

Our Mission

At the Salmon Arm Seniors Health and Wellness Centre, we provide services designed to support the health and wellness of seniors living with chronic conditions. Our specialized care team supports seniors to live independently at home.



Salmon Arm Seniors Health and Wellness Centre

Suite 4, 781 Marine Park Drive,
Salmon Arm BC V1E 2X1

Phone: 778.489.5191

Fax: 1.778.489.5256

Hours:

Monday & Wednesday 8 am - Noon
Thursday 8 am - 4:30 pm

We acknowledge that we live and work within the unceded Secwepemculecw First Nations Territory.



Salmon Arm Seniors Health AND Wellness Centre



Do you want to improve or maintain your health and wellness?

Are you struggling with:

- Falling
- Memory Changes
- Nutrition
- Pain
- Medications
- Swallowing
- Bowel or Bladder Function
- Are you interested in working together with a health care team?

~ Talk to your doctor about a referral to the Seniors Health and Wellness Centre ~

We strive to:

- Help you work toward your health and wellness goals
- Help you maintain your independence
- Support your family and caregiver

Your Health Care Team

The following people may be involved in your care:

- Doctor
- Registered Dietitian
- Social Worker
- Physiotherapist
- Occupational Therapist
- Pharmacist
- Registered Nurse
- Rehab Assistant

What to expect:

- We talk with you about your health and wellness goals
- We decide with you which team members could be helpful
- We offer education, support assessments and short-term treatment
- We can help connect you with community programs that might interest you
- We keep you and your family doctor involved and informed

