

Bone Health

Designed to assess and treat patients with osteoporosis or patients at high risk for fractures reach and maintain their optimal bone health.

Depression/Anxiety

Learn how to safely ride the waves through



depression during this 6-week seminar exploring the benefits of mindfulness while

developing skills to manage unhappiness.

Living on Less

Workshop created to educate people about community resources and healthy eating on a budget. Designed for people living on a limited income or who simply want to spend less.



Mild Cognitive Impairment (MCI)

Intended for older adults experiencing mild cognitive impairment and their support person(s). The focus is on optimizing health through lifestyle choices, memory training, and support.

Women's Health

This clinic offers education on maintaining good reproductive health, immunizations, and prevention of pregnancy and sexual transmitted diseases.

Cooking for 1 or 2

Designed for people who live alone or with one other person and want to learn more about nutrition basics and cooking balanced meals for 1 or 2 people.

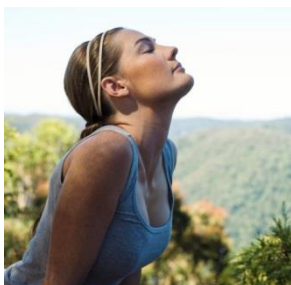


Immunization Clinics

In partnership with family physicians, our current prevention programs offer vaccination updates to those patients who are identified as 'not up to date'. Eligible patients can receive their vaccinations by appointment through our clinics.

COPD Activation

An exercise program that helps people build their physical fitness as well as teach people breathing techniques and strategies for living better with COPD.



Cardiac Rehab

In partnership with St. Mary's General Hospital, patients with heart failure will be assessed and treated by members of the multidisciplinary team according to patients' needs.

Blood Pressure

Our clinic offers assessment, monitoring and treatment to those with high blood pressure.