

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><u>Alberta Health Services Mental Health</u> <i>Full range of psychological services available</i></p> <p>Lakeland Centre 309-6th ST NE Phone: 780-805-3502</p>	<p><u>Alberta Health Services Addiction Services</u> <i>Free and confidential support for those challenged with addictions</i></p> <p>104-101 3St SW Phone: 780-849-7127</p>
<p><u>ALANON/ALATEEN</u> <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><u>Alcoholics Anonymous</u> <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><u>Apple Drugs Pharmacy</u> <i>Full pharmacy, health and beauty supplies</i></p> <p>211 Main St. NW Phone: 780-849-3828</p>	<p><u>Astrum II Fitness & Wellness Gym</u> <i>Full gym, fitness classes and tanning salon</i></p> <p>202, 201 Main St. NE Phone: 780-849-6635 Email: astrum@telusplanet.net Facebook: https://www.facebook.com/pages/Astrum-II-Fitness-Wellness-Gym/134373139921650</p>
<p><u>Body Sculpt</u> <i>Fitness classes: bootcamp, kickboxing, fit plus and more; one-on-one personal training</i></p> <p>Phone: 780-805-2439 Email: cindy@cwilliamsbodysculpt.ca Website: www.cwilliamsbodysculpt.com Facebook: https://www.facebook.com/cindysbodysculpt</p>	<p><u>Parent Link</u> <i>Provides activities and programs for families with children 0-6 years old such as Moms and Babes, Toddler, and Stay and Play</i></p> <p>612-6 St SE (2nd floor Community Christian Centre) - Phone: 780-849-4103 Email: haylie.millard@slavelake.ca or nlpln2@telus.net Facebook: https://www.facebook.com/pages/Slave-Lake-Parent-Link-Center/121565351200948</p>
<p><u>Cross Fit</u> <i>Crossfit general fitness through various skills and movements</i></p> <p>217 3rd Ave, NW Phone: 780-849-1427 Email: admin@crossfitslavelake.com Website: www.crossfitslavelake.com</p>	<p><u>Dr. Johnson Optometry</u> <i>Complete eye care with optometrist</i></p> <p>401 3rd Ave, NE Phone: 780-849-4410</p>



<p><u>Family Care Clinic</u> <i>Open Monday-Friday 9 am-9 pm and Saturday-Sunday 9 am-5 pm</i></p> <p>309-6th St. NE, Slave Lake Phone: 780-849-4155</p>	<p><u>Hair Traces</u> <i>Massage therapy and Reiki</i></p> <p>112 3 Ave. NE Phone: 780-849-5377</p>
<p><u>Health Within Chiropractic</u> <i>Chiropractic care, massage therapy, acupuncture, psychological services</i></p> <p>201-2nd Ave. NE, Slave Lake Phone: 780-849-6390 Email: drkarine@healthwithin.net Website: http://healthwithin.net/home.html</p>	<p><u>Healthy Choices for Moms & Babies</u> <i>A free and confidential program that offers support and promotes healthy choices for pregnant and nursing mothers</i></p> <p>416-6th Ave. NE Phone: 780-849-4103</p>
<p><u>Healthy Treasures</u> <i>Health food for a healthy lifestyle</i></p> <p>220c 2nd Ave NW, Slave Lake Phone: 780-849-4442</p>	<p><u>Here's To Your Health</u> <i>Vitamins, health food and juice bar</i></p> <p>105 6 Ave. SW Phone: 780-849-9388</p>
<p><u>Intuit Counseling</u> <i>Full range of psychological services available</i></p> <p>201-2nd Ave NE Phone: 780-849-6390 Cell phone: 780-849-0291</p>	<p><u>Kallanpally Dental Clinic</u> <i>Full dental clinic</i></p> <p>3, 505 1A St. SE Phone: 780-849-4477</p>
<p><u>Lesser Slave Lake Psychological Services</u> <i>Full range of psychological services available</i></p> <p>2-321 Main St. NE Phone: 780-849-6191</p>	<p><u>Marcus Swift Psychological Services</u> <i>Full range of psychological services available</i></p> <p>105-6th Ave SE, Slave Lake Phone: 780-849-2171 Website: www.psychologicalservices.pro</p>
<p><u>No Frills (Pharmacy)</u> <i>Full pharmacy, health and beauty supplies</i></p> <p>100 Main St. SW Phone: 780-849-2626</p>	<p><u>Northern Haven Women's Shelter</u> <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: northernhaven@hotmail.com Website: www.northernhaven.org/index.htm Facebook: https://www.facebook.com/northern.haven?fref=ts</p>

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