



# 4<sup>th</sup> Street News

March 2009

4<sup>th</sup> Street Business Revitalization Zone 420 – 1711 4<sup>th</sup> Street SW T2S 1V8  
www.4streetcalgary.com info@4streetcalgary.com P.403.229.0902 F.403.228.1889

## Business Of The Month

### Mission Sport Physiotherapy and Rehabilitation

909, 2303-4th St SW 403.228.7968

[missionsportphysio.com](http://missionsportphysio.com)

#### INSIDE THIS ISSUE

- 1 Business Of The Month
- 1 2004 4<sup>th</sup> Street  
Community Update
- 2 Memorial Park Library
- 2 Lilac Festival Program  
Guide

The goal of Mission Sport Physiotherapy and Rehabilitation is to improve your quality of life by helping you reduce pain and improve your movement, strength and endurance.

The successful resolution of your pain, movement problems and strength issues is achieved through a combination of methods. Treatment is delivered through quality individual time with your physiotherapist.

Treatments could include:

- Traditional Chinese Medicine: Acupuncture, Cupping, Maxibustion, Qi Gong and Herbal Medicine
- Massage Therapy
- Craniosacral Therapy

Statistics indicate that 87% the clients at Mission Physiotherapy experience a lessening of pain and an improvement of function within four treatments. They welcome the opportunity to work with you towards recovery and continuing better health.



## 2004 4<sup>th</sup> Street Community Update

The 2004 - 4<sup>th</sup> Street development team is committed to providing the public and stakeholders with a brief summary for the month of March.

- Construction activity is temporarily suspended as overall project costs are evaluated.
- The site continues to be maintained on a daily basis with daytime supervision and after hours security.
- Fencing and barricades are being monitored to protect pedestrian and vehicular traffic.
- Construction site conditions are being monitored for safety.

Strategic Group is committed to the successful completion of this project and would like to thank all of the businesses for their continued patience and understanding.

---

*For questions or concerns regarding the 2004 4<sup>th</sup> Street project please email:*  
[questions@strategic-group.ca](mailto:questions@strategic-group.ca)

---

## Memorial Park Library

1221 2nd St. SW  
403.260.2600




---

*A world of information  
and ideas within reach  
of every Calgarian*

---

### April

#### Writers Group

This weekly meeting of professional and semi-professional writers who are new to Canada is intended to assist them in connecting to the larger writing community in Calgary, as well as developing their skills as a writer in Canada. This is a free program guided by professional writer Eugene Stickland.

Please note this is not a “learn to write” program. It is recommended that artists who participate have writing or publication experience in the past. For more information: call 3-1-1, email [CCD@calgary.ca](mailto:CCD@calgary.ca) or go to [www.calgary.ca/arts](http://www.calgary.ca/arts)      Sundays until May 10    1:00 - 3:00 pm

**Computer Literacy** - Registration required    Saturdays 10:00 - 11:30 am

**Introduction to Microsoft Word** - Apr. 4

**CyberSeniors** - Learn how to use a mouse, search the internet, use e-mail, and about the components of a computer.

Ages 50 and up      Thursdays Apr. 2 to Apr. 23    10:00am - Noon

## Lilac Festival Program Guide

### Don't miss out on placing your advertisement in the 2009 Lilac Festival Program Guide!

Sunday May 31st marks the date of the Lilac Festival on 4<sup>th</sup> Street. We are currently offering a chance to be part of this high-octane event by purchasing advertisement space in our third edition program guide. This festival guide is an informational tool to help in planning your day at the event along with featuring our Lilac Festival supporters.

It features programming of all the stages, a list of activities and event site map. 25,000 copies will be distributed around Calgary prior to the event as well as that day.

It's a great way to get exposure and help show your support for the 4<sup>th</sup> Street Lilac Festival!

**DEADLINE FOR SUBMISSION: April 30, 2009 at 5:00 PM**

Contact: Christian Greiffenstein (Program Guide Coordinator)  
Cell: 403.880.1562      Email: [adagency@shaw.ca](mailto:adagency@shaw.ca)

**ALL 4<sup>th</sup> ST BUSINESSES RECEIVE A 25% DISCOUNT ON AD RATES**

