

LADYSMITH - Quick Guide

Physician

Ladysmith Health Center (250-739-5777)
Family Practice Clinic (250-739-5784)
Hillside Medical Clinic (250-245-2235)
Resource Centre – Volunteers that can drive to
Medical Appointments Duncan/Nanaimo Area
(250-245-3079)

Pharmacy

Hillside Pharmacy (250-924-2288)
Pharmasave (250-245-3234)
I.D.A (250-245-7184)

Banks

CIBC on 1st Ave (250-245-2265)
RBC on 1st Ave (250-245-7111)
Ladysmith and District Credit Union (250-245-2245)
Island Savings at Coronation Mall (250-245-0456)

Shopping

49th Parallel (250-245-3221)
Save-on Foods (250-245-2033)
Home Hardware (250-245-3441)
Ladysmith Health Food Store (250-245-2123)
Dollar Store (250-245-5856)
Coronation Mall

Ancillary Medical

Dental

Orca Family Dental (250-245-7151)
High Street Dental (250-245-8515)
Dr. Suzanne Otterson Family (250-245-0356)
Hunter Daniel (250-245-7222)

Hearing

Connect Hearing (250-245-8140)

Eye Doctor

FYI Doctors (Optometrist) (250-245-2020)

Blood Work

Life Labs (1-800-431-7206)

Foot Care

Licensed Esthetician Senior Foot Care
Janice Bouma (250-245-3521)

Home Support

Central Intake - Island Health 250-739-5749
Nurse Next Door - private (250-667-0190)
Unique Home Health Care - Private 250-715-1094
We Care Home Health – Private (1-250-746-9224)

Taxi

Ladysmith Taxi (250-729-6204)
Go Taxi (250-324-8294)

Recreation

Ladysmith Senior Centre (250-924-1924)
Frank Jameson Community Centre (250-245-6424)
Ladysmith Legion Branch 171 (250-245-2273)