

Weekend Your Health



LIESA KORTMANN / OAKVILLE BEAVER

RAISING AWARENESS: The Arthritis Society's flag was raised at Town Hall to recognize September as Arthritis Awareness Month. From left, Chris Larsen, Arthritis Society, Ward 1 Councillor Alan Johnston, Mary Knowland, Krista Rowan, Mary Ann Knowland, and Lorna Catrambone, all of the Arthritis Society, and Mayor Rob Burton.

Aiming for no arthritis

The Arthritis Society's flag is flying at Town Hall this month to recognize September as Arthritis Awareness Month.

Volunteers are knocking on doors to raise funds for the Arthritis Society and yesterday, people across Ontario wore blue for the Arthritis Society's Wear Blue and Give Too day to show their commitment to a world without arthritis.

Arthritis affects nearly 4.5 million Canadians — three out of every five under age 65. It's the most common cause of long-term disability in Canada. Each year, 100,000 Canadians are diagnosed with arthritis.

Donations are accepted online at www.arthritis.ca or by phone at the 1-800-321-1433 arthritis information line.

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Advertorial

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To find out more call Dr. Lamb at 905-331-7888

Call before September 30th and receive half price consultation fee

Spinal Botox

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Dr. Lamb has created the proprietary **Lamb Program Rehabilitation Series** that is available on DVD and soon to be available as a computer download at totalvid.com. These programs consist of over **75 information and stretching DVD's** or downloadable presentations for specific pain conditions and sports.

To find out more call 905-331-7888 or go to spinalsolutions.ca or stretch-doctor.com

The Lamb injection systems are not insurable benefits of OHIP or WSIB, but coverage is often approved by MVA Insurance.

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