

# SENIORS HEALTH

Health and Wellness  
Resources  
for Chronic Disease  
and the Elderly

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SENIORS  
HEALTH



**Select** Your health topic

*If you cannot find the resources  
you need online, please call  
250.763.8008 ext.125.*

# SENIORS HEALTH

## Health and Wellness Resources for Chronic Disease and the Elderly

To assist those who have, or are caring for those who have, chronic illnesses:

- Heart, Kidney or Liver Disease
- Parkinsons, ALS, MS
- Respiratory Illnesses
- Diabetes
- Stroke, Alzheimers, or Dementia

[www.kcr.ca](http://www.kcr.ca)

- Caregiver Support
- Clinics
- Self Management
- Support Groups
- And more!

FOR ASSISTANCE

**Local**

*Kelowna Community Resources*

Mon-Fri, 8:30am - 4:30pm

**250.763.8008 ext.125**

**Provincial**

*HealthLinkBC*

24 hours/day, 7 days/week

**8-1-1**



*Your First Stop for Information  
in the Central Okanagan*