

Our Exercise Specialists assist patients in improving or adapting their physical activity to prevent and manage chronic health issues.

WORKSHOPS AND GROUP PROGRAMS

- GLA:D Hip and Knee
- GLA:D Back
- Supervised Exercise

COMMUNITY PARTNERSHIP

- Prescription to Get Active

TEAM MEMBERS

- Exercise Specialist (ES)
- Referring EWPCN Family Physician



In-person appointments occur at
Edmonton West Primary Care Network

#124 Meadowlark Health and Shopping Centre
156 Street and 87 Ave, Edmonton, AB T5R 5W9
Phone: 780-443-7477 Fax: 780-481-9149
www.ewpcn.com

IN-SCOPE

- Patients 16 years of age and older
- Patients requiring mobility aides
- Non-urgent referrals

OUT-OF-SCOPE

- Urgent referrals

REFERRAL PROCESS

- EWPCN physician members or clinicians can refer patients by using the EWPCN Main Referral Form.
- Patients are booked for in-person or virtual Active Living for Everyone group class, which teaches the principles of active living and exercise along with an overview of our programs and services.
- Following the class, patients are offered to schedule a one-on-one appointment with an ES to further explore next steps.

Patients have the option to book appointments either in-person or virtually through secured video or telephone.

Initial appointments deemed appropriate for follow-up care can be requested to book within six months of referral or a previous appointment.

Call us if you have any questions about EWPCN's programs and services.