

What's Happening at Westside?

June 2009



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



Clinic Hours
Monday-Friday
9:30 AM-12:00 Noon

- **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
- Visiting specialists from **infectious diseases, obstetrics practices, and now midwifery** — right here at Westside
- **Home visits** for people who cannot come to the Clinic
- special services like **X-ray, Pharmacy** and others provided by **Community Clinic at 455 North. 2nd Avenue North**



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

Childcare provided for this and all other diabetes programs



Kids Drop—in Clinic and Parent Resource Centre

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



Come meet Westside's
New Staff Members



Aboriginal **Kokum and Elder, Louise McKinney**,
present for parenting advice, 1:00-4:00 PM

Student Wellness Initiative Toward Community Health SWITCH

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

- Free Counselling and Crisis Intervention Services
- Dental Services Saturday, June 13
- Kids Drop-in Clinic June 13 and 27



Food Store Open Wednesdays
Fresh Fruit and Vegetables
Available from 5:30-8:00 pm



Ken Thomas, Fitness, Food & Fun
Coordinator

Barb Badger, Aboriginal
Outreach Worker

Arnolda Bowes, Diabetic
Outreach Worker