



## Local Contacts/Services



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### Activewear/custom clothiers

- Sportees Active Wear
  - 310 Wood St., Whitehorse
  - Phone: 668-2691
- Summit Awards
  - 2C – 151 Industrial Rd., Whitehorse
  - Phone: 668-3447
- Terra Firma Art Company
  - 3165 3 Ave., Whitehorse
  - Phone: 633-4842

### Bike retail/repair and maintenance workshops

- Icycle Sports (retail/repair only)
  - 4158 4<sup>th</sup> Ave., Whitehorse
  - Phone: 668-7559
  - [www.icyclesport.com](http://www.icyclesport.com)
- Philippe's Bicycle Repair (Retail/repair and workshops)
  - 14 Lewes Blvd., Whitehorse
  - Phone: 633-5600
- Jennifer Grantham (maintenance workshops only)
  - Whitehorse
  - Phone: 633-6272

### Ergonomic specialists

- Wade Scoffin Occupational Therapy Services
  - #19 10<sup>th</sup> Ave., Whitehorse
  - Phone: 334-1553
  - Email: [wade@occupationaltherapy.ca](mailto:wade@occupationaltherapy.ca)
  - [www.occupationaltherapy.ca](http://www.occupationaltherapy.ca)
- Yukon Worker's Compensation Health and Safety Board
  - 401 Strickland St., Whitehorse
  - Phone: 667-5645
  - Email: [worksafe@gov.yk.ca](mailto:worksafe@gov.yk.ca)
  - [www.wcb.yk.ca](http://www.wcb.yk.ca)

- YTG Staff Development,  
Corporate Health and Safety: *available at no cost to YTG employees*
  - 301-3106, 3<sup>rd</sup> Ave., Whitehorse
  - Phone: 667-8198

## Evaluation/data analysis

- Lorimer and Associates
  - 3-602 Cook St., Whitehorse
  - Phone: 667-4146
- Hanson and Associates
  - 42 Tamarack Drive, Whitehorse
  - Phone: 633-6753

## Fitness centres

- Canada Games Centre
  - 200 Hamilton Blvd., Whitehorse
  - Phone: 668-8360
  - [www.canadagamescentre.whitehorse.ca](http://www.canadagamescentre.whitehorse.ca)
- Peak Fitness: *offers corporate discounts*
  - 95 Lewes Blvd., Whitehorse
  - Phone: 668-4628
  - Email: [peakadmin@klondiker.com](mailto:peakadmin@klondiker.com)
- Better Bodies Cross Training Centre: *offers corporate discounts*
  - 122 Industrial Rd., Whitehorse
  - Phone: 633-5245
- Curves (women-specific): *offers corporate discounts*
  - 17 Jasper Rd., Whitehorse
  - Phone: 393-3443
- Isis Women's Fitness Centre: *offers corporate discounts*
  - 4230-B 4<sup>th</sup> Ave., Whitehorse
  - Phone: 633-4747

## Fitness testing

- Shelley Gellatley  
Northern Athletic Experiences, Whitehorse  
Phone: 393-3614, cell (333-6027)  
Email: [sgellatly@shaw.ca](mailto:sgellatly@shaw.ca)

## Healthy catering

- Alpine Bakery
  - 411 Alexander St., Whitehorse
  - Phone: 668-6871
  - Email: [alpine@yknet.ca](mailto:alpine@yknet.ca)
  - [www.yukonweb.com/alpine](http://www.yukonweb.com/alpine)
- Chocolate Claim
  - 305 Strickland St., Whitehorse
  - Phone: 667-2202
- Mary-El Catering
  - 609 Strickland St., Whitehorse
  - Phone: 667-4891
- Custom Catering
  - Whitehorse
  - Phone: 667-6867

## Motivation/goal setting

- Sandra Duncan
  - RPAY, 509 Hanson St., Whitehorse
  - Phone: 668-3012
  - Email: [healthy@klondiker.com](mailto:healthy@klondiker.com)
- Denise McHale
  - Sport and Recreation Unit, 4061 – 4<sup>th</sup> Ave., Whitehorse
  - Phone: 667-5227
  - Email: [denise.mchale@gov.yk.ca](mailto:denise.mchale@gov.yk.ca)

## Nutritionists

- Joanne Leung, Naturopath
  - 604 Wheeler St., Whitehorse
  - Phone: 668-7262
  - Email: [leung@yknet.ca](mailto:leung@yknet.ca)
- Jennifer Daniels, RDN
  - Whitehorse
  - Phone: 334-1778
  - Email: [foodworks@yknet.ca](mailto:foodworks@yknet.ca)
- Laura Salmon, contact for dietician interns at Whitehorse General Hospital (able to deliver RPAY-designed nutrition modules)
  - Phone: 393-8891

## Recycling programs/Waste Audits

- Raven Recycling
  - 100 Galena Rd., Whitehorse
  - Phone: 667-7269
  - [www.ravenrecycling.org](http://www.ravenrecycling.org)

## Smoking cessation workshops/planning

- Health Promotional Unit
  - #2 Hospital Rd., Whitehorse
  - Phone: 667-8392
  - Email: [health.promotion@gov.yk.ca](mailto:health.promotion@gov.yk.ca)

## Sustainable transportation

- Whitehorse Carpool Matching Program, City of Whitehorse Urban Transportation Program
  - 4210 4<sup>th</sup> Ave., Whitehorse
  - Phone: 668-8312
  - [www.carpool.ca](http://www.carpool.ca)
- Whitehorse City Transit Schedules
  - Follow “Schedules” link at [www.city.whitehorse.yk.ca](http://www.city.whitehorse.yk.ca)

## Time management/stress

- Nansi Cunningham  
Staff Development Consultant  
Public Service Commission
  - Phone: 667-5197
  - Email: [nansi.cunningham@gov.yk.ca](mailto:nansi.cunningham@gov.yk.ca)
- Barb Nimco and Associates Inc.  
Employee Assistance Program Services
  - 606 Wood St., Whitehorse
  - Phone: 668-4058

## Workplace massage/stretch break instructors

- People Kneaded Massage Therapy: Brenda Caley, RMT
  - Suite 206, 4133 4<sup>th</sup> Ave., Whitehorse
  - Phone: 334-3300
  - Email: [info@peopleKneaded.com](mailto:info@peopleKneaded.com)
  - [www.peopleKneaded.com](http://www.peopleKneaded.com)

- Shawn Verrier, Registered Massage Therapist
  - 408A Ogilvie St., Whitehorse
  - Phone: 668-7029
  
- Hand Prints Massage Therapy, Alison White, Registered Massage Therapist
  - 309 Wood St., Whitehorse
  - Phone: 668-6422
  
- Cheryl Buchan, Massage Therapist/Stretch break instructor
  - Whitehorse
  - Phone: 667-6951
  - Email: [buchans@northwestel.net](mailto:buchans@northwestel.net)