



Lane Cove Public School **P&C TRADER**

VOLUME 1 . FEBRUARY 2019

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Your child's feet are changing fast!

Does your child suffer from ...

- Arch pain
- Knee pain
- Heel pain
- Shin pain
- Nocturnal leg pain
- Leg pain after sport
- Ingrown toenails

Does your child ...

- Have flat feet
- Walk toe-in or toe-out
- Toe walk
- Have tight calf muscles
- Walk with a bouncy gait

He or she may need support to adjust to these changes.

At The Foot Group we have decades of experience in successfully treating the complications that arise in the hectic environments of school and sports.

Whether your child is experiencing problems for the first time, or their existing orthotics need updating, we can conduct a comprehensive biomechanical assessment. We can also provide expert advice on the best school shoes for your child.

To discuss how our qualified podiatrists can help, make an appointment today.



LANE COVE (02) 9428 3000 **BROOKVALE** (02) 9938 2222
ONLINE www.thefootgroup.com.au/make_an_appointment

Rebecca Mitchell

Senior Sales Agent | Raine & Horne



Having lived in Lane Cove for more than 30 years, successful sales agent Rebecca Mitchell is extremely passionate about the area she lives and works in. She knows the marketplace intimately and loves the Lane Cove community, the people and the lifestyle, making her a valuable addition to the Raine & Horne team.

Inherently hardworking and dedicated to what she does, Rebecca consistently goes above and beyond the call of duty to assist her clients in one of their most significant financial and emotional decisions.

She believes strongly in the Raine & Horne brand and what it has to offer both clients and agents, from outstanding technology and systems to the high degree of support from management. She is proud to be working for a market-leading company and a pioneer in real estate where she can thrive and provide her clients with the best possible service.

If you are interested in buying, selling or leasing residential Real Estate in Lane Cove, please call me on 0412 257 625 for a confidential chat.

Here's what my client's say about me:

When it came time to sell our home there was only one person who we trusted with it. Rebecca Mitchell's knowledge of the Lane Cove area, and selling properties made the process stress free. She is an agent who goes above and beyond every single day. We cannot recommend her more highly.

Brooke & Geoff – Vendor of 4/115 Burns Bay Rd, Lane Cove

Rebecca Mitchell
Licensed Real Estate Agent

0412 257 625
rebeccam@lanecove.rh.com.au

Follow Rebecca on social media to stay up to date.
facebook.com/RebeccaRaineandHorne/

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My Hair House By Jen

No appointment necessary

Phone : **9418 9080**

Address : The Village, Shop 5, 43-45 Burns Bay Road , Lane Cove
(opposite to Coles , next to NiBu Café)

Trading Hours : (Mon – Sat) : **9:00 am** – **5:00 pm**

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For issue dates, pricing and application forms visit the P&C Trader link on the school website at <http://www.lanecove-p.schools.nsw.edu.au/community/p-c-school-trader>

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