

July 2022



Upper Similkameen Health Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Office Closed	2
3	4 Elders Social	5	6	7	8 Shiatsu	9
10	11 Acupuncture & Cupping Elders Social	12	13	14 Harvest Boxes	15 Shiatsu	16
17	18 Elders Social	19	20	21 Footcare	22 Shiatsu	23
24	25 Acupuncture & Cupping Elders Social	26	27	28	29 Shiatsu	30

Shiatsu by
Patti
Lansdale
**Every
Friday**

**Acupuncture
& Cupping** by
Sheri Prechel
**Every 2nd
Monday**

Footcare by
Licensed
Practical Nurse,
Aida Bouvette
**Every 3rd
Thursday**

Harvest Boxes
Made by The
Hedley Market
**Every 2nd
Thursday**

**Registered
Nurse
Deb
Bradshaw-
White
Mon, Thur, Fri**

**Care Aide
Lindsay
Bishop
Mon - Thurs**

Elders Social - Hedley Community Hall on Scott Street, Mondays from 1pm – 4pm

Health Centre Hours: Monday – Friday 9:00am – 4:00pm

Phone: 250-292-1487

Health Director: Norissa Mongrain, norissa.mongrain@usib.ca