

A Pharmacy for your convenience!! We are happy to announce that the Winnipeg Street Pharmacy Inc. will soon be located in our building. Plans and construction are underway with a proposed opening date in April. They look forward to serving our clinic members, patients, clients and the surrounding neighbourhood in the spring of 2009.

'HEALTHY RELATIONSHIPS' Workshop

In honour of Psychology Month (February) the Psychology students of the U of R will facilitate a workshop on 'Healthy Relationships' for all ages on February 25th. This session will be held at the Regina Community Clinic from 1:30-5:00 p.m. in the Bea Harding Room. Cost is \$5. Please register by calling 543-7880 ext. 223.

Girl Power!

The nutritionist and exercise counselor will hold a Girl Power class in the mornings of April 14, 15, 16 & 17, 2009 (Easter Break). The focus is on healthy eating, active living and positive body image presented in a fun and interactive environment. Last year was an overwhelming success with a waiting list to get in. Please be sure to register early by calling 543-7880 ext. 223.

- * Leonardo Da Vinci could write with one hand and draw with the other at the same time.
- ** Chewing gum while peeling onions will keep you from crying.
- *** A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.



FREE TAX SERVICE AVAILABLE MARCH 18 & 19

A volunteer will again be working in Regina Community Clinic to offer FREE income tax return preparation for those qualifying under guidelines outlined by the Community Volunteer Income Tax Program. INCOME LIMITS APPLY. This program has been operating for 37 years. Last filing season, nearly 300 volunteers completed 6920 income tax and benefit returns. Prior to having your income tax return completed by our volunteer, please ask your pharmacist to provide you with a computer printout of all your prescriptions purchased in 2008. There will be no charge for this. Also, if possible, please bring your copy of last year's income tax return. If you qualify and wish to have assistance in completing your income tax return, please call 543-7880 ext. 223 to make an appointment

There is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and our thoughts, as well as our success. - George Matthew Adams

Please remember

February 16th is a holiday.

A doctor will be 'on call' for any emergencies.
Please call 543-7880 and our answering service will assist you.