

## Our Services

### Wellness Check

Our signature wellness checks combines phone consultations and in-person visits to proactively address your concerns and provide tailored support for overall well-being.

### Personalized Assessments

We provide tailored assessments to meet your specific care needs, ensuring you receive the best support possible.

### Personal Assistance

We assist with bathing, mobility, and daily activities, promoting independence and comfort in your daily life.

### Companionship Services

Enjoy our companionship services, including tailored wellness checks, prescription pickups, and emotional support to brighten your day.

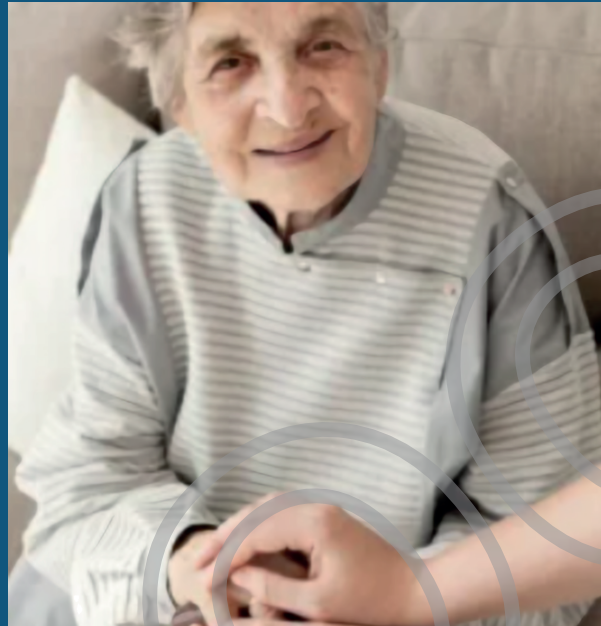
### Meal Prep

Enjoy our meal prep and home help services, where we prepare warm, fresh meals tailored to your preferences.

### Nursing

Our skilled nurses offer medication administration assuring you receive top-notch medical care.

Experience exceptional care right in the comfort of your home with our dedicated team.



**WELLNESS CHECK**  
HOMECARE & HOMEHEALTH  
*HEROES AT WORK*

Call or text 24 hrs/day  
(226) 582-6681  
or

Visit us at [wellnesscheck.ca](https://wellnesscheck.ca)





24/7 SERVICE  
BECAUSE YOUR CARE MATTERS

*Your peace of mind is our priority,  
and we are here to support you  
with empathy and professionalism.*



"At Wellness Check,  
we're eager to be part of  
you and your loved ones  
journey"

We are dedicated to providing  
compassionate support through  
our innovative home care  
program, designed by  
experienced healthcare  
professionals.



Contact Us Today!  
Let us support you and your  
family with the highest level  
of care and compassion

(226) 582-6681

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for more info or choose your  
care service

