

What's Happening At Westside?

January 2012



Clinic Hours

Monday 9:30-12 & 1-4:30
 Tuesday 9:30-12 & 1-5
 Wednesday 9:30-12 & 2-4:30
 Thursday 9:30-12 & 1-5
 Friday 9:30-12 & 1-5

SWITCH

Monday & Wednesday
 5:30 - 8
 Saturday 11-1:30



Westside Clinic

1528 20th Street W
 Saskatoon, SK S7M 0Z6

Phone: (306) 664-4310

**Fitness,
 Food and Fun
 Tuesday Mornings &**

Services Offered at Westside

Group programs to help you live a healthy and less stressful life. **Doctors, Nurse Practitioner, Nurse, Physical & Occupational Therapy, Nutrition and Counselling Services. Lab tests**, like pregnancy tests done in the office. **Help with** contacting other Services and Agencies. **Referrals** to Specialists and other Health Care Providers. **Visiting Specialists** from **Infectious Disease, Obstetrics, Internal Medicine, Dermatology, Psychiatry and Midwifery** right here at Westside! **Home visits** for people who can not come to the clinic. Services like **X-ray** and **Pharmacy** provided at Saskatoon Community Clinic at 455 — 2nd Avenue No.

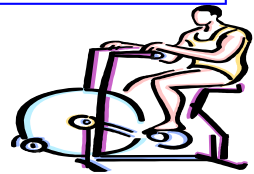
OASIS Tuesdays & Thursdays

10:15—11:30 &
 12:30—1:45

O = Opportunity
 A = Acceptance
 S = Support
 I = Invitation
 S = Safe

Call 370-1293

Or 664-4308 Clinic is locked at NOON



Food For Thought Monday's

PRE AND POST NATAL
 COOKING GROUP
 Childcare provided
 Call Tammy at 230-2482
 for Transportation



Saskatoon West Dental

Now Open
 Stop in Downstairs to set up an appointment.
 Or Call 384 - 6363
 Open same hours as Westside



Student Wellness Initiative Toward Community Health

Monday's 5:30 PM—8:00 PM Women's Night
 Wednesdays 5:30 PM - 8:00 PM Men's Night
 Saturdays 11:00—1:30 Children's Programming
 Medical Services, Free Counselling and Crisis
 Intervention Services. Healthy Snacks Available
 Children's Health Day and Fluoride Clinic.

To be announced at a later date



Kids Drop in Clinic & Parent's Resource Centre Tuesdays from 1:00 PM - 4:30 PM

- Baby immunizations and Baby check ups
- *Aboriginal Kokum and Elder, Louise McKinney*, present for parenting advice.

