

## MEDICAL SERVICES:

Interior Health Unit 250-833-4100

Scotch Creek Mobile Lab 250-955-0660  
every Wed & Fri 9:00 to 1:00 pm

Physiotherapy 250-679-8066  
Little Shuswap Physiotherapy Services  
737 Sicamous Ave, Chase

HearingLife 250-675-2202  
#7-1257 Trans Canada Hwy, Sorrento

Sorrento Dental Clinic 250-675-4116

New Life Mission Dental Clinic Kamloops  
778-471-5878

For those on Social Assistance or low income  
Combined \$44,000 or individual \$22,000.  
They can do fillings, extractions, exams  
and Denture work.

Sorrento Chiropractic and Wellness Centre  
1223 Trans Canada Hwy, 250-675-0063  
Sorrento

I.D.A. Munro's Sorrento 250-675-4411  
Prescriptions  
1250 Trans Canada Hwy, Sorrento

Registered Massage Therapists  
Sorrento Chiropractic and Wellness Centre  
250-675-0063

Medical Equipment/Sorrento Hospice  
Contact: Linda 250-675-2568

Compression Stockings  
I.D.A. Munro's Sorrento 250-675-4411  
Lakeside Medical 250-832-2431  
245 – 5<sup>th</sup> St. Salmon Arm

Pharmasave 250-832-0322

IHA Lifeline Program 250-558-1334

Breast feeding class 250-833-4101

## MEALS:

Wheels to Meals 250-675-4871  
Contact: Luise Denter, Sorrento Drop-In Society,  
Sept- June 2<sup>nd</sup> & 4<sup>th</sup> Tues 11:30 \$6.75

Seniors Lunch 250-515-6047  
1<sup>st</sup> Thurs of each month

Better Meals 1-888-838-1888  
(If not in Salmon Arm city limits, pick up meals at  
Seniors' Resource Ctr, 320A-2<sup>nd</sup> Av NE)

250-832-7000

Spinnaker Café 250-675-2238  
Provides frozen dinners

Food Bank 250-253-3663  
Contact Tina, Open Weds 9:00am – 3:00 pm

## RIDES:

Seniors' Resource Centre 250-832-7000  
320A-2<sup>nd</sup> Ave NE, Salmon Arm. Rides to medical  
Appointments/day away (Thurs & Fri)

Shuswap Transit System & Handydart Bus  
Sorrento - Salmon Arm on Thurs 250-832-0191

## RED CROSS:

Salmon Arm Branch 250-832-6553  
Short Term Health Equipment Loan Program  
Mon-Fri 10:00 am to 12:00 noon  
#101-650 TCH, Salmon Arm

Copper Island Health & Wellness Centre  
#8-2417 Golf Course Drive, Blind Bay, BC  
Tuesday & Thursday 250-675-3661

Lab Collection & ECG's  
Thursday 8:00 am to 2:00 pm  
(Closed 11:30 am to 12:00 noon)

250-803-5251  
Unit 1, 1250 Trans Canada Highway  
Sorrento, B.C.  
(Handicapped Accessible)

Theresa Smith, MN  
Nurse Practitioner

Mon – Fri 9:00 am to 4:00 pm

## RESOURCE DIRECTORY

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## OUR MISSION

To facilitate the delivery  
of primary health care  
to the residents of Sorrento and Area.

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“Never doubt that a small group of thoughtful,  
committed citizens can change the world;  
indeed, it's the only thing that ever has”  
Margaret Mead

## AA:

### Sorrento Drop in Society

1148 Passchendaele Rd, Sorrento  
Monday 8:00 pm

### Our Lady of The Lake Catholic Church

2740 Fairway Hill Rd, Blind Bay  
Saturday 10:00 am

## HOME SUPPORT & COMMUNITY CARE:

**North & South Shuswap Community Resources (NSSCR) Programs for children & families**  
Box 85, Sorrento 250-515-4682

**Community Care Services/Support**  
Salmon Arm 250-832-6643

**Better At Home Program – Shuswap**  
Salmon Arm 250-253-2749

**Safe Society/Women's Shelter** 250-832-9616

## HEALTH FOOD:

**Nature's Bounty** 250-675-4323  
#2-1257 Trans Canada Hwy, Sorrento

**It's All Good Bulk & Health Food Plus**  
F-2682 Golf Course Dr, Blind Bay 250-675-2828

## FOOT CARE:

#1-1250 Trans Canada Highway 250-574-9969  
Contact: Vanna  
#8-2417 Golf Course Drive 250-675-3661

## MENTAL HEALTH:

**Mental Health Parent Support**  
The F.O.R.C.E 250-833-6100

**Intake Mental Health – Adults (19+)**  
851 16<sup>th</sup> St. NE Salmon Arm 250-833-4102

**Substance Use Intake (Drop In)**  
431 Hudson Ave, Salmon Arm  
Mon, Wed, Fri at 1:00 pm 250-833-4103

**Mental Health Intake – Children**  
550 Lakeshore Dr. NE Salmon Arm 250-832-1719

**Drop In Intake – Children**  
Tues 1:00 – 3:30 pm  
Wed 9:00 – 11:30 am

**Mental Health Support Line** 250-310-6789

Find more services through Interior Health  
<https://www.interiorhealth.ca/pages/default.aspx>

## MIDWIVES ASSOCIATION OF BC:

BCMIDWIVES.COM 604-736-5976



## WELLNESS:

**Breathe Yoga Studio** 250-803-3699  
1258 Trans Canada Hwy, Sorrento

**Shuswap Fitness** 250-675-4446  
2676 Fairhills Rd, Blind Bay

**Tai Chi – contact Judy** 250-679-5425

**Cedar Heights Community Centre – Fitness**  
2316 Lakeview Dr. Blind Bay  
Contact: Heather 250-675-3350  
Sherri 250-675-3308

**Shuswap Lake Estates – Line Dancing**  
2404 Centennial Dr, Blind Bay  
Contact: Maureen (beginners) 250-675-3683

## WEBSITES:

[www.BC211.ca](http://www.BC211.ca)

Go to Redbook 211

[www.FETCH.ca](http://www.FETCH.ca)

For Everything That is Community Health

[www.imageonemri.ca](http://www.imageonemri.ca)

IMAGINE ONE MRI 1-866-966-4848

## Mammogram Screening

(Mobile Unit) Summer/Fall 1-800-663-9203

## Pulmonary/Respiratory Rehabilitation Program

Dan Dickson RRT/Karen Huster PT

For Info contact Dan 250-306-3460