

SELF-CARE *Matters*

Available at Alix and Area Community Resource Centre

Contact us or service provider directly for assistance to book and for more information on fees.

Tooth Travelers- Available to Book in Alix

Contact Victoria Pritchard, RDH . Mobile dental hygiene clinic, provided to you by Registered Dental Hygienists. We offer you a complete oral health care experience through a unique system of convenience and accessibility. Direct billing to health insurance. Call/ Text: 403-783-1365 or Email: victoria@toothtravelers.ca



Henna Rose Massage and Wellness- In Alix Weekly (Monday, Thursday and Fridays)

Book with Melissa Perez or Sydnee Marcinek- Registered Massage Therapists
Services include massage, reiki, cupping and foot reflexology.

Billable to health insurance. 403-789-0111

Book online: <https://hennarose.com/>



Foot Care by Kaitlin- In Alix Monthly (Tuesday)

Contact Kaitlin Nielsen/ Cheryl Saunders- Foot Care Nursing

Advance nursing foot care, basic maintenance and hand/foot reflexology.

Diabetic and high-risk care, personalized foot assessment and care plan.

Book in home and clinic. 587-377-6099

<https://footcarebykaitlin.ca/>

Organized Chaos Life Coaching- Available to Book in Alix

Contact Nicole Gunderson- Here to help you navigate this chaotic thing we call life.
403-594-0624 ngunderson12@gmail.com



Counsellor: Tina Larkin- Available to Book in Alix

Contact Tina Larkin, MSW, RSW, CCTP . Supporting rural. In-person or virtual counselling for adults and teens. Sliding Fee Scale. Call to schedule a FREE, 15 min phone consultation. 403-860-1179
tina.larkin.counselling@gmail.com

Hearing Evaluation and Cleaning Clinics are offered at our facility, contact us to book an appointment.

Did you know?... Medical services are now available at Bashaw Medical Clinic.

We are a part of the region they serve, inquire directly.

Call: 780-372-3740 or Email: bashawprimarycarehub@gmail.com

NO CHARGE - COUNSELLING FOR ALL AGES - NOW AVAILABLE

Connect with our Resource Navigator for referral,
to book with Behavioral Health Consultant-
Trish Rasmussen (MPCC-Provisional).

Active Living

Stop in or visit online to learn more about what is going on this season. We host programs and activities to help improve your health, quality of life and well-being. Current offerings include fitness classes and yoga!



403-396-3369

Bay 1, 5008 50 Ave
Alix, AB