

Health & Fitness

Back Mountain Eyecare offers wide range of services

Dr. Curtis Goodwin and his staff of Back Mountain Eyecare Center provide a wide range of eyecare services tailored to meet individual needs, including contact lenses and pediatric optometry.

Back Mountain Eyecare Center is one of the first facilities in this area certified to offer a new testing and prescription service to address eyestrain caused by computer use. The PRIO VDT Prescription System allows Dr. Goodwin to prescribe the exact correction you need to eliminate the constant refocusing effort

that causes eye fatigue while using a computer.

Dr. Goodwin is able to diagnose and provide follow-up care for patients eligible for Photorefractive Keratectomy (PRK) or Lasik procedures. PRK and Lasik are procedures using an excimer laser to reduce nearsightedness and thereby eliminate or reduce the need for glasses or contact lenses.

Evening and Saturday appointments are available. We accept most insurance plans, including Geisinger. To schedule an appointment call 675-3627.

Senior Sitting Service will care for family members

Many families today are dealing with Alzheimer's disease, which in one way or another affects the entire family. One day your loved one is young and full of energy and before you know it, has "aged gracefully."

As with most aspects of life, knowledge and experience come with age, so we do not know how it feels to not remember your

child's name, where you live and suddenly have someone else making decisions for you. At the same time, families are saddened and worried about "doing the right thing" for everyone.

As someone affected by Alzheimer's becomes more and more dependent, family members often experience physical, social and financial burdens.

When round-the-clock care is needed, family members make tremendous personal sacrifices that sometimes make life unbearable for everyone.

Senior Sitting Service is here to help, 24 hours a day, when a nursing home is not in your plans. All we ask is that you call to let us know you need a break; we'll be happy to help at affordable rates.

Fitness, strategy at Rising Sun

There is a unique compass used in our art of Karate. This compass teaches fighting strategy by range, size and strength of an attacker. It also teaches counter sparring techniques, night fighting techniques and how to find vital areas on the attacker's body. The standing compass will also teach the student to use the best fighting stance for any attack and shows how to use angles for center line defense along with the knowledge of how to spar multiple attackers.

Rising Sun Martial Arts and Massage Therapy, operated by Master Robert W. Costigan, offers classes for adults and children five to 10 years of age. Training is designed to develop self discipline and confidence while improving physical conditioning and coordination. A typical class will include instruction in basic techniques, one-step defense moves, forms (kata), and closely supervised free sparring.



Senior Sitting Service
"WHEN YOU CAN USE A HELPING HAND"



Call us for relief

- Weekly/Hourly/Day Rates
- Appointments Preferred
- Activities/Meals/Snacks
- Private Caring Service

"Let Us Help"

There never seems to be enough hours in the day when you have an elderly family member with special needs.

Toni C. Kosior, Administrator
172 Tobin Lane, Edwardsville
331-0837

Back Mountain Eye Care Center




Dr. Curtis Goodwin

Complete Eye & Vision Care for the entire family

- Laser Corrective procedure for nearsightedness
- Computer related eyestrain treatment
- Large selection of frames and contact lenses

"Come and see the Difference we can make"


Day - Evening Saturday Hours

Most insurance Plans accepted

170 N. Memorial Highway Shavertown

Now Accepting Geisinger

675-3627




Master Robert Costigan

- Current World Champion (Breaking)
- 5th Degree Black Belt
- Former Green Beret
- Former S.W.A.T. Team Instructor

Martial Arts & Sports Massage Therapy

KARATE, SELF-DEFENSE AND KICK BOXING PRESENTS

THE MARTIAL ARTS THE SELF AND BEYOND



(Massage by Appt. License #14143OABMP)

CALL: 675-1939

Get Fit This Summer With STAR Kids!

Attention all 8-12 year-old boys and girls! Get fit and have fun too with a summer exercise program designed to help you shape up with strength and endurance. Taught by certified instructors, the 45-minute group exercise class will be held every Tuesday and Thursday throughout July and August. Wear comfortable clothes and sneakers.

Classes begin Tuesday, July 1 • 10:15 AM
Cost is \$3.00/class or unlimited monthly use for \$25.00 (student rate).

Parents, come early and join our 9:00 AM Sculpt class on Tuesday and Half & Half class on Thursday.

For more information or to register, please call 552-4550.




STAR Kids
TPS Medical Pavilion
468 Northampton Street • Edwardsville

WYOMING VALLEY HEALTH CARE SYSTEM
YOUR LEADING RESOURCE FOR GOOD HEALTH

Rehabilitated and ready for life.

Alfreda Bryce worried surgery for total knee replacement would keep her from doing the things she loves, especially gardening. Thanks to the rehabilitation therapy she received at Allied Services John Heinz Institute of Rehabilitation Medicine, Alfreda is back doing all the things she enjoyed before surgery. Her therapists helped Alfreda regain her range of motion, strength, balance, and most importantly, her independence... and her garden never looked better.



rehabilitation

ALLIED SERVICES
John Heinz Institute of Rehabilitation Medicine
"Your Best Choice!"

Our Dallas Clinic's team of highly trained professionals are dedicated to helping you achieve your rehabilitation goals. They will work with your referring physician to design an individualized plan to meet your specific needs. For additional information you can contact our clinic directly at (717) 674-5075

With this area's largest rehabilitation hospital and eight outpatient clinic locations, John Heinz is "Your Best Choice"

Dallas, Nanticoke, Wilkes-Barre Twp., Pittston, Forty-Fort, W. Hazelton, Berwick, Tunkhannock