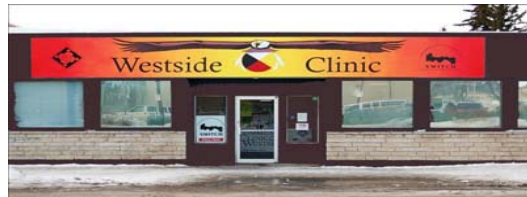




December 2009



Westside Community Clinic
631—20th Street West
Saskatoon, SK S7M 0X8
Phone: (306) 664-4310
FAX (306) 934-2506



Clinic Hours
Monday, Tuesday
Thursday & Friday
9:30 am - 12:00 Noon
1:00 - 5:00 pm
Wednesdays 9:30-12, 2 PM-4 PM



Christmas Hours

Westside will be closed on December 24th, at Noon and will remain closed until December 29th at 9:30 AM

New Years Hours

We will be closed December 31st at Noon
And all day Friday January 1st.
We will re-open on January 4th at 9:30 AM

Flu Tips

Mild influenza-like illness does not usually require emergency room medical care. However, if you feel you need medical advice and have mild to moderate symptoms, rather than going to an emergency room, please call Healthline at 1-877-800-0002 and/or visit your family physician.



Stop the Spread of H1N1 Get Immunized

- Wash your hands often.** Use warm water and soap, lather for 20 seconds and rinse. Use your own towel.
- Cough and sneeze into your sleeve** or shoulder or use a tissue once and throw it in the garbage.
- Stay home or indoors if you are sick.** Drink plenty of fluids and rest.
- Clean surfaces often.** Avoid commonly touched surfaces such as doorknobs, railings and telephones.



SWITCH

Student **W**ellness **I**nitiative **T**oward **C**ommunity **H**ealth

Wednesdays 5:30 PM – 8:00 PM

Saturdays 11:00 AM – 1:30 PM

Medical Services provided

Free Counselling and Crisis Intervention Services

Children 's Health Day December 12



Services and Programs at Westside Community Clinic

Group programs to help you live a healthy and less stressful life.

Doctor, Nurse Practitioner, Nurse, Physical 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 Diseases, Obstetrics, and Midwifery** right here at Westside!

Home visits for people who can not come to the clinic

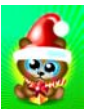
Services like **X-ray** and **Pharmacy** provided by the

Saskatoon Community Clinic at 455 — 2nd Avenue North

Food Store Opens Wednesday 5:30 PM – 8:00 PM

⇒ **Fresh Fruits, Vegetables available for reasonable prices.**

⇒ **Eggs and Milk when available**



Kids Drop in Clinic & Parent Resource Centre

- Tuesdays from 1:00 PM – 4:30 PM
- Baby immunizations and check ups

Aboriginal Kokum and Elder, Louise McKinney,
present for parenting advice.

Fitness, Food and Fun

Tuesdays 10 – 12

Wednesday 5:30 – 7 :30

Saturdays 11 – 1

