

AUGUST 2026

DELIVERED MONTHLY TO 6,250 HOUSEHOLDS

your **COPPERFIELD** CORNER

THE OFFICIAL COPPERFIELD COMMUNITY NEWSLETTER



Cave View by Syed Adeel Hussain



McKENZIE ORTHODONTICS
Certified Specialist in Orthodontics

FREE CONSULTATION



*Scan To
Book Today!*

403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

25¢ FLYERS

(INCLUDING DELIVERY)

- ✓ FULL COLOUR PRINTING
- ✓ DOUBLE-SIDED DESIGN
- ✓ PREMIUM 70 LB GLOSS STOCK
- ✓ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of
thousands of local customers.

CONTACT US

403-720-0762

sales@greatnewsmedia.ca
greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca



THE MORTGAGE GROUP

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737



HIGHSTREET dental

***We are participating
in the Canadian
Dental Care Plan!***

***We bill in accordance
with the ADA Fee
Guide Prices***

***We direct bill to your
insurance***

***Open evenings and
weekends***



**Dr. Shiva Farrahi, Dr. Jordan Loewen,
Dr. Patricia Tsang, Dr. Jeff Seckinger**
General Dentists

**Call today and book your
free teeth whitening**
included with your complete exam,
x-rays, and cleaning



☎ 403-236-1200

**📍 50 High Street SE,
Calgary, AB**

🌐 www.highstreetdental.com

New Patients Welcome

PRESIDENT'S MESSAGE

Hello again, Copperfield!

Thank you to all who sponsored, volunteered, and attended our Stampede in the Park! We had an absolute blast and hope you did too. We are already thinking about next year's celebration!

We want to hear from you! Your Community Association is always looking for ways we can connect our community and build stronger relationships. Whether it be through member perks, events, classes, or a variety of other options, we want to know what you want to see in your community! If you have ideas on things you would like to see us offer, please send them to president@mycopperfield.ca.

Please keep an eye on our website and social media for exciting news to come over the next few months.

Have you been thinking of volunteering for your Copperfield Community Association, but unsure on what volunteer opportunities exist? Sign up to receive email notifications on various volunteer opportunities as they become available at the link below. Our volunteers are amazing individuals, and we could not do any of this without them!

If you have any questions or would like to learn how you can help our community, please send me an email at president@mycopperfield.ca.

Important links:

- Volunteer Opportunities: members.mycopperfield.ca/signup/Gw8KZFxQe
- Facebook: facebook.com/cmcommunity.ca
- Website: mycopperfield.ca

Thank you,

Jason Fiander



Starting late May!

Weekly farm stands

Support local calgary.ca/localfood

Tuesdays 3:00 to 7:00 pm

McKenzie Towne: Bus Terminal
68 McKenzie Towne Gate

In partnership with The City of Calgary and Copperfield CA, **Shirley's Greenhouses** is running a farm stand in our community. Get some fresh local fruit, veggies, eggs, and baked goods!

EN L'AIR

Academy of Dance and Aerial

#12, 10672 46 ST SE, Calgary, AB T2C 1G1

info@enlairacademy.com

587-969-3904

www.enlairacademy.com



- RHYTHM & GYM
- TINY TUMBLERS
- TINY DANCERS
- CREATIVE TOTS CLUB
- TINY TAPPERS
- TINY BOPPERS
- TINY CLASSES
- TINY LYRICALS

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



Copperfield

COMMUNITY ASSOCIATION



Rental requests to be made a minimum 10 days prior to booking. To inquire on rental times available within less than 10 days, please call (403) 532-8864 or email info@mycopperfield.ca

FACILITY RENTALS

The Copperfield Community Hall is available to renters for all sorts of events such as birthday parties, anniversaries, small weddings, baby & bridal showers, etc. The following general information will be useful in deciding if this is the place to host your event!

COPPERFIELD RENTAL INFORMATION

CMCA Members

- Main Floor: \$50.00 per hour + GST
- Basement*: \$55.00 per hour + GST

Non-CMCA Members

- Main Floor: \$75.00 per hour + GST
- Basement*: \$80.00 per hour + GST

*Please Note: The Basement does not have tables or chairs for use. This space is best suited for fitness classes or similar activities.

Scan to Request From
Available Rental Times



Scan to Purchase a Membership



Copperfield



Thank you to everyone who helped make this years Stampede in the Park a success! We are grateful for our primary sponsors: **Vesta Properties** for the petting zoo, and **Skip the Depot** for donating toward the beer garden rentals. Thank you to our additional sponsors: Bone & Biscuit 130th, Annex Ale Project, Uros Markovic- The Real Estate District, Alpha Plumbing, Boston Pizza 130th, Subway New Brighton, Seeds to Sprouts Early Intervention Foundation, Megan's Rescue Efforts Society, and iDrive. We are also sending a huge thanks to our volunteers for the event- none of this would be possible without you!

BECOME A MEMBER

\$30/year



Stay tuned for exciting updates about how buying a Copperfield Community Association membership can benefit you!

NEED HELP WITH MEMBERSHIPS?

info@mycopperfield.ca



Streaming Killed the Video Star



Music Television, or MTV, first debuted on August 1, 1981. The first music video played was *Video Killed the Radio Star* by The Buggles, followed by Pat Benatar's *You Better Run* and Rod Stewart's *She Won't Dance with Me*.



Jackson
& Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

- Residential Landscaping
- Landscape Construction
- Year-Round Maintenance
- Spring and Fall Cleanup
- Commercial and Condo Property Management
- Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca

JOIN OUR VOLUNTEER COMMUNITY

Signup to join our volunteer group
and receive emails on volunteer
opportunities in Copperfield as
they arise.

Contact Us

President@mycopperfield.ca

SCAN ME



Mental Health Moment: Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.



LEN T WONG + ASSOCIATES

RE/MAX
— COMPLETE REALTY —



COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	26	36	22	\$455,000	\$446,250
May	26	48	22	\$472,500	\$462,500
April	26	39	33	\$499,900	\$495,000
March	26	38	25	\$538,000	\$535,000
February	26	23	19	\$384,900	\$380,000
January	26	28	22	\$550,000	\$537,500
December	25	13	24	\$417,500	\$406,000
November	25	28	22	\$559,900	\$542,000
October	25	34	29	\$514,900	\$487,500
September	25	40	24	\$469,500	\$478,500
August	25	34	38	\$529,950	\$519,250
July	25	39	36	\$541,944	\$535,500

To view more detailed information that comprise the above
MLS averages please visit mycalgary.com/calgary-real-estate

September Starts in August: Five Simple Steps to Make Fall Feel Less Chaotic

by Shayla Moulton



September has a way of sneaking up on us. One minute you're enjoying long summer evenings, and the next you're juggling school schedules, work deadlines, extracurricular activities, appointments, and holiday planning.

The secret to a less hectic fall isn't becoming more organized overnight—it's taking care of a few key tasks before September arrives. Spending just a little time preparing now can save you hours of stress later.

Here are five simple steps to help make the transition into fall feel much more manageable.

1. Book Your Fall Appointments Before Everyone Else Does

As soon as September arrives, appointment calendars fill up quickly. Instead of scrambling to find availability, use August to book routine appointments for yourself and your family.

Think about:

- Dental checkups
- Annual physicals
- Eye exams
- Specialist appointments you've been putting off
- Vehicle maintenance before winter

Even if the appointment isn't until October or November, having it booked means one less thing to remember during an already busy season.

2. Create One Master Calendar

Before September begins, gather every commitment in one place. Add school calendars, extracurricular

activities, work commitments, birthdays, medical appointments, and travel plans. Looking at the entire season at once makes it much easier to spot scheduling conflicts before they become stressful surprises. Whether you prefer a digital calendar or a paper planner, the important thing is to have one reliable calendar that everyone in your household can refer to.

3. Check Your Passport Before You Need It

Many Calgary professionals start thinking about warm-weather getaways once temperatures drop, but passport renewals can take time. Take a few minutes to check the expiry dates on everyone's passports now. Many countries require your passport to be valid for at least six months beyond your travel date, so even a passport that hasn't technically expired could cause problems. It's a simple task that can prevent unnecessary stress if a fall or winter trip comes together.

4. Schedule a Weekly Life Admin Hour

Life admin has a habit of piling up when we're busy. Instead of trying to squeeze in small tasks whenever you remember them, block one hour each week to handle things like paying bills, completing school forms, booking appointments, renewing memberships, organizing paperwork, or running errands. Treat it like any other appointment. A consistent routine keeps little jobs from becoming overwhelming.

5. Prepare Your Home for Fall

A little home maintenance now can save you time, money, and frustration once the weather turns colder. Take an hour to tackle a few seasonal tasks, such as:

- Replacing your furnace filter,
- Testing smoke and carbon monoxide detectors,
- Cleaning out your gutters,
- Putting away summer furniture and garden tools,
- Checking weather stripping around doors and windows,
- Restocking your winter emergency kit for your home and vehicle.

None of these jobs take long on their own, but together they can help your home and your family be ready for the months ahead. September doesn't have to feel like a whirlwind. By taking care of a few important tasks in August, you'll spend less time reacting to last-minute surprises and more time enjoying the season ahead. Sometimes, a little preparation today is the best gift you can give your future self!

From Gardens to Green Spaces: A New Study Explores Nature's Role in Cancer Care

by ACTION Centre, Cumming School of Medicine, University of Calgary



As someone impacted by cancer, you know things researchers don't.

You know what it felt like to sit with a diagnosis, or to sit with a loved one with a diagnosis. You know what helped, and you know what didn't. Whether a walk outside cleared your head when nothing else could. Whether the person caring for you needed support just as much as you did.

That lived knowledge matters. And now, researchers at the University of Calgary want to hear it.

Led by principal investigator Dr. Linda Carlson, the Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Through an online survey, your experiences could directly shape the programs developed for future patients and caregivers across Canada.

The idea behind the research is straightforward. A growing body of evidence suggests that time spent in

natural environments such as parks, gardens, or green spaces may help reduce stress, lift mood, and support overall well-being. Researchers are also exploring possible links between increased nature exposure and improved gut health, which strengthens the immune system. For people navigating cancer, those potential benefits could be game changers.

But researchers can only go so far without hearing from the people who've actually lived it.

The Nature-CORE survey is open to cancer patients, survivors, caregivers, healthcare providers, and policymakers—anyone touched by cancer or healthcare providers involved in cancer care. It asks about the nature-based approaches people may already be using, what barriers make them hard to access, and what kinds of programs would be most useful and realistic.

This is not about replacing medical treatment. It's about exposure to nature as complementary therapy, strengthening recovery from cancer and its effects.

Every voice adds something that data alone can't capture. Whether you spent time outside during treatment and felt the difference, or cared for someone who did, your perspective belongs in this research. Likewise, the perspectives of those who didn't, or couldn't, spend time in nature are equally valuable.

Canadians 18 and older are welcome to participate in our online survey.

What you've been through has value beyond your own story. Share it with us and help build something better for the people who come after you.

Please access our survey here: www.action-centre.ca/ncorestudy.

An advertisement for Gutter Doctor Home Exterior Services. It features a cartoon character of a man in a blue uniform and cap, holding a yellow spray bottle and a brush, standing on a white gutter. The background is a blue sky with clouds. The text includes the company name, a list of services, and contact information.

the Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured
403-714-0711 • gutterdoctor.ca

An advertisement for AS CONTRACTING, Landscaping Specialists. It features the company logo, which consists of the letters 'AS' in a large, bold, sans-serif font, with 'CONTRACTING' in a smaller font below it. The text includes a call to action for a free estimate, a phone number, an email address, and a website. The background is black with white text.

LANDSCAPING SPECIALISTS

**FOR A FREE ESTIMATE
ON LANDSCAPING**

CALL SHAWN **403.651.0424**
ASFCONTRACTING1@GMAIL.COM
WWW.ASFCONTRACTING.COM

**COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING
STONE • SOD • RETAINING WALL INSTALL • FENCES • DECKS**

For business classified ad rates contact
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca



0 Newfoundland

by Garth Paul Ukrainetz

In Newfoundland we took a walk
Among the streets of Port Aux Basques
We started at the boating dock
To reach the lighthouse was our task

A sunken graveyard on the way
A whitewashed church upon a hill
A warm and sunny August day
With precious little time to kill

On Island top beside the sea
A lighthouse standing tall to greet
We climbed the rocks just you and me
While waves were crashing at our feet

But time was short, we could not stay
So back to ferry we did run
We'll come explore another day
O Newfoundland, we're far from done

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Copperfield. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

COPPERFIELD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

COPPERFIELD CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Legacy. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters, refrigeration & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, POLY-B replacement, new construction and renovations! Competitive prices with quality, 24-hour service! Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

BUSINESS CLASSIFIEDS

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Copperfield? Our unified team of expert practitioners have one common goal - to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

EXPRESS APPLIANCE REPAIR: We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

COPPERFIELD PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

COPPERFIELD FIDDLE LESSONS: Learn to play traditional Irish music on the fiddle. Adult (age 18+) students only, all levels. I have played Irish fiddle for thirty years and look forward to helping you explore this beautiful music. Contact Eric at 403-804-6914 | macdonaldmusic32@gmail.com.

FENCING, DECKING, BASEMENT RENOVATIONS, DRYWALL & FRAMING: We take all the stress out of your fencing, decking, basement renovations, drywall, and framing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



**READY TO
INCREASE YOUR
CURB APPEAL?**

KILBCO
LANDSCAPING

Design and install
Concrete curbing
Garden planting, mulch and stone
Artificial turf
Retaining walls and patios
Sprinkler systems
Grading and sod
Decks and fences

Free Estimates
www.kilbco.com | 403-870-0737

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762

grow@greatnewsmedia.ca



SCAN ME

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

SCAN HERE TO VIEW ADDITIONAL COPPERFIELD CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Samaritan Club
of Calgary

Semi-Annual Super Thrift Sale

Entry
\$2 Adults
Kids Free



Saturday, September 26

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW



Vintage and Boutique items



Get great deals on household goods,
clothing & shoes for all, fashion
accessories, vintage & boutique items,
collectibles, art, books, toys & much more

Don't forget to bring your tote bag

Back by popular demand:

- Concession
- Parcel Pickup

For More Information:
samaritanclub.ca

All proceeds will benefit
Calgarians in need

Cash Only

SOUTH FAMILY DENTAL

FREE SONICARE TOOTHBRUSH OR TEETH WHITENING

*With complete exam, x-rays, & cleaning

**CALGARY
OWNED AND
OPERATED**



BOOK YOUR CHECK-UP AND CLEANING TODAY!

403.262.3235

www.southfamilydental.com

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

NEW PATIENTS ARE ALWAYS WELCOME!

For your convenience we accept **direct billing** and follow the **ADA Fee Guide**.

- Family Dentistry - We Love Kids!
- Oral Exams and Dental Cleanings
- Digital X-rays and Impressions
- iTero Wellness Intraoral Scans
- TMJ Therapy and Mouthguards
- Extractions - Including Wisdom Teeth
- Same Day Emergencies



Our Clinic Hours of Operation

Mon. & Tues: 9:30am - 6:00pm
Wed. & Thurs: 7:30am - 4:00pm
Friday: 9:00am - 3:00pm
Sat. (2/mo): 8:00am - 2:00pm



NEW BRIGHTON
DENTAL

★★★★★ 640+ Google Reviews
New Brighton Dental has 5.0 Stars on Google



Dr. Munjot Dosanjh + Associates

Unit 102 - 1035 New Brighton Dr SE, Calgary, AB
403-475-1981 | newbrighton@treccidental.com

SCAN HERE TO
BOOK



Active Sports Therapy

WILLOW PARK

WESTMAN VILLAGE

- Chiropractic
- Physiotherapy
- Massage
- Laser Therapy
- Active Release Techniques
- Muscle Activation Technique
- Integrated Medicine
- Naturopathic Medicine
- Shockwave
- Exercise Rehab
- Holistic Nutritional Consulting
- Traditional Chinese Medicine



ActiveSportsTherapy.ca

AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780

