

**It's YOUR health...**

**IT'S OKAY TO  
ASK!**

**You could ask:**

**How can I find a family doctor?**

**What medications am I taking?**

**Do I have a way of getting home?**

**What help will I need when I get  
home?**

**TAKE CHARGE OF YOUR HEALTH**

**For health related information: Dial 811**

**For other service information: Dial 211**



North Zone Health  
Neighbourhood  
Wood Buffalo