



Paul Moser helps son Nolan shoot a basket at last year's Family Day activities at the Mattamy National Cycling Centre. *Champion file photo*

Free programs on offer this Family Day

The Town of Milton is marking Family Day with a variety of free programs that are sure to tickle the fancy of residents of all ages. Activities will run at the Milton Leisure Centre and Sports Centre Monday (February 15).

Free skate

Guests who turn out to the Milton Sports Centre can lace up for the free public skate, sponsored by RBC. The on-ice fun runs from 9 a.m. until 3:50 p.m.

The sports centre, located at 605 Santa Maria Blvd., will also feature zumba, dodgeball, soccer, floor hockey and printmaking.

At the Milton Leisure Centre (1100 Main St. East), families can try their hand at basketball, floor hockey, soccer and dodgeball.

Swimming, fitness and skating programs will also be offered, however, regular admission rates for these activities apply.

"A strong community starts with strong families," said Milton Mayor Gord Krantz. "Healthy, connected residents lead to a healthy and connected future for Milton. I encourage all residents to take this opportunity to spend time with their families and take part in a variety of recreational programs offered by the Town."

The Town will be accepting donations of new and gently-used winter apparel, including hats, scarves and mittens, at both its facilities on Family Day.

For a full schedule of activities, visit www.milton.ca or call (905) 875-5393 ext. 2600.

Celebrate Family Day weekend at CH parks

Conservation Halton invites residents to experience the great outdoors this Family Day weekend.

You can do so with two special events — running 10 a.m. to 4 p.m. Saturday through Monday — at nearby parks. Crawford Lake will once again play host to Snowflakes and Snowsnakes. The latter refers to the traditional Iroquoian sport that challenges participants to see how far they can send a wooden 'snake' down a snowy path.

This plus snowshoe demonstrations are weather permitting, while a variety of winter games, snow painting and a campfire marshmallow roast will round out the festivities.

Tales by a Winter Fire will be held at Mountsberg, where along with a cozy fireside stop — complete with hot dogs and marshmallows — there will be puppet shows, horse-drawn rides and live animal encounters.

Admission to either park is \$7.50 for adults, \$6.50 for seniors and \$5.25 for children. Note, there's an extra charge for hot dogs and horse-drawn rides at Mountsberg.

For more information about these events, visit www.conservationhalton.ca/events.

Crawford Lake is located at the corner of Guelph Line and Conservation Road, 15km north of the QEW and 5km south of the 401. Mountsberg is located on Milborough Line, 5km west of Campbellville between Hwy. 6 South and Guelph Line.



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A Really Good Reason for Good Oral Health

For some reason, many years ago dentistry evolved into a separate profession from medicine rather than a specialty within it. It was probably because it was assumed that your oral health wasn't really connected to your overall health. This is now known to not be true. In fact, it is widely recognized that there is a strong connection between oral health and overall health. The inflammation resulting from periodontal (gum) disease is linked to heart disease, stroke, cancer, diabetes, chronic lower respiratory disease and Alzheimer's disease.

Here's a scary statistic: The American Academy of Oral Systemic Health estimates that people with both periodontal disease and diabetes have a 400-700% higher incidence of risk of premature death. Research also shows that the same bacteria found in periodontal disease are also linked to coronary artery disease, and lead to an increased risk for heart attack and stroke. Inflammation is a killer and it seems that the bacteria that flourishes in an unhealthy mouth can have a major negative impact on your health. But it doesn't have to be this way. Your dentist and hygienist are dedicated to helping you achieve and maintain good oral health. Let us help you. Your body will thank you.



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NEW EVENING HOURS AVAILABLE!

What is Plantar Fasciitis and how can it be treated?

Plantar Fasciitis is a result of inflammation of the plantar fascia. The plantar fascia is a thick, non-elastic band of fibrous tissue that runs from the balls of your feet (metatarsal heads) and attaches to your heel. It is an overuse injury that is usually characterized by acute heel pain first thing in the morning or after rest.

Plantar fasciitis occurs when stress is applied to the plantar fascia causing it to pull away from the insertion point (the heel). This can cause small tears to the fascia resulting in inflammation and pain. There are a variety of factors that can cause stress to the fascia such as flat arches (overpronation), tight calf muscles, poor footwear, overuse, and sudden increase in weight.

Symptoms of plantar fasciitis include a sharp pain in the heel that can travel towards the arch of the foot. Pain persists with every step of the foot. As the fascia is pulled away from the heel bone, the body reacts by filling in the space with new bone, which can lead to a heel spur. A heel spur can be detected via x-ray and can be treated in the same way as plantar fasciitis.

Treatment options

Many of the treatment options for plantar fasciitis consist of conservative therapy. Short-term treatment includes stretching and icing of the fascia, proper footwear, padding and strapping, and oral ibuprofen or any other anti-inflammatory. If none of these treatment options are working, physical therapy can be implemented. Finally for a long-term treatment and preventative solution, orthotics can be prescribed. Orthotics will help to re-create the arch and reduce stress on the fascia. Surgical options are available, however not very common. For more information please contact your local chiropractist.