

MEMBERSHIP

The Westside Health Network Society is supported by community donations and memberships (\$20 yearly per person) Please join us today!

Name: _____

Address: _____

Phone: _____

Email: _____

Donated Amount:
\$ _____

WHNS participates in the Interior Health Community Care and Better at Home partnerships.

Support is also provided by the Province of British Columbia, United Way Lower Mainland, City of West Kelowna and the United Way Central and South Okanagan.

The WHNS is a charitable non-profit organization (S0028281)

Our Contact

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follow us on social media



**WESTSIDE
HEALTH
NETWORK
SOCIETY**

*Enhancing seniors' wellness
through volunteerism, education,
referral, and social programs
since 1991*

Information and Referral Phone Line



Office hours:
8am-2pm

Referrals are made to the most appropriate and available community health services.



Walk n Talk

A free program involving **physical fitness** (strength, balance, coordination, flexibility, endurance), **socializing**, and **health education**.



Tax Clinic

Annual tax preparation for low-income individuals and families.



MedWatch

A health service that provides older adults with a record of their current medical information.



Transportation

Min 48 hrs notice

Volunteers drive seniors to and from medical appointments and errands. Suggested donation round-trip to Kelowna **\$20** and West Kelowna **\$10**.



Volunteer Visits

Volunteers join seniors for a visit, walk, coffee or activity.



Happy Hookers

A group of volunteers who knit, crochet, and craft items that are gifted to the community.

Donations of wool and material are appreciated.



Volunteer Opportunities

WHNS is always looking for volunteers to assist seniors. Contact us for more info!



Better at Home

A subsidized program assisting seniors with **non-medical services** (light house-keeping, yard and home maintenance) to stay independent in their home.



Digital Device Tutorial

Volunteer students assist seniors with their computers, tablets, and smartphones



Community Directory

A free directory of government, health services, support services, and organizations on the Westside

