

## Health and Wellness

The health and wellness of family members is of the utmost importance. Below, find all of the health and wellness services offered in Slave Lake.

<p><b><u>Alberta Health Services Mental Health</u></b> <i>Full range of psychological services available</i></p> <p>Lakeland Centre 309-6<sup>th</sup> ST NE Phone: 780-805-3502</p>	<p><b><u>Alberta Health Services Addiction Services</u></b> <i>Free and confidential support for those challenged with addictions</i></p> <p>104-101 3St SW Phone: 780-849-7127</p>
<p><b><u>ALANON/ALATEEN</u></b> <i>Support for those who are challenged by alcoholism of a family member or close friend</i></p> <p>Phone: 780-849-4754</p>	<p><b><u>Alcoholics Anonymous</u></b> <i>Open and closed meetings for support to those dealing with alcoholism; meetings throughout the week in various locations around Slave Lake</i></p> <p>Phone: 780-849-3989</p>
<p><b><u>Apple Drugs Pharmacy</u></b> <i>Full pharmacy, health and beauty supplies</i></p> <p>211 Main St. NW Phone: 780-849-9443</p>	<p><b><u>Body Sculpt</u></b> <i>Fitness classes: bootcamp, kickboxing, fit plus and more; one-on-one personal training</i></p> <p>300-3<sup>rd</sup> St. SW Phone: 780-805-2439 Email: cindy@cwilliamsbodysculpt.ca</p>
<p><b><u>Bright Beginnings</u></b> <i>Provides activities and programs for families with children 0-6 years old such as Stroller Rollers, Triple P Parenting, Parent Child Mother Goose and Community Kitchen</i></p> <p>409-6 Ave. SW (St. Mary of the Lake School) - Phone: 780-849-4239 Also services can be accessed at the Native Friendship Centre – 416 6 Ave N.E. – Phone: 780-849-4103</p> <p>Email: <a href="mailto:crystal.parentlink@telus.net">crystal.parentlink@telus.net</a> Facebook: <a href="https://www.facebook.com/groups/121903304494555/">https://www.facebook.com/groups/121903304494555/</a></p>	
<p><b><u>Cross Fit</u></b> <i>Crossfit general fitness through various skills and movements</i></p> <p>217 3<sup>rd</sup> Ave, NW Phone: 780-849-1427 Email: <a href="mailto:admin@crossfitslavelake.com">admin@crossfitslavelake.com</a> Website: <a href="http://www.crossfitslavelake.com">www.crossfitslavelake.com</a></p>	<p><b><u>Dr. Johnson Optometry</u></b> <i>Complete eye care with optometrist</i></p> <p>401 3<sup>rd</sup> Ave, NE Phone: 780-849-4410</p>

<p><b><u>Family Care Clinic</u></b>  <i>Open Monday-Friday 9 am-9 pm and Saturday-Sunday 9 am-5 pm</i></p> <p>309-6<sup>th</sup> St. NE          Phone: 780-849-4155</p>	<p><b><u>Hair Traces</u></b>  <i>Massage therapy and Reiki</i></p> <p>112 3 Ave. NE          Phone: 780-849-5377</p>
<p><b><u>Healthcare Centre (Hospital)</u></b></p> <p>309-6<sup>th</sup> St. NE, Slave Lake          Phone: 780-805-3500</p>	<p><b><u>Health Within Chiropractic</u></b>  <i>Chiropractic care, massage therapy, acupuncture, psychological services</i></p> <p>201-2<sup>nd</sup> Ave. NE, Slave Lake          Phone: 780-849-6390          Email: <a href="mailto:drkarine@healthwithin.net">drkarine@healthwithin.net</a>          Website: <a href="http://healthwithin.net/home.html">http://healthwithin.net/home.html</a></p>
<p><b><u>Healthy Choices for Moms &amp; Babies</u></b>  <i>A free and confidential program that offers support and promotes healthy choices for pregnant and nursing mothers</i></p> <p>612-6<sup>th</sup> St. SE          Phone: 780-849-4103</p>	<p><b><u>Here's To Your Health</u></b>  <i>Vitamins, health food and juice bar</i></p> <p>105 6 Ave. SE          Phone: 780-849-9388</p>
<p><b><u>Intuit Counseling</u></b>  <i>Full range of psychological services available</i></p> <p>201-2<sup>nd</sup> Ave NE          Phone: 780-849-6390          Cell phone: 780-849-0291</p>	<p><b><u>Kallanpally Dental Clinic</u></b>  <i>Full dental clinic</i></p> <p>3, 505 1A St. SE          Phone: 780-849-4477</p>
<p><b><u>Lesser Slave Lake Psychological Services</u></b>  <i>Full range of psychological services available</i></p> <p>2-321 Main St. NE          Phone: 780-849-6191</p>	<p><b><u>Marcus Swift Psychological Services</u></b>  <i>Full range of psychological services available</i></p> <p>105-6<sup>th</sup> Ave SE, Slave Lake          Phone: 780-849-2171          Website: <a href="http://www.psychologicalservices.pro">www.psychologicalservices.pro</a></p>
<p><b><u>No Frills (Pharmacy)</u></b>  <i>Full pharmacy, health and beauty supplies</i></p> <p>100 Main St. SW          Phone: 780-849-2626</p>	<p><b><u>Northern Haven Women's Shelter</u></b>  <i>Providing a safe haven for those impacted by family violence</i></p> <p>Phone: 780-849-4418 or 780-805-0889 (after-hours)          Email: <a href="mailto:northernhaven@hotmail.com">northernhaven@hotmail.com</a>          Website: <a href="http://www.northernhaven.org/index.htm">www.northernhaven.org/index.htm</a>          Facebook: <a href="https://www.facebook.com/northern.haven?fref=ts">https://www.facebook.com/northern.haven?fref=ts</a></p>

<p><b><u>Rexall</u></b> <i>Full pharmacy, health and beauty supplies</i></p> <p>233 Main St. NE Phone: 780-849-4005</p>	<p><b><u>Shoppers Drug Mart</u></b> <i>Full pharmacy, health and beauty supplies</i></p> <p>300, 1500 Main St. SW Phone: 780-849-3855</p>
<p><b><u>Slave Lake Dental</u></b> <i>Full dental clinic</i></p> <p>433 Main St. NW Phone: 780-849-2233 Website: <a href="http://www.slavelakedental.ca">www.slavelakedental.ca</a></p>	<p><b><u>Smiling Dog Yoga</u></b> <i>Yoga: general, restorative, pre-natal; Tai Chi</i></p> <p>321 Main St. (Potpourri Mall), Slave Lake Phone: 780-805-6780 Email: <a href="mailto:smilingdogyoga@hotmail.com">smilingdogyoga@hotmail.com</a> Website: <a href="http://www.slavelakeyoga.com">www.slavelakeyoga.com</a></p>
<p><b><u>Slave Lake Eye Care</u></b> <i>Complete eye care with optometrist</i></p> <p>401 Main St. NE Phone: 780-849-2550</p>	<p><b><u>Slave Lake Native Friendship Centre</u></b> <i>Food bank, second hand clothing store, cultural-based programs, Women Honoring Women, Aboriginal youth group and more</i></p> <p>416 6 Ave. NE Phone: 780-849-3039 Email: <a href="mailto:slnfc2@gmail.com">slnfc2@gmail.com</a></p>
<p><b><u>Slave Lake Physiotherapy</u></b> <i>Full physiotherapy services available</i></p> <p>309-6<sup>th</sup> St. NE, Slave Lake (Hospital) Phone: 780-805-3500</p>	<p><b><u>Soma Soul Therapeutic Massage</u></b> <i>Range of massage therapy techniques available</i></p> <p>105-2 Ave. NW Phone: 780-843-9987</p>
<p><b><u>Thrive Wellness Studio</u></b> <i>Massage therapy, reiki, yoga, meditation and fitness training</i></p> <p>605 A Main St. SE Phone: 780-849-5015 Email: <a href="mailto:info@thrivewellnesstudio.ca">info@thrivewellnesstudio.ca</a> Website: <a href="http://www.thrivewellnesstudio.ca/home.html">http://www.thrivewellnesstudio.ca/home.html</a></p>	<p><b><u>Walmart (Pharmacy)</u></b> <i>Full pharmacy, health and beauty supplies</i></p> <p>601, 1500 Main St. SW Phone: 780-849-9579</p>