



HEALTH RELATED ASSOCIATIONS

BASHAW HEALTH & WELLNESS FOUNDATION

General Delivery, Bashaw, T0B 0H0, AB

Phone: Ed Hagel (780) 372-3508

BASHAW T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

General Delivery, Bashaw, T0B 0H0, AB

Phone: Louise Hogg (780) 372-3776

www.tops.org

Meeting Place: United Church - Basement, Bashaw

Membership Fee: \$35.00 / year

Take off pounds sensibility. Learn how to eat properly

CAMROSE & DISTRICT PRO-LIFE

c/o 4503 67St, Camrose, T4V 2P8, AB

Phone: Beckie Kuefler (780) 679-0425

We defend the sanctity of life from conception to natural death, speaking on behalf of our society's most vulnerable members -prenatal children, the chronically ill, the elderly and the disabled.

CAMROSE HEALTHY LIFESTYLE COALITION

5510-46th Ave, Camrose, T4V 4P8, AB

Phone: Jane Cherry-Lemire (780) 672-9949

Meeting Place: Edgeworth Centre

Meeting Dates: 2nd Wed every month 9:30 am - 11:30 am

Vision statement; building our capacity to work together for our community, so Camrose is a place where all people can choose a healthy, balanced lifestyle.

MEN AT RISK PROGRAM

4911-47 St, Camrose, T4V 1J9, AB

Phone: Irene Fraser (780) 679-1241 Fax: 780 679-1740

www.albertahealthservices.ca

Meeting Dates: Presentations on request

The program delivers information in different locations through displays, articles and presentations about the signs of distress, depression, warning signs of suicide and resources for getting help. Presentations on request.

T.O.P.S. (TAKE OFF POUNDS SENSIBLY) # 3184

6506-35 Av, Camrose, T4V 3N7, AB

Phone: Bev Taylor (780) 672-5217

Meeting Place: Bill Fowler Centre - Board Room

Membership Fee: 30 dls registration / 4 dls a week

Meeting Dates: Thursdays 9:45 - 11 am

Weight loss support group

TAOIST TAI CHI SOCIETY

R.R. 3

, Wetaskiwin, T9A 1X1, AB

Phone: Derek Hoyle (780) 352-2150

www.taoist.org

Meeting Place: Stoney Creek Centre

Membership Fee: Yes, varies for different ages

Meeting Dates: Mon & Wed; 6:30 - 7:30 pm, Thursday (Fall only)

1:00 - 3:00 pm

Tai Chi is a slow meditative movement that promotes health of body, mind and spirit. Its roots come from China.

WEIGHT WATCHERS

Camrose, AB

Phone: 1-800-374-9191

Meeting Place: Camrose Masonic Hall, 5021 48 St, T1W 1Y2

Meeting Dates: Tuesdays 18:30

Meetings provide a motivating environment led by a leader who has lost weight with Weight Watchers and kept it off. Each weigh-in is confidential. Plus, you can subscribe to eTools, the Internet companion for meetings.