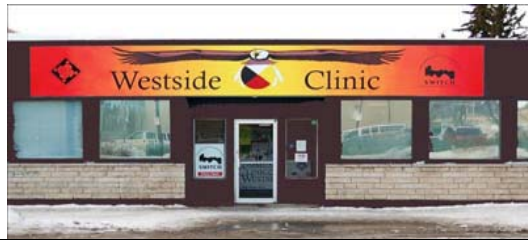


# What's Happening at Westside

## NOVEMBER 2008

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

Phone: (306) 664-4310

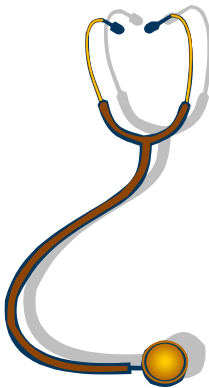


Clinic Hours  
Monday—Friday  
9:30 am—12:00 Noon  
1:00—5:00 pm



### 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, nutrition, 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 provided by the **Saskatoon Community Clinic at 455 Second Avenue North.**



### 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, 1:00—4:00 PM



### Fitness, Food and Fun

- Drop-in physical activity program offered three times a week
  - ◇ Tuesdays 10:00 am to 12:00 noon
  - ◇ Wednesdays 5:30—7:30 PM
  - ◇ Saturdays 11:00 AM—1:00 PM
- **Free childcare for this and all diabetes programs**



### Student Wellness Initiative Toward Community Health (Switch)

#### Hours

Wednesdays 5:30—8:00 PM  
Saturdays 11:00 AM—1:30 PM

Available through SWITCH!

- **Free Counselling and Crisis Intervention Services** Wednesdays and Saturdays
- **Food Store** Wednesdays, 5:30—8:00 pm
- **Fluoride Varnish Clinic Saturdays**  
⇒ **November 8 & 22**