



HEALTH & WELLNESS

All residents of British Columbia must enrol in the Medical Services Plan (MSP), which is a province-wide public health insurance. The MSP covers medically required services by physicians, diagnostic services (x-rays, lab tests) and a few procedures performed at a hospital. You would need to apply for MSP as soon as you arrive but your coverage will start three months after your arrival date. Here is the link to the online application: <https://my.gov.bc.ca/msp/application/prepare>

Once your coverage starts you will need to go to your local Service BC Centre (40 Calgary Ave, Penticton; 250-487-4200) to have your photo taken for the BC Services Card. If you are applying for a driver's licence, they will use the same photo for your BC Services Card.

It is a good idea to find a family doctor – a physician/General Practitioner who would know your family history and health issues and will be able to monitor your health, refer you to specialists, write prescriptions for medications, etc. To find a family doctor that accepts new patients, please call 811 (toll free) or visit Health Link BC to learn more: <https://www.healthlinkbc.ca>. Alternatively, you can join the centralized online waitlist (Patient Attachment List) and someone will contact you once they find a family doctor for you: www.divisionsbc.ca/sosPAL.

While you are looking for a family doctor, you could use the services of one of the walk-in clinics (please see a list below). You do not need an appointment to see a doctor at a walk-in clinic, but the wait times could be long.

Community Health Centres use an integrated approach to health by considering all social determinant of health and addressing both physical and mental health issues. Their services range from immunization, laboratory tests, urgent care, long-term residential care, on-site doctors' offices, children's health promotion and prevention, counselling and more. Please see below a list of local health centres.

Dental, optometry, physiotherapy, chiropractic and other services offered by specialists are provided at special clinics (please see the lists below) and are not covered by the provincial insurance, so you would need your private insurance for these services. Many employers have a private health insurance plan for you and your family that you contribute to from your salary. Please check with the human resources at your organization to see if you have this option.

There are a number of options that can help with your emotional/psychological wellbeing. You could get a referral to counselling services from your family doctor or access services at your local community health centre or community agencies that provide such assistance (please check the list of Counselling Services below). You could also find your own service provider but please be aware that services by private psychologists are not covered by the provincial health insurance (average fee is around \$300 per hour).

Did You Know?

The name Penticton is derived from a word in the Okanagan language. It is conventionally translated as “a place to stay forever” but is actually a reference to the year-round flow of Okanagan Lake through Penticton where it enters Skaha Lake. (Wikipedia)

To find a clinic or a specialist near you check out an online platform or an app such as <http://www.iamsick.ca> which is available in several languages.

You may also be interested in other people's opinions about doctors: <http://www.ratemds.com>

For health resources translated into several languages please visit: <http://www.healthlinkbc.ca/services-and-resources/translated-resources>

Health Insurance

- Medical Services Plan – apply online: <https://my.gov.bc.ca/msp/application/prepare>
- Service BC Centre, 40 Calgary Ave, Penticton; 250-487-4200

Hospitals

- Penticton: Penticton Regional Hospital, 550 Carmi Ave., 250-770-7553
- Oliver: South Okanagan General Hospital, 7139 - 362 Ave., 250-498-5012
- Keremeos: South Similkameen Health Centre, 700 - 3rd St., 250-499-3026
- Princeton: Princeton General Hospital, 98 Ridgewood Dr., 250-295-4428

Health Centres

- Penticton Health Centre, 740 Carmi Ave., Penticton; 250-770-3434
- Summerland Health Centre, 12815 Atkinson Road, Summerland; 250-404-800
- Oliver Health Centre, 930 Spillway Rd, Oliver; 250-498-5080
- Osoyoos Health Centre, 4816 – 89th Street, Osoyoos; 250-495-6433
- South Similkameen Health Centre, 700 – 3rd Street, Keremeos; 250-499-3000
- Princeton Health Centre, 98 Ridgewood Drive, Princeton; 250-295-4442

Walk-in Clinics

Penticton

- Apple Plaza Walk-In Clinic, 1848 Main Street; 250-493-5228
- Peach City Medical and Urgent Care Clinic, 2111 Main Street; 250-276-5050, 250-276-5051

For some clinics you can book your appointment online: <https://bc.skipthewaitingroom.com/city/Penticton>

Summerland

- Rosedale Medical Associates, 200-13009 Rosedale Avenue; 250-404-4242

Did You Know?

South Okanagan receives more than 240 hours of sunshine per month between May and August.

Oliver

- Oliver Health Centre, 930 Spillway Rd; 250-498-5080

Osoyoos

- Osoyoos Health Centre, 4816 – 89th Street; 250-495-6433

Keremeos

- South Similkameen Health Centre, 700 – 3rd Street; 250-499-3000

Princeton

- Princeton Medical Center, 77 Billiter Avenue; 250-295-0091

Dentists and Optometrists

There is a great choice of dental and optometry clinics in the region. Please note that if you do not have a private health insurance through your employer, you would need to pay for dental and optometrist services. The best way to find a dentist or an optometrist that accepts new patients is to find one near your home (www.google.ca) and call them. You could also check out some of the business directories for a list of businesses registered in the region:

- <https://www.penticton.org/business-directory>
- <https://www.summerlandchamber.com/list>
- <https://www.sochamber.ca/list/searchalpha>
- <https://www.economicdevelopmentosoyoos.com/osoyoos-business-directory>
- <https://www.princeton.ca/p/business-directory>

Pharmacies

Penticton

- Shoppers Drug Mart, 1301 Main St, Unit 701; 250-492-8000
- Guardian - Knights Pharmacy, 330 Main St.; 250-492-4024
- City Centre Pharmacy Remedy's Rx, 399 Main St 101; 250-770-0047
- Sunrise Pharmacy, 564 Main St. #140; 778-476-7473
- London Drugs, 2111 Main St; 250-492-4728

Summerland

- Summerland Guardian Pharmacy, 13009 Rosedale Ave Unit 100; 250-494-0541
- Pharmasave #259, 9515 Main St; 250-494-0531
- Shoppers Drug Mart, 10108 Jubilee Rd W; 250-494-3165

Oliver

- Oliver Drug Store, 105-291 Fairview Road; 250-485-4007
- Remedy's Rx, 105-291 Fairview Road; 250-485-4007

Osoyoos

- Shoppers Drug Mart, 8305 Main St; 250-495-6055
- Pharmasave, 8301C 78 Ave; 250-495-7424

Keremeos

- Pharmasave, 526 7th Ave; 250-499-5543
- Similkameen Pharmacy, 533 7th Ave; 250-499-5086

Princeton

- Shoppers Drug Mart, 232 Bridge St; 250-295-3383
- I.D.A. –Princeton Pharmacy, 136 Tipton Ave #3; 250-295-7670

Counseling

- SOWINS counseling service for victims of violence/abuse: #102-1027 Westminster Ave. West, Penticton, 250-493-4366, <https://sowins.com>
- Pathways Addictions Resource Centre, #1-996 Main St., Penticton, 250-492-0400
- Desert Sun Counselling & Resource Centre, 250-498-2538, www.desertsuncounseling.ca
- Penticton & Area Access Centre (PAAS), 866-493-6822, www.accesscentre.org
- South Okanagan Victim Assistance Society (SOVAS), 250-493-0800, www.sovas.ca
- South Okanagan Similkameen Mental Wellness Centre (individual, family and youth services), 118-246 Martin St., Penticton; 250-493-7338

Elder Care

Penticton Home Care

- Nurse Next Door Home Care Services, 216 Hastings Ave., Suite 260; 250-488-8586
- CBI Home Health Services, 3310 Skaha Lake Rd #102; 250-493-6693
- Penticton Home Care Programs, Home health care service, 740 Carmi Ave; 250-770-3477
- Home instead Senior Care; 1-877-786-6249 <https://www.homeinstead.ca/3005/home-care-services/senior-care/penticton-senior-care>

Did You Know?

Summerland is home to the one of the very few remaining working steam trains in Canada. You can take a ride on that train at the Kettle Valley Steam Railway.

Penticton Retirement Homes & Assisted Living Centres

- Trinity Care Centre, Assisted living facility, 75 Green Ave W; 250-493-6601
- Chestnut Place, Assisted living facility, 453 Winnipeg St; 250-490-0200
- The Hamlets At Penticton, Assisted living facility, 103 Duncan Ave W.; 250-490-8503
- The Concorde Retirement Residence, 3235 Skaha Lake Rd; 250-490-8800
- Cherry Park Retirement Residence, 317 Winnipeg St; 250-492-2447
- Sun Village Retirement Residence, 1147 Main St; 250-492-2020
- Athens Creek Retirement Lodge, 170 Warren Ave W; 250-493-3838
- Haven Hill Retirement Centre, 415 Haven Hill Rd; 250-492-2600
- Charles Manor, Retirement home, 333 Martin Street; 250-492-3600

Penticton Wellness Programs & Services

- South Okanagan Senior's wellness society, 330 Ellis Street; 250-492-5814 <http://oneskycommunity.com/adult-services/senior-services> and <http://oneskycommunity.com/directory/south-okanagan-seniors-wellness-society>
- Penticton Seniors' Drop-In Centre Society, 2965 S Main St; 250-493-2111; <http://www.pentictonseniors.org>
- Seniors Mental Health - Outreach Clinic, 437 Martin St.; 250-770-3696

Summerland Retirement Homes & Assisted Living Centres

- Summerland Seniors Village, 12803 Atkinson Road; 250-404-4400
- Parkside Care Residents, 9719 Brown St; 778-516-5577
- Prairie Valley Lodge, Senior Citizen Center, 10312 Prairie Valley Rd; 250-404-0203
- Angus Place, Retirement home, 9302 Angus St; 250-494-1161
- Summerland Kiwanis Senior Citizen Housing Society, 10912 Quinpool Rd; 250-494-0883

Oliver Retirement Homes & Assisted Living Centres

- McKinney Place Residential Care Facility, South Okanagan General Hospital, 911 McKinney Rd; 250-498-5040
- Heritage House Assisted Living Residence, 409 Salamander Ave; 250-498-0622 <http://www.heritagehouse-al.com>
- Sunnybank Centre, 543 Fairview Rd; 250-498-4951
- Oliver Kiwanis Senior Citizens Housing Society, 6012 Kootenay St #200; 250-498-4685; <http://oliverkiwanis.org/kiwanis-housing>
- Oliver Senior Centre Society, 5876 Airport Street; 250-498-6142
- Country Pines, A Parkbridge Residential Retirement Community, 8487 BC-97; 250-328-5189

Keremeos Retirement Homes & Assisted Living Centres

- Orchard Haven, 700- 3rd Street; 250-499-3030
- Princeton/Keremeos Mental Health Centre, 700 3rd Street, 1-800-663-7867

Osoyoos Retirement Homes & Assisted Living Centres

- Seniors Mental Health - Osoyoos Mental Health; 4816-89th St; 250-495-6433
- Mariposa Gardens Retirement and Care Community, 8816-97 St; 250-495-8124
- Sunshine Ridge Retirement Residence, 9107 Main St; 250-495-2520 <http://sunshineridgeosoyoos.ca>
- Elk's Golden Villa, 5 Jonagold Pl; 250-495-6666
- County Squire Retirement Villa, 9705 N 87 St; 250-495-6568
- Baltic Properties (Mariposa) Ltd, 8816 BC-97; 250-495-8162

Princeton Retirement Homes & Assisted Living Centres

- Senior Citizens Branch 30, 162 Angela Ave; 250-295-7515
- Vermillion Court, 72 Fenchurch Ave
- Ridgewood Lodge, Nursing Home, 98 Ridgewood Dr; 250-295-3211

Traditional/Alternative Medicine & Wellness Practices

Acupuncture/Shiatsu/Herbal Medicine

Penticton

- Penticton Integrative HealthCare - Thrive On with Acupuncture!, 626 Main St #4; 250-328-3811; <https://acupuncturepenticton.com>
- Penticton Acupuncture and Herbal Clinic, 3373 Skaha Lake Rd; 250-328-8328; <http://www.pentictonacupuncture.ca>
- The Lakelands Acupuncture, 221 Martin St; 250-492-2224; <https://lakelandsacupuncture.com>
- Pro-Physio Clinic, 88 Duncan Ave W; 250-490-8999; <https://www.prophysioclinic.ca>
- Thrive Acupressure & Shiatsu, 477 Martin St Suite #3; 250-328-8235; <https://www.thriveacupressure.com>
- The Art of Good Health (acupuncture and Chinese medicine), 106-3310 Skaha Lake Rd; 250-492-3181; <http://theartofgoodhealth.com>
- Acupuncture and Herbal Medicine Clinic- Dr Glenn Morezewich. Unlimited Optimal Health Centre, 521 Martin St; 250-492-8988; <http://drglenn.com>
- Penticton Naturopathic Clinic, 3310 Skaha Lake Rd, Penticton; 250-492-3181; <http://www.pentictonnaturopathic.com>
- South Okanagan Naturopathic Clinic, 461 Martin St; 250-493-6060
- Dr Deirdre O'Neill, ND, Naturopathic Practitioner, 3373 Skaha Lake Rd; 250-770-1079; <https://www.drdeirdreoneill.com>
- Dr. Natalie Mazurin, Naturopathic Practitioner, 106 – 3310 Skaha Lake Rd; 250-492-3181; <http://www.drnatmazurin.com>
- Wiens Jese Anne Dr, 101-2504 Skaha Lake Rd; 778-476-2550 <https://www.risewellnesscentre.ca>
- Kimberley Health Centre, 410C Upper Bench Rd N; 778-476-6016 <http://www.kimberleyhealthcentre.com>

Summerland

- Spokes - Clinical Naturopathy, 13001 Henry Ave, Summerland; 250-494-9496; <http://spokesclinic.com>
- The Natural Family Health Clinic, 1040 Main St, Okanagan Falls; 250-497-6681; <https://www.drtaamarabrowne.ca>

Did You Know?

The stern-wheeler SS Sicamous was launched in 1914 as a luxury vessel to transport passengers and cargo to remote communities along the shores of Okanagan Lake. Today it is a museum and a heritage site in the Shore of Okanagan Lake in Penticton.

Reiki, Yoga & Meditation

Penticton

- Desert Rose Reiki, Reiki Therapist, 301-#206, Main St; 250-328-8968; <https://www.desertrosereiki.com>
- The AngelZen School of Reiki, Forsyth Dr.; 250-488-2439; <http://www.angelzenreiki.com>
- Godspeed Health and Wellness, 665 Latimer St; 250-492-0566
- Freedoms Star Advantage; 778-531-3778; <https://www.freedomsstaradvantage.com>
- Vital Energy Reiki, 230 Martin St #106; 250-574-2732; <http://essentialterpenetherapy.com>
- Avichi Wellness, 206-301 Main St; 250-328-9807; <https://www.avichi.ca>
- Purple Lotus Yoga, 60 Calgary Ave; 250-328-4426; <http://www.purplelotusyoga.ca>
- Reflexions Yoga Studio and School, 697 Wade Ave W #100; 250-462-9642 <http://www.reflexions-studio.com>
- Get Bent Yoga & Dance, 1475 Fairview Rd #115; 250-462-1025; <https://www.getbentcentre.com>
- Starlit Yoga, 100 Nanaimo Ave E #102; 250-328-2854; <http://www.starlityoga.com>
- SOYA Yoga Teacher Training, 60 Calgary Ave; 403-388-4282; <https://soyayoga.com>
- Elephant Tree Yoga, Okanagan Ave W.; 250-488-1491; <https://elephanttreeyoga.weebly.com>
- Rocket Yoga Planet, 769 Winnipeg St; 250-490-8991
- Fox Dreamer Energy Centre, Meditation Centre, 535 Main St #135; 250-801-9992; <https://foxdreamer.ca>
- Naramata Lifestyle Wellness- Best Meditation, Naturopathy, Weight & Pain Management Centre Okanagan, 1230 Evans Ave; 250-276-0787; <https://naramatalifestyle.com>
- New Energy Bowen Therapy, 3-477 Martin St; 250-462-1500; <https://www.newenergybowen.ca>

Summerland

- Mai Life House - Summerland Acupuncture & Yoga, 6111 Charles Ave, Summerland; 778-516-1015; <https://www.mailifehouse.com>

Oliver

- Pur Zen Oliver, Yoga studio, 6220 Main St #101, Oliver; 250-486-7295; <https://www.pur-zen.com>

Osoyoos

- Yoga Nature by Rachelle, 8505 68 Ave; 250-485-8363 <http://yoganaturebyrachelle.com>
- Mindful Studio Plus, 7611 Spartan Dr., unit #102; 250-498-1715 <https://mindfulstudioplus.com>
- Ainsley Beauchamp, Reiki Therapist, 124 Pinewood Crescent RR#1, Site 19, Compartment 19; 250-295-7432

Pet Therapy

- Horsemanship/horse therapy to improve communication skills, emotional control, anxiety, depression, focus skills, and overcoming fear: 4498 Trepanier Road, Peachland; 250-575-3144; mirroredheartsege@gmail.com; <https://www.mirroredhearts.ca/horsespeak>
- Therapy Dog Program: <https://www.sja.ca/English/Community-Services/Pages/Therapy%20Dog%20Services/default.aspx>