports injuries, headaches, and relaxation.

A half-an-hour massage costs \$42.00. A 45 minute session costs \$50.00 and an hour massage costs \$70.00. The clinic offers extended hours but appointments must be booked in advance. Currently Ms Wilkinson is working with Kirsten Reinhardt, RMT who is trained in her techniques. Both can be reached for an appointment at 905-693-9127.



Catherine Wilkinson works on a client at her Laurier Avenue Hands On Rehabilitation Services business - The local entrepreneur has developed a unique massage technique to treat neck and shoulder injuries.

Milton Success Stories

Definitely more than you'd expect!

Over the last few years, the community of Milton has grown and changed. TJ's Lager House & Grill has taken the initiative to change along with it's surroundings. Two hundred years ago, the local lager house was the place where friends, family and visitors would gather to share stories, catch up on good times and feel part of their home town. The food was prepared to perfection, the atmosphere had a feeling of celebration and the beer was cold and served with a smile.

At TJ's we rejoice in sharing this tradition. Casual Fare at reasonable prices is our reputation. We have taken this concept and improved upon it with the launch of a new menu last December. Our new menu retains casual fare at a reasonable price but now has a contemporary flavour. It has been spiced up with exciting new dishes with the addition of fish and seafood. Blackened catfish, salmon, Cajun mussels and assorted shrimp dinners are rounded out with innovative chicken dishes, AAA quality hand-cut steaks, made to order pastas and old favourites like shepherds pie and baby beef liver. TJ's prides itself on the freshness of all its products and the quality of care that is put into every plate served. Apparent

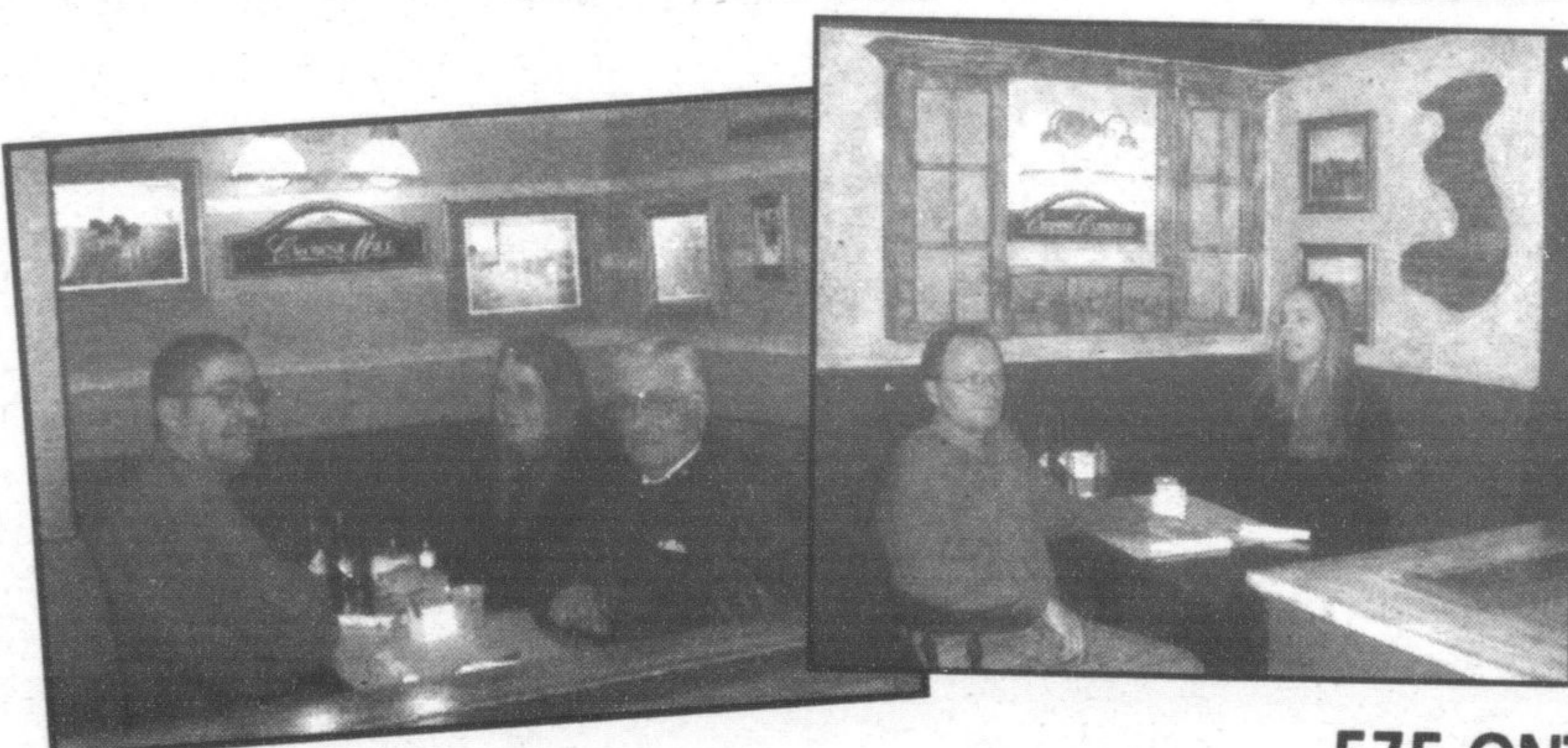
in every bite is the quality and freshness of all meats and seafood and the "made from scratch" flavour of the soups, dressings, dips and sauces. All items are cooked to order and we will happily comply with any special order or allergy request. This is certainly refreshing in the pre-made, warmed up version of what passes for cuisine today!

With changes every few months to the lunch menu, taste the best the season has to offer as our appetites change with the weather. As the weather improves, look for the full service patio getting into full swing. TJ's has brought together the best aspects of fine dining. High quality food married with a relaxing casual atmosphere enjoyed by young and old alike, couples, families and groups large and small. TJ's also has 2 private rooms for special functions & can accommodate a group of 50 or more!

TJ's has the added bonus that before or after enjoying your meal, you can kick back with a cocktail at Spikes Sportstown, located right next door. Enjoy NFL, NHL, NLL, and NBA games along with many more sporting events on one of several satellite big screen TV's. If sports is not your thing, play some pool, golf, or Mega Touch trivia games. Whatever your preference, Spikes offers many entertainments along with great daily specials. Every Monday and Thursday we offer \$9.99 pitchers and 2 for 1 wings. Free pool between 2pm and 6pm every weekday, and don't miss Saturday night free prize giveaways during all leaf games. Only to mention a few of the exciting and entertaining activities and deals.

So kick back and relax, with old and new friends alike, and let us be your host. We will endeavor to grow and change along with the community. We have chosen to be a part of your community and as all our hopes and inspirations grow we will strive to always be "definitely more than you expect."

Cheers!



905-876-1186

575 ONTARIO ST., AT DERRY RD. MILTON

