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 (Thursdays 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/

HENNA ROSE
MASSAGE & WELLNESS

Foot Care by Kaitlin- In Alix Monthly (Tuesday)
Contact Kaitlin Nielsen- 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/

Red Deer Sport + Spine- In Alix Weekly (Mondays and Thursdays)
Contact Noah Mulzet or Christina McArthur- Chiropractors.
Services include evidence-informed chiropractic adjustments, acupuncture, structured rehabilitation programs, specialized arthritis care,
Graston technique and cupping. Billable to health insurance. 587-815-9889
Book online: https://teamrdss.janeapp.com/

RDSS
RED DEER SPORT+SPINE

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: bashawclinic@gmail.com

Alix and Area Community Resource Centre

403-396-3369
Bay 1, 5008 50 Ave
Alix, AB

NO CHARGE - COUNSELLING FOR ALL AGES 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!