



South Okanagan/ Similkameen Diabetes and Obesity Resources



THE UNIVERSITY OF BRITISH COLUMBIA



Scan this QR code to explore an interactive map of local diabetes education and management

Free Diabetes Resources

Interior Health Authority Diabetes Education Program

Provides programs and services to help individuals with diabetes gain knowledge, skills and resources to better manage their condition, including insulin adjustment. Services are available for individuals with all types of diabetes including Type 1, Type 2, gestational, and pre-diabetes. The Program also offers support for caregivers and families of those living with diabetes.

Services offered include appointment-based education sessions or group sessions with Nurses, Dieticians, and Physicians trained in diabetes management.

Who can attend?

Individuals at risk, or living with diabetes who are referred through the South Okanagan Similkammen Diabetes Program, and their families and caregivers

930 Spillway Road
Oliver, BC V0H 1T0
Mon-Thu, 8am - 4pm
250.498.5080

700 3rd Street
Keremeos, BC VOX 1N3
Wed, 9am-2:30pm
1.800.707.8550

4816 - 89th Street
Osoyoos, BC V0H 1V1
Mon - Fri, 8:30am-4pm
250.495.5142

740 Carmi Avenue
Penticton, BC V2A 8P9

Clinic hours may vary
1.800.707.8550

98 Ridgewood Drive
Princeton, BC VOX 1W0
Mon - Fri, 8:30am-4:30pm
250.295.4443
www.interiorhealth.ca

South Okanagan Similkameen Division of Family Practice

In collaboration with Interior Health Authority, the General Practice Services Committee, and the Ministry of Health, the South Okanagan Division of Family Practice works to foster a strong community of family physicians, improve the health of our communities, and enhance the delivery of quality primary care.

Primary care service including lab work, x-ray, long-term care unit, procedure room, and allied professionals including a diabetic nurse.

Who can attend?

Anyone

106 - 197 Warren Avenue
Penticton, BC V2A 8N8
778.476.5696
www.divisionsbc.ca/south-okanagan-similkameen

Pharmasave Osoyoos

One of Canada's leading independent pharmacy and drugstore retailers dedicated to providing communities with programs and services tailored to the needs of the customer. Offers resources for individuals with diabetes regarding general diabetes education, aging and diabetes, nutrition and exercise to control diabetes, monitoring blood glucose levels, diabetes risk assessment and managing diabetes.

Who can attend?

Anyone

8301C - 7th Avenue
Osoyoos, BC V0H 1V0
250.495.7424
Mon - Fri, 9am - 6pm & Sat, 9am - 5pm
www.pharmasave.com

Fee for Service

Diabetes

Resources

We Care Home Health Services Diabetes Awareness Clinic

Diabetes awareness education to identify, and reduce risks associated with diabetes. Services can include blood glucose testing, A1C glucose testing, blood pressure and pulse assessment, and foot assessment.

Who can attend?

Individuals with diabetes

3310 Skaha Lake Road

Penticton, BC V2A 6G4

Available 24-hours/day

250.493.6693

www.cbi.ca

Home Instead Senior Care: Diabetes Care

Highly trained CAREGivers help senior individuals manage Type 1 or Type 2 diabetes by delivering important home-care.

Services include prompting clients to check blood sugar levels regularly, documenting blood sugar results and encourage clients to follow doctor recommendations for glucose results that are too high or low, implementing an action plan if diabetic emergency arises, reminding clients to take scheduled medications, planning and preparing well-balanced diets based on recommendations of doctors or diabetes educators, helping schedule appointments, and encouraging foot care to help reduce complications.

Who can attend?

Seniors with Type 1 or Type 2 diabetes

202 - 1449 St. Paul Street

Kelowna, BC V1Y 2E5

Locations served: Lake Country, Kelowna, West Kelowna, and Peachland

877.786.6249

www.homeinstead.ca

We Care Home Health Services Foot Care

Part of CBI Home Health, We Care offers diabetic foot care services to improve comfort, mobility and the general health of diabetic individuals' feet. Services include diabetic foot care and education.

Who can attend?

Individuals with diabetes

3310 Skaha Lake Road

Penticton, BC V2A 6G4

Available 24-hours/day

250.493.6693

www.cbi.ca

One Step Foot Care

Professional, in-home foot care for all individuals including high-risk clients with diabetes.

One Step Foot Care provides compassionate and professional mobile nursing foot care services for individuals to have healthy feet and nails that contribute to their overall comfort, health and well-being. Services include foot and nail assessments, treatment of calluses, corns, bunions, and client teaching. Referrals to doctors and podiatrists are made when necessary.

Who can attend?

Anyone

Penticton

Mon - Fri, 9am - 5pm

250.328.3668

www.onestepfootcare.com

OKAPED

The leading Pedorthic Clinic in the Okanagan dealing with a wide range of foot, ankle, leg and knee conditions for their customers.

OKAPED diabetic foot treatment aims to relieve areas of excessive plantar pressures, reduce shock and horizontal movement of the foot within the shoe while accommodating deformities by stabilizing and supporting the foot, and educating clients regarding proper shoe selection and fit.

Who can attend?

Anyone

122 – 300 Riverside Drive
Penticton, BC V2A 9C9
Mon – Fri, 8:30am – 4:30pm
250.487.1468
www.okaped.com

Remedy's Rx

A local pharmacy providing diabetic care, including blood sugar monitoring, proper use of medication, advice on special situations, analysis of medication profile, and diabetes treatments that are more than medication. Remedy's Rx also offers specialty leg and foot care.

Who can attend?

Anyone

105 - 291 Fairview Road
Oliver, BC V0H 1T0
Mon-Fri, 9am-5:30pm & Sat 9am-3pm
250.485.4007
www.oliverpharmacy.com

Apex Optometry

Optometry office dedicated to providing the highest quality optometric care, advice, and options for your vision needs.

Provides comprehensive eye care to patients of all ages including treatment of a range of conditions including diabetic retinopathy.

Who can attend?

Anyone

462 Main Street
Penticton, BC V2A 5C5
Mon, Tue, Thu, 7am – 5pm,
Wed, 9:30am – 5pm & Fri, 7:30am – 5pm
250.493.2552
www.apexoptometry.ca

Summerland Optometry

Offer comprehensive eye examinations that check your eyes inside and out for any potential eye disorders or diseases including ocular disease, binocular vision anomalies and any potential eye related health problems.

The Digital Retinal Imaging service detects disease such as diabetes and macular generation. Other

services include glaucoma testing, visual field testing, corneal mapping and more.

Who can attend?

Anyone

13225 North. Victoria Road
Summerland, BC V0H 1Z0
Mon – Fri, 8:45am – 5pm & Sat, 9:30am – 4pm
250.494.9266
www.summerlandoptometry.com

Doctors Eye Care

An eye care clinic dedicated to providing the highest quality optometric care at affordable fees. The optometrists and eye care team provide expert advice, options, and the follow up you need. Doctors Eye Care monitors, manages and treats numerous eye diseases including diabetic retinopathy.

Who can attend?

Anyone

89 Kenley Avenue
Princeton, BC V0X 1W0
Mon – Wed, 9am – 5pm
250.295.6640
www.doctoreyecaremeritt.com

Free Obesity Resources

Kid Sport

A national organization that offers financial assistance for registration fees and equipment to youth aged 18 and under. KidSport provides grants to remove financial barriers and enable kids to play a season of sport.

Who can attend?

Youth aged 18 and under who apply for assistance

13205 Kelly Avenue
Summerland, BC V0H 1Z0
250.494.0447

325 Power Street
Penticton, BC V2A 7K9
www.kidsportcanada.ca/british-columbia

Health Link BC Physical Activity Line

The Physical Activity Line (PAL) offers physical activity information or advice from qualified exercise professionals over the phone or email. The PAL website provides tools such as activity logs, and information regarding measuring heart rate, and tracking your progress.

Who can participate?

Anyone

Mon-Fri, 9am-5pm
1.877.725.1149
www.healthlinkbc.ca/physical-activity

Health Link BC Eating & Activity Program for Kids

A telephone program that helps children, teens, and their families in British Columbia reach healthy weights and improve their overall health and quality of life. Families discuss their health

priorities and gain new skills with the help of registered dietitians, who will focus on supporting behaviour changes for healthy eating, active living and lifestyle habits.

Who can attend?

BC residents between ages 0-18, and their families who are concerned they are above healthy weight. Registration through health care provider referral or self-referral over the phone

Mon-Fri, 9am-5pm
8.1.1
www.healthlinkbc.ca

Dieticians of Canada

A professional association with strong roots connecting more than 5000 unique and diverse members across all areas of food, nutrition and health with a common purpose to advance the health of Canadians through food and nutrition.

Dieticians of Canada provide evidence-based food and nutrition information, support easier access to adequate, safe, and healthy food, promote professional best practices, and advocate for better access to dietitians to meet the health needs of Canadians.

99 Yorkville Avenue
Toronto, ON M5R 1C1
416.595.0857
www.dieticians.ca

Fee for Services Obesity Resources

Celine Evans, RD

Celine provides services to individuals, groups, corporate businesses and sports teams to help increase their understanding and knowledge in key aspects of nutrition and health in practical ways.

The service involves a lifestyle and medical history assessment that will inform your individualized plan to help you learn what, when, and how much to eat. Nutrition 360 will help you increase energy, lose body fat, start clean eating, build lean body mass, and work on a nutrition plan for lifelong results.

Who can attend?

Anyone

1412 Naish Drive

Penticton, BC V2A 6L5
778.531.4360
www.nutrition360.ca

Matt Mailman, RD

A Registered Dietician that provides professional nutritional advice in the areas of clinical and sports nutrition, weight management, diet analysis, menu planning and disease prevention.

Penticton

250.460.2909
www.findhealthclinics.com

Penticton Naturopathic Clinic: Weight Management Program

A family run Naturopathic Practice aiming to provide quality health care to clients and their families. Penticton Naturopathic provides a Weight Management Program which involves body composition testing, and specific lab tests to identify roadblocks to weight-loss. Lifestyle and dietary changes, and nutritional and herbal supplementation may be included in clients' personalized weight-management programs.

Who can attend?

Anyone

#106 3310 Skaha Lake Road

Penticton, BC V2A 6G4

Mon - Fri, 9am - 8pm

250.492.3181

www.pentictonnaturopathic.com

South Okanagan Nutrition Consulting: Celeste Keller, RD

A private Registered Dietician service providing a variety of services including but not limited to: individual nutrition consultations, disease management such as diabetes, heart disease, high blood pressure, kidney disease and liver disease, healthy eating for individuals, healthy weight loss or weight gain, vegan or vegetarian diet information, pre-natal, pregnancy, and postnatal nutrition, and more. Celeste Keller also offers anthropometric measurement assessment, menu development, presentations for groups and sports nutrition.

Who can attend?

Anyone

11905 Olympic View Drive

Osoyoos, BC V0H 1V4
250.808.9129

Visit Celeste Keller's LinkedIn for more information:
www.linkedin.com

Lose It! Lifestyle Change Program

The City Centre Health and Fitness facility offers a lifestyle change program to help clients lose weight and improve their health. The program involves 1-hour sessions available in 10, 15, or 20 packs, and clients receive an individual diet, nutrition and exercise program, attend scheduled weigh-ins and measurement assessments, and keep food and exercise journals.

Who can attend?

Individuals interested in losing weight and adopting a healthier lifestyle

247 Martin Street

Penticton, BC

Mon - Thurs, 5am - 10pm, Fri, 5am - 9pm,

Sat & Sun, 8am - 6pm

250.487.1481

www.citycentrefitness.com

Community Recreation Facilities

Similkameen Recreation Centre

A community recreation centre that offers activities for all ages including bowling, a fitness room with cardio and strength equipment, squash and racquetball courts, an indoor climbing wall and outdoor ice rink. The Centre is also available for rent for birthday parties, family functions and group activities.

Who can attend?

General public

311 - 9 Street

Keremeos, BC VOX 1N2
Mon - Fri, 8:30am - 4pm
250.499.2400
www.keremeos.ca

Summerland Aquatic & Fitness Centre

A recreation centre that offers various amenities such as fitness room and pool, and programs for all ages including fitness, aquatic, child and youth programs, and health club.

Who can attend?

Anyone

13205 Kelly Avenue

Summerland, BC VOH 1Z0
Mon - Fri, 6am - 9:15pm, Sat & Sun, 9am - 8pm
250.494.0447
www.summerland.ca

Penticton Community Centre

A modern recreation centre with many health, fitness and recreation options including drop-in sports, fitness programs, pool, and aquatic fitness programs. Programs offered are Tot & Tykes, childminding, teen programs, adult fitness and recreation programs, advanced aquatics, and swim lessons.

Who can attend?

Anyone

325 Power Street

Penticton, BC V2A 7K9
Mon - Fri, 6am - 9:30pm,
Sat & Sun, 10am - 8:30pm
250.490.2426
www.penticton.ca

Sonora Community Centre

Located in the heart of Osoyoos, the Sonora Community Centre features a gymnasium, weight room, dance studio, craft room, and multipurpose rooms. The facility offers numerous recreation programs for all ages throughout the year, as well as drop-in classes, and open gym time. The facility is also available for rentals.

Who can attend?

Anyone

8505 68 Avenue

Osoyoos, BC VOH 1V0
Mon - Fri, 8:30am - 8pm
250.495.6562
www.osoyoos.ca/content/sonora-community-centre

General Health Online Resources

330 Ellis Street
Penticton, BC
Mon - Fri, 8:30am - 4:30pm
250.492.5814
www.oneskycommunity.com

Experience 50+ Living

An annual publication that serves as a one-stop resource for individuals and families dealing with important issues such as health care, housing, financial advice, leisure, recreation, and planning for retirement. Experience 50+ Living is a Community Guide to Better Living and makes space available for community organizations and business to provide readers with valuable information on community resources and services. The publication also provides a valuable means for seniors to stay connected within their community.

Who can participate?

Individuals aged 50+

1.800.631.0097 x202
www.experiencegroup.ca

Everything for Seniors

An online community health directory for local support services and resource listings. Service listings include active living, financial & legal, government programs, information sources, health & fitness, home & personal care, housing, and medical services.

OneSky Community Resources

An agency that has been building strong communities with opportunities for all individuals for 50 years. OneSky Community Resource has been providing quality supports and services to communities throughout the South Okanagan/Similkameen for over 50 years. OneSky responds to community needs, brings individuals together to facilitate solutions, provides resources, and delivers programs that support our neighbors.

Who can attend?

Anyone

UnlockFood.ca

A bilingual award-winning website brought to you by Dietitians of Canada. The website provides information on nutrition, food and healthy eating tips, as well as recipes, videos, and interactive healthy eating tools. The content focuses on healthy eating through the lifecycle, and chronic disease prevention. There are also useful resources pertaining to cooking, shopping, meal planning, picky eating, and more.

www.unlockfood.ca

Speak with a dietician free of charge, call: 8.1.1

Health Resources: Food & Activity Trackers

Eatracker

A Dieticians of Canada resource for planning meals, analyzing food, and tracking your activity levels. The interactive website offers a BMI Weight Analyzer, Food Search, Activity Search, and Recipe Analyzer to help individuals track their food intake and activity levels. An app is now available for tracking eating and activity on the go.

www.eatracker.ca

My Fitness Pal

An online resource and app that provides the tools that individuals need to successfully take weight off and keep it off. MyFitnessPal enables users to log meals efficiently, track activity levels, and help them stay on track to succeed in their weight-loss goals.

Free membership includes the easiest to use food diary on the web, a searchable food database of over 300 million items, your own personal food database, support and motivation from other users, and a personalized diet profile.

www.myfitnesspal.com

HealthWatch 360

A scientifically designed app that helps you eat right for your health. It monitors 30+ nutrients, counts calories and tracks 500+ symptoms. Key features include daily meal plans, recipe hub, HealthWatch goals, food log, personalized nutrition, health tracker, and daily report.

www.gbhealthwatch.com