

# Healthy Aging Resource Teams

Living Well  
at **55+**

*The Healthy Aging Resource Teams are community-based professionals dedicated to helping those 55 years of age and over to live well. The teams are made up of nurses, occupational therapists and dietitians, who provide a wide range of health services and community supports through client assessments and consultations in person or by phone.*

The Healthy Aging Resource Teams can help you:

- Find resources;
- Maintain and improve your health;
- Provide information about health services; and
- Learn about healthy living.

*No referrals are necessary. The Teams can help anyone 55+ residing in the community area they serve.*

*For more information, call one of the HART teams listed below or visit our website at: <http://www.wrha.mb.ca/community/seniors/services-hart.php>*

River East/Transcona  
Healthy Aging Resource Team  
720 Henderson Highway  
Winnipeg, MB R2K 0Z5  
Phone: (204) 940-2114  
Fax: (204) 940-3629

St. James/Assiniboia  
Assiniboine South  
Healthy Aging Resource Team  
3-203 Duffield Street  
Winnipeg, MB R3J 0H6  
Phone: (204) 940-3261  
Fax: (204) 940-2443

Downtown/Point Douglas  
Healthy Aging Resource Team  
425 Elgin Avenue  
Winnipeg, MB R3A 1P2  
Phone: (204) 940-8140  
Fax: (204) 940-3830



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé