

What's Happening at Westside?

MAY 2008

Clinic Hours:
Monday-Friday
9:30 am-12:00 noon
1:00-5:00 pm



Community Clinic—Westside
631—20th Street West
Saskatoon SK S7M
0X8



Student Wellness Initiative Toward Community Health (SWITCH)

Hours:

Wed. 5:30-8:00 pm
Sat. 11:00 am-1:30 pm

Kids Drop-in Clinic and Parent Resource Centre

- Tuesdays from 1:00-4:30 pm
- Baby immunizations and check ups
- Information about kids and things to do with your kids
- Aboriginal Kohkum and Elder, Louise McKinney, present for parenting advice, 1-4:00 p.m.



Community Diabetes Awareness Walk

Friday May 2, 2008
1:00 – 3:00 PM

Meeting @ White Buffalo Youth Lodge

602 - 20th St. West

—Everyone Is Welcome —

No Entry Fees

Available through SWITCH!

- **Free Counselling and Crisis Intervention Services** Wednesdays, 5:30-8:00 pm
- **Food Store** Wednesdays, 5:30-7:00 pm

We do many different things at Westside Clinic:

- **group programs** to help you live a healthier and less stressful life
- **doctor, nurse practitioner, nurse, physical therapy and counselling services**
- **lab tests**, like pregnancy tests, in the office
- help with contacting **other services and agencies**
- referrals to **specialists** and other health care providers
- **home visits** for people who cannot come to the Clinic
- special services like **X-ray, pharmacy and others** are provided by the Saskatoon Community Clinic at 455 – 2nd Avenue North.



Westside Welcomes:

- **Louise McKinney**, Aboriginal Kohkum and Elder. Great to have you back to help us with our parenting programs.
- **Dr. Ryan Meili**, who will be taking the place of Dr. Helliard until October 2008.

Fitness, Food and Fun

- Drop-in physical activity program offered three times a week:
- Tuesday 10 am to 12:00 noon
- Wednesday 5:30-7:30 pm
- Saturday 11:30 am-1:30 pm
- **Free childcare for this and all diabetes**

