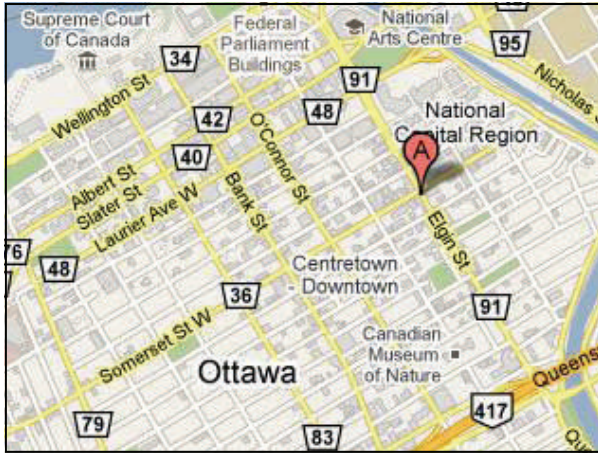


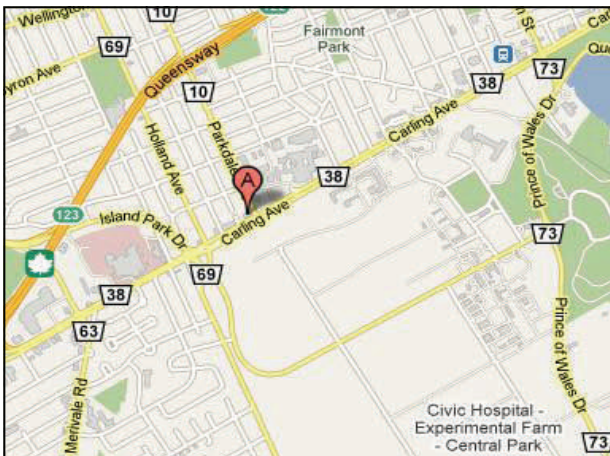
White Cross Dispensary

Monday - Friday: 8am - 8 pm
Saturday : 9am - 5pm
Sunday: 10am - 4pm



McNeil Pharmacy

Monday - Thursday: 8am - 5pm
Friday: 8am - 4pm



Our Sincere Appreciation To Our Suppliers:



For Their Continued Commitment & Support

Guardian

White Cross Dispensary

264 Elgin Street
Ottawa, ON, K2P 1M2
P: 613-233-4029 F:613-233-7227
E-Mail: whitecrossdispensary@rogers.com

McNeil Pharmacy

1081 Carling Avenue
Ottawa, ON, K1Y 4G2
P: 613-722-7679 F: 613-722-7670
E-mail: mcneilpharmacy@rogers.com

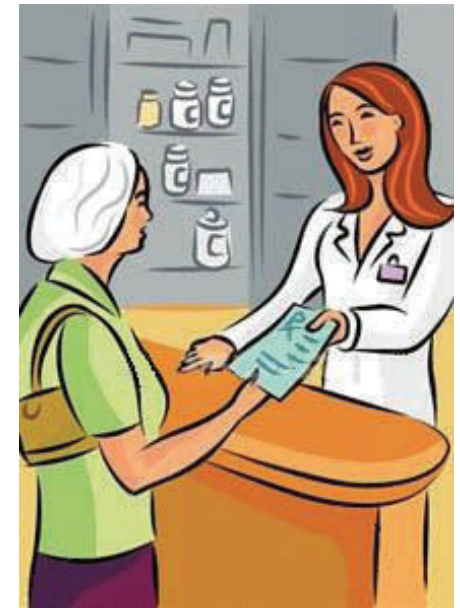
Proud Members of

The  family of pharmacies.

A pharmacy first.

Guardian

White Cross Dispensary & McNeil Pharmacy



Where you will always find a
friendly face & a helping hand

Your independent community pharmacy

Diabetes Resources

Karen Kemp is the Diabetes Resource Manager at **White Cross Dispensary & McNeil Pharmacy** in Ottawa. Soon after being diagnosed with Type 1 Diabetes in 1984, Karen became involved in her local community providing education and resources on diabetes-related issues.



*Our New Diabetes
Resource Manager
Karen Kemp*

- Associated with the Canadian Diabetes Association since 1985 and a Member of the Speakers Bureau
- Insulin pump user since 1991
- Certified Trainer for Medtronic Guardian Continuous Glucose Monitoring system (CGM)
- Volunteer with Juvenile Diabetes Research Foundation (JDRF)
- Co-founder and President of the Diabetes Action Network Ottawa group
- Participated in the research study, Type 1 diabetes aerobic resistance exercise (Readi)
- Oversees the working relationship between Cure Diabetes and the pharmacy for obtaining financial assistance of pump supplies
- Worked with the aboriginal community in diabetes-related issues

Karen enjoys sharing her positive, energetic outlook on life with those around her. Her dedication and commitment to the issues surrounding diabetes and the people it impacts has allowed her to truly promote "living well with diabetes" through research, education, service, and advocacy.

Karen's email: wccdidiabetes@rogers.com

White Cross Dispensary & McNeil Pharmacy Specializing In:

Diabetes Supplies

Insulin pump supplies @ direct pricing
~ All makes & models available
~ No minimum order required
Test strips @ **\$74.99** / box of 100
Diabetes socks (Simcan comfort hosiery)
Assortment of sugar-free treats & natural sugar substitutes

Clinics

Blood pressure & glucose clinics
(Twice a month on Tuesdays)
Foot care clinics (by appointment)
Health clinics

Partners with

Canadian Diabetes Association (CDA)
Juvenile Diabetes Research Foundation (JDRF)
Diabetes Action Network (DAN)
Cure Diabetes

Community Pharmacy Outreach Program
by CDA at both locations.



Services

Sweat Beat Walking Club
Medication management services
Refill Reminder Ready
Medications reviews- FREE
INR testing facilities
All insurance plans accepted
Home Health Care products
Natural & Homeopathic products
Delivery service (Ottawa area)
Guardian rewards program
Senior's discount every Thursdays
(10% off excluding Rx)

And much more . . .



White Cross Dispensary

*Located at the corner of Elgin & Somerset
In the downtown core.*



McNeil Pharmacy

*Located at Carling & Parkdale next to the
Civic Hospital and across from the
Experimental Farm*