

OCTOBER 2026

DELIVERED MONTHLY TO 4,250 HOUSEHOLDS

WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER



walden



WALDEN ORTHODONTICS

FREE Orthodontic Consult



587-393-6020

**BOOK
NOW!**



105-19612 Walden Blvd SE

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca

HOTCHKISS HAS MORE LIVING ROOM



Explore 12+ Show Homes from 5 Award-Winning Calgary Builders



Hotchkiss is where wide-open spaces meet convenient access to SE Calgary amenities. Here you'll find:

- 51 acres of park space
- Central playground
- 30 acre wetlands
- Boardwalk and pathways
- Future K-9 school
- and more!

Build or buy a move-in ready home and get unbeatable value without compromising on quality.

TOWNHOMES & CONDOS

FROM THE \$290s



DUPLEX HOMES

FROM THE \$400s



LANED HOMES

FROM THE \$500s



FRONT-GARAGE HOMES

FROM THE \$600s



HOTCHKISS

VISIT OUR SHOW HOMES TODAY!
HotchkissLiving.com



Classes for ages +2 in Walden

Register at **puremotiondance.ca**
or call **403.452.5722**

Where Dance Creates Confidence and Community

**Building Confident, Happy Kids
is The Core of What We Do**



Dance enhances **self-esteem** and a greater capacity to deal with everyday problems



Rhythm and dancing to music is proven to improve **mood** and increase sense of control



Combines **physical** activity, social **support, creativity,** and emotional **expression**



Dance alleviates symptoms of **depression, stress, fatigue, and headaches**

Pumpkin Palooza

Join us on **October 24** from **2-4 PM** for a Halloween party full of pumpkin decorating, dancing, story time, and more!





LEN T WONG + ASSOCIATES

RE/MAX
— COMPLETE REALTY —



WALDEN 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
August	26	28	16	\$561,500	\$552,500
July	26	18	14	\$544,950	\$540,000
June	26	21	28	\$495,000	\$483,750
May	26	30	19	\$679,900	\$669,000
April	26	36	17	\$539,900	\$531,000
March	26	17	21	\$549,900	\$540,000
February	26	25	13	\$570,000	\$558,000
January	26	12	10	\$612,450	\$597,250
December	25	9	11	\$549,990	\$542,900
November	25	15	18	\$544,950	\$539,525
October	25	27	24	\$569,900	\$564,750
September	25	31	18	\$442,400	\$434,000

To view more detailed information that comprise the above
MLS averages please visit wald.mycalgary.com

CONTENTS

- 6 MENTAL HEALTH MOMENT: HEALTHY RELATIONSHIP FOR OUR CHILDREN
- 8 OCTOBER CROSSWORD
- 10 SAFE AND SOUND: HALLOWEEN SAFETY
- 12 DOLLARS AND SENSE: BUILDING FINANCIAL CONFIDENCE THROUGH ACTION AND TURNING INSIGHT INTO MOMENTUM
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
WALDEN CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.

Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.

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

OFFICIAL PLUMBING & HEATING



Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

\$50

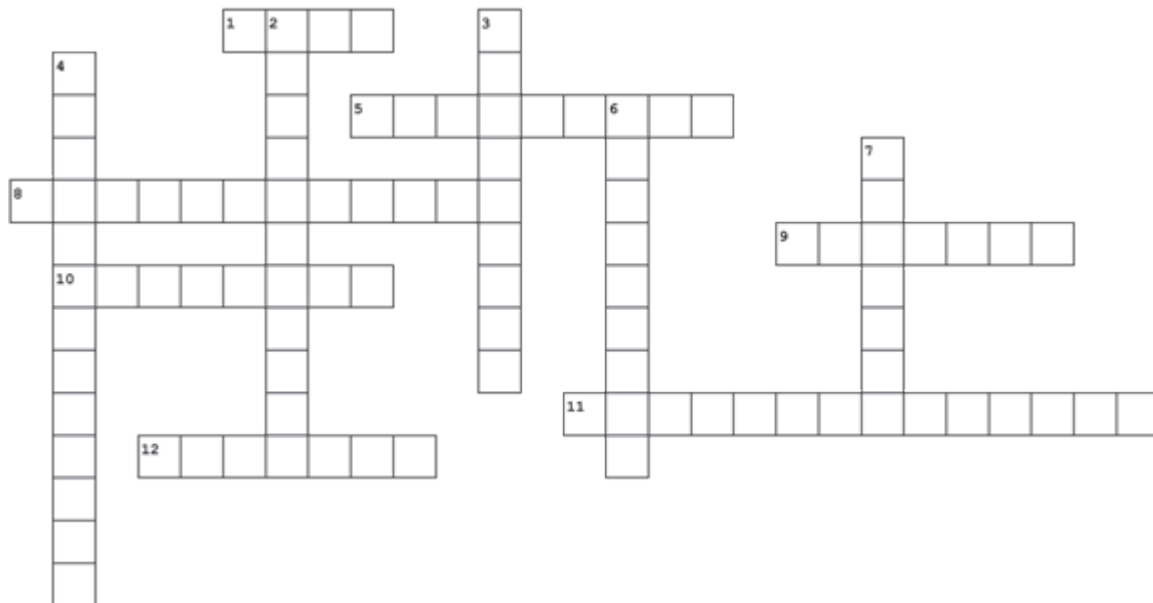
Service Call Fee



403-837-4023

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

October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek mythos.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



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



FALL FOR FITNESS

FIRST 2 WEEKS FREE AND NO INITIATION WITH A 1 YEAR COMMITMENT

- PERSONAL TRAINERS AVAILABLE
- SENIORS FITNESS CLASSES
- 24HR FACILITY WITH AUTHORIZED ACCESS
- PREMIUM EQUIPMENT
- LOCKERS AND SHOWERS
- COFFEE BAR
- CLEAN AND INVITING ATMOSPHERE

CONNECT WITH US



#4170, 47 LEGACY VIEW SE, CALGARY, AB
(587) 391-0695

OPEN 24/7

COME BY OR CALL FOR DETAILS

Word of the Month

Deipnosophist: Noun (*dighp-noss-uh-fist*)

A person skilled in table talk.

"I host a monthly dinner for my friends; they are quite the deipnosophists".



Red Deer Lake United Church

Join us at 10:30 am every Sunday – onsite or online (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together. We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

UPCOMING EVENTS

OCTOBER

- October 1, 7:00 pm – Sound & Soul
- October 14, 10:00 am – Coffee with the Minister
- October 17, 7:00 pm – OTE Concert
- October 25, following the worship service – Soup Lunch
- October 31, 9:00 am – Men's Breakfast Fellowship Gathering

NOVEMBER

- November 4, 10:00 am – Coffee with the Minister
- November 5, 7:00 pm – Sound & Soul
- November 14, 9:00 am – Men's Breakfast Fellowship Gathering
- November 14, 10:00 am – Country Market & Café
- November 21, 2:00 pm – OTE Concert
- November 22, 10:30 am – Advent 1 Begins
- November 27, 5:00 pm – Country-Style Turkey Supper

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at reddeerlakeuc.com/concerts

COUNTRY MARKET AND CAFÉ – NOVEMBER 14, 10 AM – 4 PM

In addition to our great crafts/beautiful handwork, homemade goodies and gift baskets, we are adding more outside vendors to the market. The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. Interested in renting a table? Visit us at www.reddeerlakeuc.com/fundraisers to learn more.

RENTALS

Meadow Green Wedding and Events Centre is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church - perfect for weddings, workshops, performances, art shows, and more. Visit us at www.meadowgreenevents.ca or contact the office (403) 256-3181 to book your tour today!

Stay connected, explore all upcoming events and sign up for our weekly newsletter at www.reddeerlakeuc.com

*Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.



Halloween Safety

by Alberta Health Services

As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and establish a time for children to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a



tripping hazard. Costumes should not extend below your child's ankles.

- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.



Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca



THE MORTGAGE GROUP

Halloween Decorations and Wildlife

by the Calgary Wildlife Rehabilitation Society

As Halloween approaches, many neighbourhoods across Calgary come alive with pumpkins, fake spider webs, glowing lights, and spooky lawn decorations. While these displays help celebrate the season, some common decorations can unintentionally pose serious risks to local wildlife.

Autumn is an active time for many species. Deer, coyotes, squirrels, rabbits, songbirds, and owls are still foraging, while some birds are completing their fall migration before winter arrives. As wildlife continues to move through urban parks, backyards, and neighbourhoods, decorations can become unexpected hazards.

One of the most concerning decorations is synthetic spider webbing. The stretchy fibres can easily entangle birds, small mammals, and even beneficial insects. Birds may become caught while flying through shrubs or trees decorated with webbing, while squirrels and other mammals can become tangled as they move along fences or branches. Entanglement can cause severe injuries, restrict movement, and make animals more vulnerable to dehydration, starvation, or predators.

Loose cords, fishing line, string, ribbon, and lightweight decorative netting can create similar problems. Birds may accidentally use these materials while gathering nesting material or become wrapped in them during flight. Even decorations intended to sway in the wind can become tangled around wings, legs, or necks if they are not securely fastened.

Lighting is another consideration. Many people enjoy illuminating their homes with decorative lights throughout October. While temporary lighting is unlikely to have the same impact as large commercial lighting, excessive outdoor lighting can still disrupt wildlife. Artificial light at night has been shown to alter the behaviour of birds, mammals, and insects by interfering with natural navigation, feeding, and activity patterns. During late September and early October, some migratory birds are still travelling through southern Alberta, and reducing unnecessary overnight lighting can help lessen disorientation.

Pumpkins and natural decorations also deserve some thought. While a pumpkin may seem harmless, the smell can attract wildlife looking for an easy meal. Carved pumpkins that contain candles, mold, paint, glitter, or preservatives can make wildlife seriously ill if consumed. If you have pumpkins, bring them inside at night to ensure animals like bears, deer, or coyotes do not consume them. Feeding wildlife, even accidentally, can encourage animals to return to residential areas, increase conflicts with people, and expose them to foods that are not part of their natural diet.

Fortunately, a few simple choices can make Halloween safer for wildlife without taking away from the fun:

- Secure decorations tightly so they cannot blow away or become tangled in vegetation.
- Avoid using artificial spider webbing or decorative netting outdoors.
- Keep electrical cords and extension cables neatly bundled and out of areas where wildlife regularly travels.
- Turn off decorative lights before going to bed.
- If using pumpkins outdoors, keep them inside after going to bed, and remove candles promptly and dispose of pumpkins appropriately once they begin to spoil.
- Dispose of decorations promptly after Halloween to prevent wildlife from encountering them later in the season.

Halloween is a time for creativity and community, and with a little planning, it can also be a season that respects the wildlife sharing neighbourhoods with people. By choosing decorations thoughtfully and cleaning them up promptly, we can help ensure that southern Alberta's wild neighbours stay safe while everyone enjoys the festivities.



RENFREW
EDUCATIONAL SERVICES
HELPING KIDS SOAR

Registration Open!

Kindergarten & ECS
for children with disabilities
2026-2027 School Year
Door-to-door Busing Available!

Contact us today! 587.287.5746
renfrew@renfreweducation.org
www.renfreweducation.org

Building Financial Confidence Through Action and Turning Insight into Momentum

by Karen Boudewyn, Senior Wealth Advisor



Over the past four parts of this series, we've explored how beliefs, cognitive biases, and emotions influence financial behaviour and how rewriting your financial story can open the door to better decisions.

Now we arrive at the most important step: Taking Action.

Awareness without action doesn't create change, and in personal finance it's not what we know that drive results, it's what we do.

Why Action Builds Confidence

Many people believe they need to feel confident before they take action. In reality, it works the other way around. Confidence is built through action. Small, consistent steps create evidence that you are capable of managing your financial life. Over time, this replaces hesitation with clarity and uncertainty with momentum. Without action, even the best plans remain ideas. With action, even small efforts begin to compound.

The Power of Small, Consistent Steps

Financial success rarely comes from one major decision. It's the result of many small decisions made consistently over time.

This might include:

- Setting up an automatic, monthly savings plan.
- Increasing investment contributions gradually.
- Reviewing your financial plan on a regular basis.
- Paying down debt with a structured approach.

Individually, these actions may feel modest. Collectively, they create meaningful progress. Consistency builds momentum and momentum builds confidence.

Reducing Friction in Financial Decisions

One of the biggest barriers to action is friction. Small obstacles that make decisions feel harder than they need to be.

This can show up as:

- Not knowing where to start.
- Feeling overwhelmed by too many options.
- Delaying decisions due to uncertainty.
- Relying on willpower instead of systems.

The solution is to simplify and automate wherever possible.

Helpful strategies include:

- Automating savings and investments.
- Creating clear, predefined financial rules.
- Breaking large goals into smaller, manageable steps.

When decisions become easier, follow-through becomes more consistent.

Turning Intentions into Systems

Intentions are important but systems are what create results. Instead of relying on motivation, build structures that support your goals.

For example:

- Rather than planning to “save more,” set up automatic contributions.
- Instead of “investing when the time feels right,” commit to a regular schedule.
- Rather than reviewing finances occasionally, schedule consistent check-ins.

Systems reduce the influence of emotion, helping you stay on track even when motivation fluctuates.

Progress Over Perfection

A common barrier to financial progress is the belief that decisions need to be perfect. They don't. Waiting for the perfect time, the perfect strategy, or the perfect amount often leads to inaction.

Progress is built through:

- Starting before you feel fully ready.
- Making adjustments along the way.
- Learning through experience.

Small, imperfect actions taken consistently will always outperform delayed perfection.

Staying Consistent Through Uncertainty

Markets will change. Circumstances will evolve. Emotions will come and go. Consistency is what creates stability through all of it.

This means:

- Continuing to follow your plan during market volatility.
- Avoiding reactive decisions based on short-term events.
- Staying focused on long-term goals.

Consistency doesn't eliminate uncertainty, but it helps you navigate it with greater confidence.

The Role of Accountability and Guidance

Taking action is easier when you're not doing it alone. Having a structured plan and an external perspective can help:

- Identify blind spots.
- Keep decisions aligned with long-term goals.
- Provide reassurance during uncertain times.
- Maintain accountability and momentum.

In many cases, progress accelerates when there is support and guidance along the way.

Financial confidence is not built through knowledge alone. It's built through the awareness of beliefs, biases, and emotions, a willingness to challenge limiting patterns and to have consistent, intentional action over time.

When these elements come together, financial decision-making becomes clearer, more confident, and more aligned with long-term success. Own Your Financial Mindset

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



Magic Carpet Ride

Family Literacy Program



**A family that reads together,
grows together.**

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

famlit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride



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

BUSINESS CLASSIFIEDS

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

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.

WALDEN MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

WALDEN CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Walden. 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.

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.

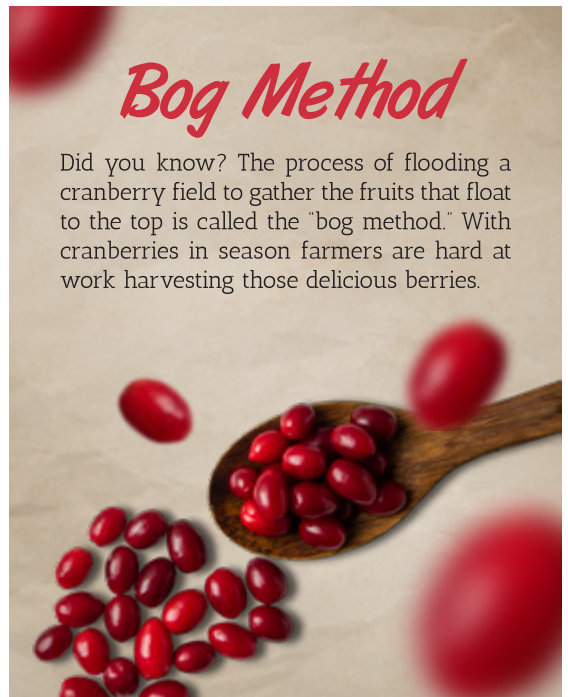
PAINTER SERVICING WALDEN: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338.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

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.



Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.





WALDEN FAMILY DENTAL

Get a FREE \$100 Gift Card*



**CALGARY
OWNED AND
OPERATED**

*Conditions apply. With a new comprehensive exam, complete x-rays and cleaning.



BOOK YOUR CHECK-UP AND CLEANING TODAY!

403-460-2200

www.WaldenFamilyDental.com

105, 19612 Walden Blvd SE, Calgary T2X 4C3