

PCI TEEN CLINIC

Take charge of your health...it's your choice!

PCI Teen Clinic Closed Dec 23, 2021 – Jan 10, 2022

To book an appointment :

Walk-In if PCI Teen Clinic door is open

Tuesday – Friday 8:00am – 3:30pm

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

AFM– Now located in the Prince Charles Building Library

Stop by or call main office to be transferred to an AFM counsellor



Rachel Wiebe Skouta



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Dietitian

Kerby Sylvester



Dietitian

Betty Ryzner-Madsen



AFM Counsellor

Laine Hill



Mental Health & Addictions Nurse

Jackie Meulpolder



Receptionist

Debunking Nutrition Myths in 2022!

Myth #1

Drinking fruit juice is a great way to get extra fruit servings in



Truth Fruit juice is very concentrated in natural sugars. High amounts of sugars give us short bursts of energy but don't provide long lasting energy. Stick to eating whole fruits for the added benefits of fibre instead of drinking juice.

Myth #2

Taking multivitamins is an easy way to make up for missed meals



Truth: Multivitamins are used to supplement not replace food. Most healthy teens don't need to take supplements if they eat a balanced diet. If you think you need extra vitamins talk with your primary care provider before taking a supplement.

Myth #3

Influencers on social media give the best diet advice. The diet worked for them so it will work for me too!



Truth: Influencers typically have very little knowledge or training in health or nutrition. They are usually paid to promote products like energy drinks, protein supplements or diet plans. Everyone is different and similar results are never a guarantee!

Myth #4

Lots and lots of protein is all that is needed to build muscles.



Truth: 3 things are needed to build muscles.; adequate calories, adequate protein and strength training exercises. Eating extra protein beyond what is needed does not make extra big muscles. After resistance exercise its important to refuel with carbs and repair with protein.