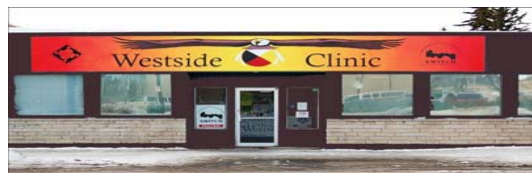


# What's Happening at Westside?

## March 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  
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
- Visiting specialists from **infectious diseases** and **obstetrics** practices — right here at Westside
- **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 babies and kids
- Things to do with your kids



*Aboriginal Kokum 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**



Available through SWITCH!  
Wednesdays and Saturdays

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**
- **Food Store Wednesdays, 5:30-8:00 pm**
- **Fluoride Varnish Clinic Saturdays**
- **Dental Service March 14 & 25**

