

# SOCIAL Worker

Did you know your  
doctor can refer you  
to a social worker?  
They can help you:

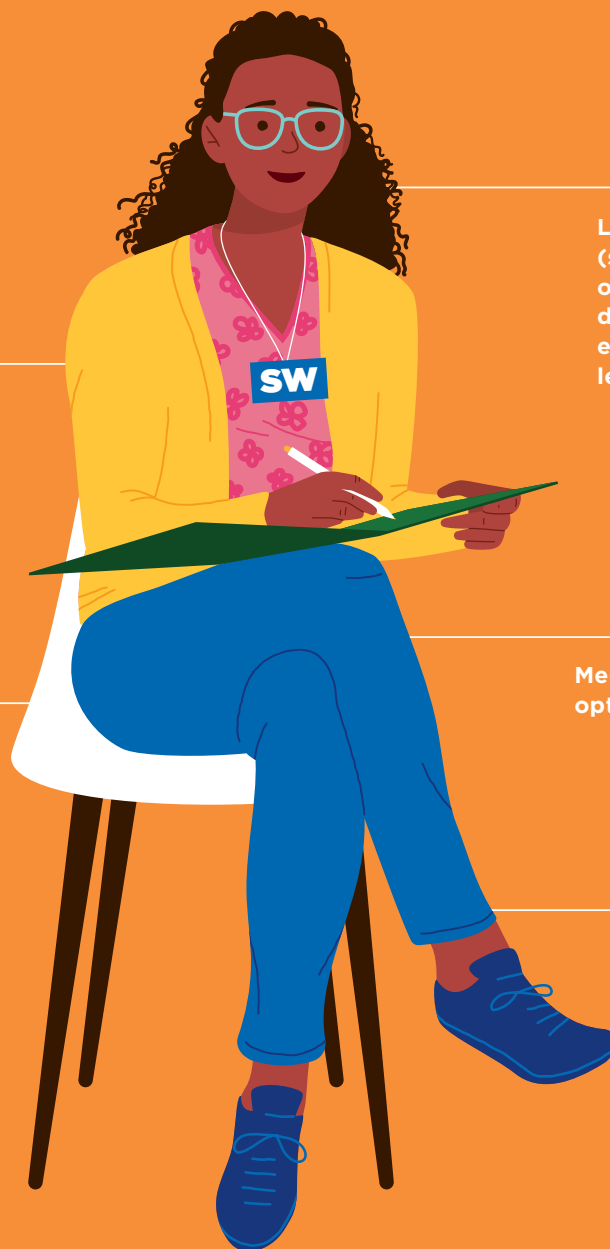
Address practical  
matters that impact  
your health

Financial Services:  
income support and debt  
management, forms

Links to community resources  
(senior services, housing  
options, disability supports,  
domestic violence, career and  
employment counselling and  
legal services)

Medication coverage  
options

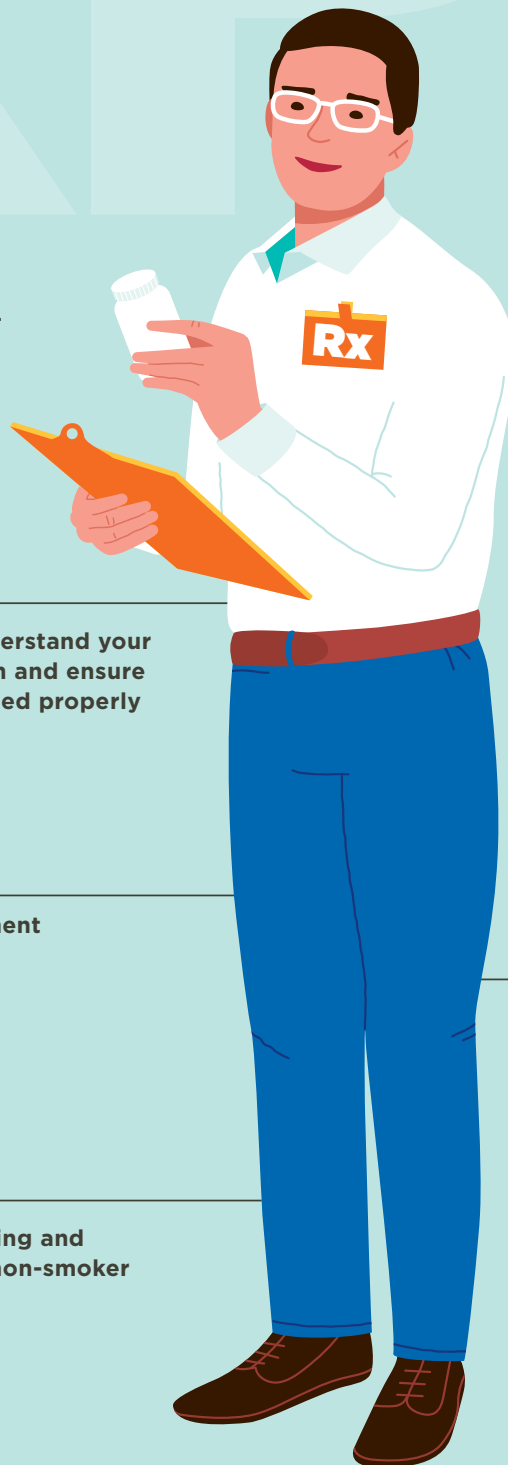
Guidance on Personal  
Directives



Ask today to book an appointment to see a **Social Worker**.

# PHARMACIST

Did you know your doctor can refer you to a pharmacist?  
They can help you:



Reduce the risk for adverse drug events and interactions

Better understand your medication and ensure is being used properly

Chronic pain management

Help managing chronic diseases like diabetes, high blood pressure, COPD, asthma, arthritis, and others

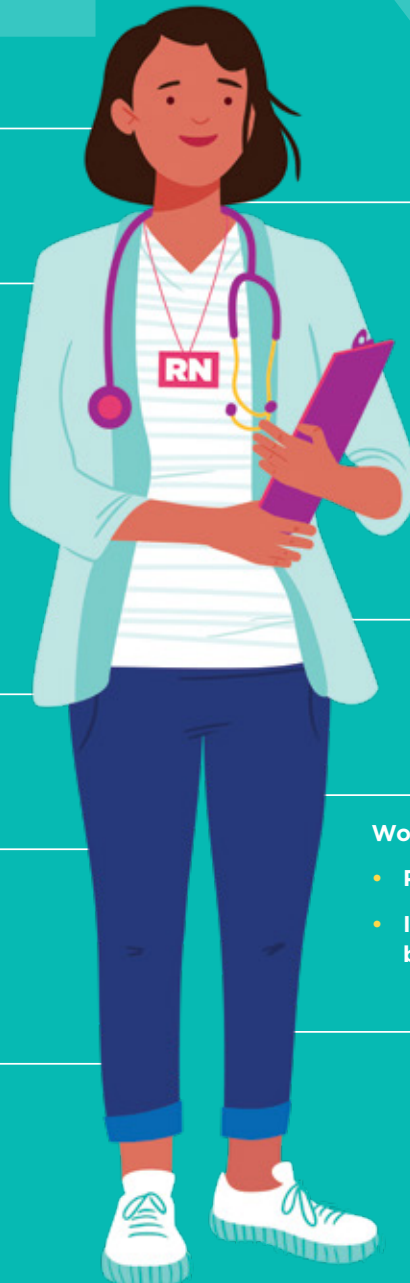
- Monitoring and follow up
- Working with your other health care providers
- Referrals to other resources and programs

Quit smoking and staying a non-smoker

Ask today to book an appointment to see a **Pharmacist**.

# Primary Care NURSE

The Registered Nurse in this clinic works with your family doctor to help you meet your health goals.



Follow up after a hospital visit

Education and goal-setting about healthy lifestyles

- Healthy eating
- Physical activity and exercise
- Healthy aging
- Quitting smoking
- Weight management

Review of your medications

Pregnancy and postpartum care

- Breastfeeding support
- Well-baby care and check ups

Mental health support and referrals

Help managing chronic diseases like diabetes, high blood pressure, COPD, asthma, arthritis, and others

- Monitoring and follow up
- Working with your other health care providers
- Referrals to other resources and programs

Injections, wound care, suture removal, ear flushing, and wart treatments

Women's wellness

- Pap tests
- Information about birth control options

Sexually transmitted infection screening and education

Talk to your doctor about meeting with a **Registered Nurse** today.

# EXERCISE Specialist

Did you know  
your doctor can  
refer you to see an  
Exercise Specialist?  
They can help  
you with:



Physical activity  
goal setting

- at home
- in the community
- while traveling

Maintaining a  
healthy lifestyle

Managing chronic diseases  
such as diabetes and high  
blood pressure

Ways to get physically active  
with little or no equipment

Increasing your  
confidence with  
physical activities

Tips to overcome barriers

Finding community  
resources near you

Learning how to start  
moving more and  
how to stay active

Physical activity  
modifications for  
people with chronic  
pain and fatigue

Ask today to book an appointment to see an **Exercise Specialist**.

# BEHAVIOURAL Health Consultant

This clinic has a  
Behavioural Health Consultant  
to help you with:

Relationship and  
parenting issues

Developing  
coping strategies

Goal setting and  
making action plans

They can also help you  
with medical concerns  
such as:

- Sleep issues
- Chronic pain
- Headaches
- Weight concerns
- Chronic disease management such as diabetes or high blood pressure
- Stomach issues like IBS and Crohn's

Anger, grief and stress

Anxiety or depression

Overcoming feelings  
of being stuck

Substance  
use and  
addictions

Managing  
life changes



Ask today to book an appointment to see a **Behavioural Health Consultant**.

# DIETITIAN

Did you know there is a Registered Dietitian in this clinic? They can help you with:

Managing chronic diseases like diabetes or high cholesterol

Stomach issues such as IBS and Crohn's disease

Nutrition for every age: children to seniors

Weight concerns



Healthy eating on a budget

Tips for picky eaters

Ideas to balance vegetarian or vegan diets

Solutions for eating with food sensitivities or allergies

Ask today to book an appointment to see a **Registered Dietitian**.

# RESPIRATORY Therapist

Did you know your  
doctor can refer you to  
a Respiratory Therapist?  
They can help you with:

Lung diseases  
like Asthma  
and COPD

Quitting smoking and  
staying a non-smoker

Chronic coughs  
and breathlessness



A Respiratory  
Therapist can also:

Conduct assessments  
for Breathing for  
Health and Pulmonary  
Rehabilitation groups

Inhaler techniques

Provide education  
on sleep apnea

Perform a  
spirometry test  
to assess lung  
conditions

Ask today to book an appointment to see a **Respiratory Therapist**.