

**OLIVER & OSOYOOS**  
**Community Resources**  
**2014**



**INTERIOR HEALTH AUTHORITY**  
**SOUTH OKANAGAN GENERAL HOSPITAL**  
**250-498-5000**  
**250-498-5004**

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**NOTES**

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**Interior Health Contacts**

**NOTE: Referrals** should phone 250-498-5080 for the appropriate department.

**Community Rehab**

Oliver 250-498-5000 Ext. 5039  
Osoyoos 250-495-6433 Ext. 2304

**Home Care Nursing**

Oliver 250-498-5075  
Osoyoos 250-495-6433 Ext 2305

**Home Support**

Oliver 250-498-5020  
Osoyoos 250-770-3450

**Long Term Care**

Osoyoos 250-495-6433 Ext 2306 Ext 2307  
liver 250-498-5083

**Public Health**

Oliver 250-498-5071 or 250-498-5072  
Osoyoos 250-495-6433 Ext 2301 Ext 2303

**Seniors Mental Health** Osoyoos 250-495-6433

**Chronic Disease Nurse**

**Dietician**

## **ACTIVITY AND RECREATION**

### **Oliver Community Centre**

Main 250-498-4985  
Pool 250-485-0999  
Arena 250-498-3634

HOURS: Monday – Friday 8:30 – 4:30 pm  
[www.oliverrecreation.ca](http://www.oliverrecreation.ca)

### **South Okanagan Regional Library**

250-498-2242

Monday CLOSED  
Tuesday 9:30 am to 5:30 pm  
Wednesday 12:00 pm to 8:00 pm  
Thursday 9:30 am to 5:30 pm  
Friday 12:00 pm to 5:30 pm  
Saturday 9:30 am to 3:00 pm  
Sunday and all Statutory Holidays – CLOSED  
[www.orl.bc.ca](http://www.orl.bc.ca)

## **VETERANS**

Bureau of Pensions Advocates 1-800-228-2250  
60 Nanaimo Avenue West, Penticton, BC

Service Canada Office 1-800-622-6232  
386 Ellis St, Suite 101, Penticton, BC  
hours: MONDAY—FRIDAY 8:30—4:30  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)  
VETERANS AFFAIRS CANADA 1-800-522-2122  
[www.veterans.gc.ca](http://www.veterans.gc.ca)

## **NOTES**

Personal Emergency Numbers

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Name	Number
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Name	Number
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Name	Number
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## MISCELLANEOUS

Advocacy	1-800-663-1278
Better at Home	250-495-6925
Volunteer Service HOURS Mon—Fri 8:30—3:30	
Hair Dresser—Joyce	250-498-0780
<b>Health Link BC</b>	<b>8 11</b>
IRS (Respiratory Service)	1-877-965-6204
Lifeline Program	1-866-784-1992
	250-770-1-3531
Pharmacare	1-800-663-7100
Public Guardian Trustee	1-800-663-7867
Sandra Cragg Counselling	250-485-4107
South Okanagan Mobile Blood Collection	250-770-0437
Sunshine Wellness Counselling	250-485-8979
Travel Vaccines	1-888-288-8682
Vital Air Health Care	1-800-637-0202

## DOCTORS OFFICES

<b>Dr. Catherine Rooke</b>	250-485-0359
<b>Dr. Mark Hamilton</b>	250-498-3488
<b>Medical Clinic</b>	250-498-2232
Dr. Margaret Myslek	
Dr. Peter Entwistle	
<b>Family Health Clinic</b>	250-498-3418
Dr. Steven Evans	
Dr. Thomas Francis	
<b>Main Street Medical</b>	250-498-3411
Dr. Ansunette Devries	250-495-6565
Dr. Stuart Johnston	
Dr. Alan Ruddiman	
Dr. Madia Smallwood	
Dr. Jan Venter	
<b>Desert Doctors Clinic</b>	250-495-6565
Dr. Garnett Tarr	
Dr. Matthys DeVries	
Dr. Elzaan DeWitt	
<b>Osoyoos Medical Center</b>	250-495-2661
Dr. Jaco Bellingan	
Dr. Robert Calder	
Dr. Lorraine Kane	

## **WALK-IN CLINICS**

### **(No Appointment Necessary)**

#### **Apple Plaza Walk-In Clinic** 250-493-5228

162-1848 Main Street, Penticton, BC  
Rotation of 19 local physicians working

Monday to Friday 9:00— 6:00

Saturday, Sunday and Statutory Holidays

10:00—4:00

[www.appleplazawalkinclinic.com](http://www.appleplazawalkinclinic.com)

#### **Peach City Medical Clinic**

250-276-5050

166-2111 Main Street, Penticton

Located at Cherry Lane Mall by London Drugs

Dr. S. Samoyloff

Dr. S. Collyer

Dr. R. O'Neil

Dr. S. Pansegrouw

Monday – Friday 9:00—5:00

Saturday and Statutory Holidays 9:00—1:00

Sunday – closed

[www.peachcitymedical.com](http://www.peachcitymedical.com)

## **Service Groups**

Benevolent Protective Order of Elks	250-498-3808
Kiwanis (leave message)	250-498-0889
Royal Canadian Legion	250-498-3868
Lions & Lionesses	250-498-3710
Rotarians	250-497-6431
South Okanagan Immigration and Community Services	250-498-4900

## **Transportation**

Better @ Home (wheelchair Van)	250-495-6925
Greyhound Canada	1-800-661-8747
Assistant Service with advanced notice	
Oliver	250-498-2626
Osoyoos	250-495-7252
Masonic Freemasons	1-800-299-0188
Volunteer Driver for Cancer Patients to Cancer Clinics	
Pick up at Oliver Super Valu	
HOURS Monday—Friday 10:00—1:00	
Book appointments in advance	
Oliver Taxi	250-498-0022
	250-535-1122
Osoyoos Taxi	250-495-7004
South Okanagan Transit (Handydart)	250-495-8054
SPARC BC (Handicap Parking Permits)	1-604-718-7744
General Inquiries	1-604-718-77-33

## Lawyers

## **MENTAL HEALTH AND ADDICTIONS**

**Alcoholics Anonymous** 250-490-9126

Oliver 250-498-8276

www.bcyukonaa.org 250-498-8800

**Alcohol & Drug Counseling Pathways** 250-492-0400

Youth and Adult Programs

www.pathwaysaddictions.ca

**Bateman House** Oliver 250-485-0043

**Canadian Mental Health Association** 250-493-8999

HOURS Monday—Thursday 8:00—2:00

**Desert Sun Counseling** 250-498-2538

HOURS Monday—Thursday 1:00—5:00

by appointment only

**Family to Family Education** 250-493-7338

**Kelty Mental Health Resource Centre** 1-800-665-1822

Child & Youth Mental Health, Provincial Eating Disorders

for all Ages www.keltymentalhealth.ca

**Narcotics Anonymous** 250-490-

9215

www.bcrna.ca

**Mental Health & Substance Use** 250-495-6433

Ext 2302

**Senior's Mental Health** 250-495-6433

Ext 2310

**South Okanagan Victim Assistance** 250-493-0800

**Suicide Prevention Line (Crisis Line)** 1-800-784-2433

Any and all suicide related calls 1-888-353-2273

www.peopleinneed.ca

## **PHYSIOTHERAPY / MASSAGE THERAPY**

Oliver Physiotherapy 250-485-7124

Tuesday—Friday 8:00—4:00

Osoyoos Physiotherapy and Active Living Clinic

250-495-2225

Monday—Friday 8:00—6:00

www.osoyoosphysiotherapy.com

## **CHIROPRACTIC / NATURAL HEALTH**

**Dr. Christopher E. Scheuren** 250-495-5431

8317 68th Street Osoyoos, BC

**Dr. Gordon P. Reinhold** 250-495-7922

8127 Main Street Osoyoos, BC

**The Natural Family Health Clinic**

250-497-6681

Dr. Tamara Browne

101-1040 Main Street Okanagan Falls, BC

www.drtamarabrowne.ca

**Honu Chiropractic Life Centre** 250-495-4566

8307 72nd Avenue Osoyoos, BC

**Sunshine Chiropractic** 250-498-3880

Dr. Brandt Leinor

Suite D-9315 350th Ave. Oliver, BC

www.sunshinechiropractic.ca

**Sunshine Valley Family Chiropractic** 250-495-4810

Dr. Martha Collins

8507 74th Avenue Osoyoos, BC

## **CHRONIC DISEASE MANAGEMENT**

SOUTH OKANAGAN CHRONIC DISEASE PRO- GRAM Services aimed at help- ing people manage chronic dis- ease through small group and/ or individual appointments	250-770-3550 1-800-707-8550
ALS SOCIETY BC	1-800-708-3228
ALZHEIMER'S SOCIETY	1-800-318-1122 250-493-8182
DEMENTIA LINE	1-800-936-6033
ARTHRITIS SOCIETY Kelowna Office www.arthritis.ca	1-800-414-7766 250-868-8643 info@arthritis.ca
BC CANCER AGENCY Kelowna Office www.bccancer.bc.ca	1-888-563-7773 250-712-3900
BC EPILEPSY SOCIETY info@bcepilepsy.com	1-604-875-6704 www.bcepilepsy.com
LUNG ASSOCIATION BC Better Breathers Club & Asthma Network	1-800-665-5864 250-492-4159
CEREBRAL PALSY ASSOC BC www.becerebralpalsy.com	1-800-663-0004

## **GROCERIES - MEALS - FOOD**

<b>Better Meals</b> Frozen Meals delivered once per week depending on your location. Minimum \$25.00 orders www.bettermeals.ca	1-888-838-1888 604-299-1877
<b>Buy Low Foods</b> Oliver Delivery available on Friday \$5.00 Fee. No minimum or- der. Shopping service provided - please call in morning for this service.	250-498-6440
Osoyoos Delivery available on Wednesday \$5.00 Fee. No minimum or- der. Shopping service provided – please call in the morn- ing for this service	250-495-5355
<b>Dinners At Home SOGH</b> Frozen Meals available for purchase as SOGH Auxiliary \$6.00 per meal HOURS: Tuesday 1pm -3pm & Thursday 9am – 11am	250-498-5026
<b>Family Foods</b> Osoyoos Delivery Available on Thursday No Charge for Seniors. Minimum Order of \$25.00. <i>Does not provide shopping service</i>	250-495-6818
<b>Meals On Wheels</b> Oliver Delivery of hot meals 3-6 days per week. Monday thru Saturday, including holidays. Delivery between 11:30am and 1:00pm. Cost is \$4.50 per meal.	250-498-0889 250-498-5080
Osoyoos <b>Salvation Army Food Bank</b> Osoyoos Oliver	250-495-5055 250-495-6581 250-498-4555
<b>Super Valu</b> Oliver Delivery Available \$5.00 Fee. No Minimum Order. Deliv- eries are made between 4:00pm and 5:00pm with NO delivery on Holidays and Sundays. <i>Does not provide</i>	250-498-2636



## MEDICAL EQUIPMENT / PHARMACIST

**Canadian Red Cross** 250-485-7483  
**Dycks Home Medical Supplies** 1-877-803-2288  
**Oliver Pharmacy** 250-485-4007  
Monday - Friday 9:30 - 5:30,  
Saturday 9:00 - 3:00  
Sells ADL and mobility items  
**PharmaSave** Osoyoos 250-495-7424  
HOURS: Monday - Friday 9:00 - 6:00  
Saturday 9:00 - 5:00  
Rent or sale items (crutches, canes etc.)  
Oliver 250-498-2830  
Monday - Friday 9:00 - 6:00  
Rent or sale items (crutches, canes etc.)  
[www.pharmasave.com](http://www.pharmasave.com)  
**Red Cross Health Equipment Loan Program**  
Oliver 250-498-6700  
Referral needed from physician, PT or OT  
**Shoppers Drug Mart** Osoyoos 250-495-6055  
Monday - Sunday 8:00 - 10:00  
Oliver 250-498-3388  
Rent items with note from physician to pharmacy  
[www.shoppersdrugmart.com](http://www.shoppersdrugmart.com)  
**Shoppers Home Health Care** 250-492-7592  
Penticton, BC  
Rent broad range of equipment and furniture  
Direct bill to DVA  
Direct bill to Worksafe BC  
[www.shoppershomehealth.ca](http://www.shoppershomehealth.ca)  
**Valley Medical Supply** 1-800-665-8258  
**Penticton Pharmacy** 250-492-4000 ex 2624

## CHRONIC DISEASE MANAGEMENT cont'd

DIABETES EDUCATION 250-498-5000  
DIAL A DIETICIAN 1-800-667-3438  
  
CARDIAC HEALTH 250-770-3550  
Supervised Exercise Program 1-800-770-8550  
Physician referral required.  
HEART & STROKE FOUNDATION 1-866-432-7833  
  
Kelowna 250-860-6275  
[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)  
  
KIDNEY FOUNDATION CANADA 1-800-567-8112  
Burnaby, BC 1-604-736-9770  
[www.kidney.ca](http://www.kidney.ca) *interior@kidney.bc.ca*  
  
MS SOCIETY OF CANADA 250-762-5850  
  
MS SUPPORT GROUP 250-498-4372  
Meets 2nd Tues monthly-  
[info.okanogan@mssociety.ca](mailto:info.okanogan@mssociety.ca)  
  
MUSCULAR DYSTROPHY SOC. 1-800-366-8166  
[www.muscle.ca](http://www.muscle.ca) *info@muscle.ca*  
  
OSTEOPOROSIS CANADA 1-800-463-6842  
Kelowna@osteoporosis.ca 250-861-6880  
  
PARKINSON'S SOCIETY BC 1-800-668-3330  
[www.parkinson.bc.ca](http://www.parkinson.bc.ca)  
*info@parkinson.bc.ca*

## Private Hire

**CJ Home Care** - Claudette 250-495-7115  
(Shopping, Cleaning, Personal Care Services)

**Errands for You** (Tammy Parsons) 250-809-5366

**Family First Home Support Services** 250-488-5623  
Jennifer Alexander (Transportation, Shopping, House-keeping, Personal Care )

**The Errand Lady** (Gloria Scott) 250-490-6378

**Irma Kemper** 250-485-6805  
(House cleaning, Driving to Appointments)  
250-485-8886

**Janet Radies** 250-498-4406  
250-498-7489 (Driving to Appointments, Companionship, Errands, Shopping)

**Kelvin's Kare** (Kelvin Saville) 250-488-6578  
(Driving, Personal Care, Exercises, Light Cooking)

**Maid To Order** 250-770-1854

**(Shopping, Cleaning, Laundry)** 250-460-0281

**Nurse Next Door** (DVA Preferred Provider)  
250-488-8586  
(All levels of Personal Care, Foot Care, Wound Care, Palliative Care, Live In Care) [www.nursenextdoor.com](http://www.nursenextdoor.com)

## Housing Continued

**Ministry Of Social Development** 1-866-866-0800  
HOURS: Monday – Friday 9am – 4pm, Closed STAT Holidays “Assists British Columbians by helping people move from income assistance to sustainable employment, and by providing income assistance to those who are unable to fully participate in the workforce.”  
[www.hsd.gov.bc.ca/bcea.htm](http://www.hsd.gov.bc.ca/bcea.htm)

**Rental Assistance Program** 1-800-257-7756  
“provides eligible low-income, working families with cash assistance to help their monthly rent payments”  
[www.bchousing.org/options/rental\\_market](http://www.bchousing.org/options/rental_market)

**Shelter Aide For Elderly Persons (SAFER)** 1-800-257-7756 “helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60 or over and who pay rent for their homes.”

**Sunnybank Center** Oliver 250-498-4951  
Interior Health Residential Care Facility  
38 Residents - 13 secure beds

**Women's Shelter** 250-485-7777

## HOUSING

**BC Housing – Housing Registry** 1-800-834-7149  
Penticton, BC 250-493-0301

Monday – Friday 8:30 – 4:30

The Housing Registry is a centralized database for housing providers that contains current application information. Housing providers can use this information to find tenants when housing units become available.

[www.bchousing.org](http://www.bchousing.org)

**BC Housing** (home office) 1-866-465-6873

For General Information

**Cactus Ridge Retirement Residence Osoyoos**

[www.cactusridgerr.com](http://www.cactusridgerr.com) 250-495-2520

**Elk's Golden Villa Osoyoos** 250-495-6666

(care type: Independent Living)

**Heritage House Assisted Living** Oliver  
250-498-0622

[www.benclife.com](http://www.benclife.com)

**Kiwanis Senior & Family Housing** Oliver  
250-498-4685

**Mariposa Gardens Residential Care**  
Osoyoos 250-495-8124

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

**McKinney Place** Oliver 250-498-5040

Interior Health Residential Care Facility

75 Residents

**Men's Shelter** 250-490-9521

Compass House - Salvation Army Penticton

[www.bchousing.org/option/emergency\\_housing](http://www.bchousing.org/option/emergency_housing)

## Private Hire cont'd

**Sharri's Errands** 778-515-2420  
(Personal Care, Errands, Driving to Appointments)  
250-486-1059

### **Sweeping Beauties Cleaning Services**

250-490-8750

**(House cleaning, laundry)** 250-498-6648

**We Care Home Health Services** 250-493-6693  
(Personal Care, Homemaking Services, Companionship) [www.wecare.ca](http://www.wecare.ca)

## LAWYERS & NOTARIES

### **Oliver**

Alan Czepil 250-498-4941

Pearce Taylor Schneiderat 250-498-4561

### **Osoyoos**

John Cooper 250-495-2626

Derek Donaldson Law Group 250-485-4212

Gordon & Young 250-495-6508

### **Service Groups**

Benevolent Protective Order of Elks	250-498-3808
Kiwanis (leave message)	250-498-0889
Royal Canadian Legion	250-498-3868
Lions & Lionesses	250-498-3710
Rotarians	250-497-6431
South Okanagan Immigration and Community Services	250-498-4900

### **Transportation**

Better @ Home (wheelchair Van)	250-495-6925
Greyhound Canada	1-800-661-8747
Assistant Service with advanced notice	
Oliver	250-498-2626
Osoyoos	250-495-7252
Masonic Freemasons	1-800-299-0188
Volunteer Driver for Cancer Patients to Cancer Clinics	
Pick up at Oliver Super Valu	
HOURS Monday—Friday 10:00—1:00	
Book appointments in advance	
Oliver Taxi	250-498-0022
	250-535-1122
Osoyoos Taxi	250-495-7004
South Okanagan Transit (Handydart)	250-495-8054
SPARC BC (Handicap Parking Permits)	1-604-718-7744
General Inquiries	1-604-718-7733

### **FOOTCARE**

<b>Bayshore Home Health</b>	1-877-717-7528
Kelowna, B.C. (send staff to Oliver area as needed)	
Direct bill to DVA	
Self referral	
<b>Delightful Foot Care</b>	250-495-7791
No direct bill to DVA	
Only available in Osoyoos area	
Goes to your own home	
<b>Nurse Next Door Home Health Care Services</b>	
	250-488-8586
Direct bill to DVA	1-888-988-5880
Self referral or physician	
<i>www.nursenextdoor.com</i>	
<b>Footloose</b>	250-485-8190
<b>JoAnn Kasper</b>	
<b>We Care Footcare</b>	250-493-6693
Direct bill to DVA	1-877-719-4166
Self referral	

### **HEARING CARE**

<b>Beltone Hearing Clinic</b> Oliver	250-498-4544
Monday, Tuesday, Thursday 8:30 - 4:30	
Osoyoos	250-495-6535
Monday, Tuesday, Wednesday 8:30 - 4:30	
<b>Expert Hearing Solutions</b>	
Oliver	250-498-2966
Osoyoos	250-495-7008

## **EYE CARE**

**Apex Eye Care** 250-493-2552

Penticton, BC

Monday, Tuesday, Thursday 8:00 - 4:30

Wednesday 9:30 - 4:30

Friday 8:00 - 12:00

**Dr. Specs Optical** 250-492-5550

Penticton, BC

Monday to Saturday 9:00 am to 5:00 pm

**Grapevine Optical** 778-439-3003

Oliver, B.C.

Optometrist on site every 3 weeks for 2 days. Phone for appointment

Monday to Friday 10:00 to 4:00

**Visions One Hour Optical** 250-492-8997

Penticton, BC

(Lab closes at 4:00)

Sunday to Wednesday 10:00 - 6:00

Thursday and Friday 10:00 - 8:00

**Waterfront Eyecare Centre** 1-877-495-5665

Osoyoos, BC

250-495-2020

Monday to Friday 8:00—5:00

[www.waterfronteyecarefyi.com](http://www.waterfronteyecarefyi.com)

## **Seniors Services**

**Oliver Seniors Centre Society** 250-498-6142

34453 - 95th Street Oliver

HOURS: Monday to Saturday 10:00 – 4:00

*(to promote development and improvement of the mental, social, and physical well being of Senior citizens by providing a venue for recreation and entertainment)*

[www.oliverseniorcentre.com](http://www.oliverseniorcentre.com)

**Osoyoos Seniors Centre Society** 250-495-6921

17 Park Place Osoyoos

HOURS: Sunday to Saturday [www.sochamber.ca](http://www.sochamber.ca)

## **Support Groups/Societies**

**BC Coalition of People with Disabilities**

1-800-663-1278

Vancouver, BC

[www.bccpd.bc.ca](http://www.bccpd.bc.ca) [feedback@bccpd.bc.ca](mailto:feedback@bccpd.bc.ca)

**BC Paraplegic Association** 1-877-816-8700

**Brain Injury Society & Housing** 250-490-3912

Penticton, BC

HOURS: Monday to Friday 8:30 - 4:30

[www.sosbis.com](http://www.sosbis.com)

**CNIB Helpline** 250-763-1191

[www.cnib.ca](http://www.cnib.ca) 1-800-563-2642

**Desert Valley Hospice Society** 250-689-3847

**Grief Education Support Group** 250-498-5044

**Oliver AA** 250-498-5393

**MS Support Group** 250-495-6866

**Sunny Okanagan FM-ME Association**

250-493-2002

## Women's Services

<b>ONTA</b>	250-493-4902
First Nations Safe House	
<b>SOWINS</b>	250-809-8522
Emergency Housing for Older Women	
<b>Safe House/ Crisis Line</b>	
Osoyoos	250-485-7777
(Providing services to Women in Need i.e. homeless, battered. Short stay up to 10 days)	
<b>South Okanagan Victim Assistance Society</b>	
	250-493-0800 x203
(Leave a message, someone will call back)	
HOURS: Monday to Thursday 8:30 - 4:30	
Friday by appointment only	
<b>South Okanagan Women In Need Society</b>	
	1-800-814-2033
<b>Women's Transition Housing</b>	1-800-814-2033
	250-493-7233
<b>OSOYOOS INDIAN BAND HEALTH CENTER</b>	
Aboriginal Diabetes Initiative	1-888-498-3444
Community Wellness Program	
Drug & Alcohol Program	
Elders Program	
Environmental Program	
HIV/Aids Strategy	
Mental Health	
NIHB (Sandra Shaw)	
<i>www oidbc.ca</i>	

## DENTAL

### **Dentists**

<b>Dr. D. Jenkins</b>	250-495-7221
8307 78 <sup>th</sup> Avenue, Osoyoos, BC	
<b>Dr. D. Ng</b>	250-498-2646
1-9715 348 <sup>th</sup> Avenue, Oliver, BC	
<b>Dr. J. Bartsch</b>	250-495-2393
1-6511 Main Street, Osoyoos, BC	
<b>Dr. J. Noftle</b>	250-498-2323
34872 97 <sup>th</sup> Street, Oliver, BC	
<b>Dr. K. G. Roberts</b>	250-495-4264
8714 Main Street, Osoyoos, BC	
<b>Osoyoos Dental Centre</b>	250-495-3642
8524 Main Street, Osoyoos, BC	
<a href="http://www.osoyoosdentalcentre.com">www.osoyoosdentalcentre.com</a>	
<b>Sapphire Dental Centre</b>	250-495-7221
8307 78 <sup>th</sup> Avenue, Osoyoos, BC	
<b>Sun Valley Dental Centre</b>	250-495-2393
1-6511 Main Street, Osoyoos, BC	
<a href="http://www.sunvalleydental.com">www.sunvalleydental.com</a>	

### **Denturist**

Community Denture Centre Ltd	250-498-3858
34478 97 <sup>th</sup> Street, Oliver, BC	
Maria Gonzalez	250-495-6922
8522A Main	