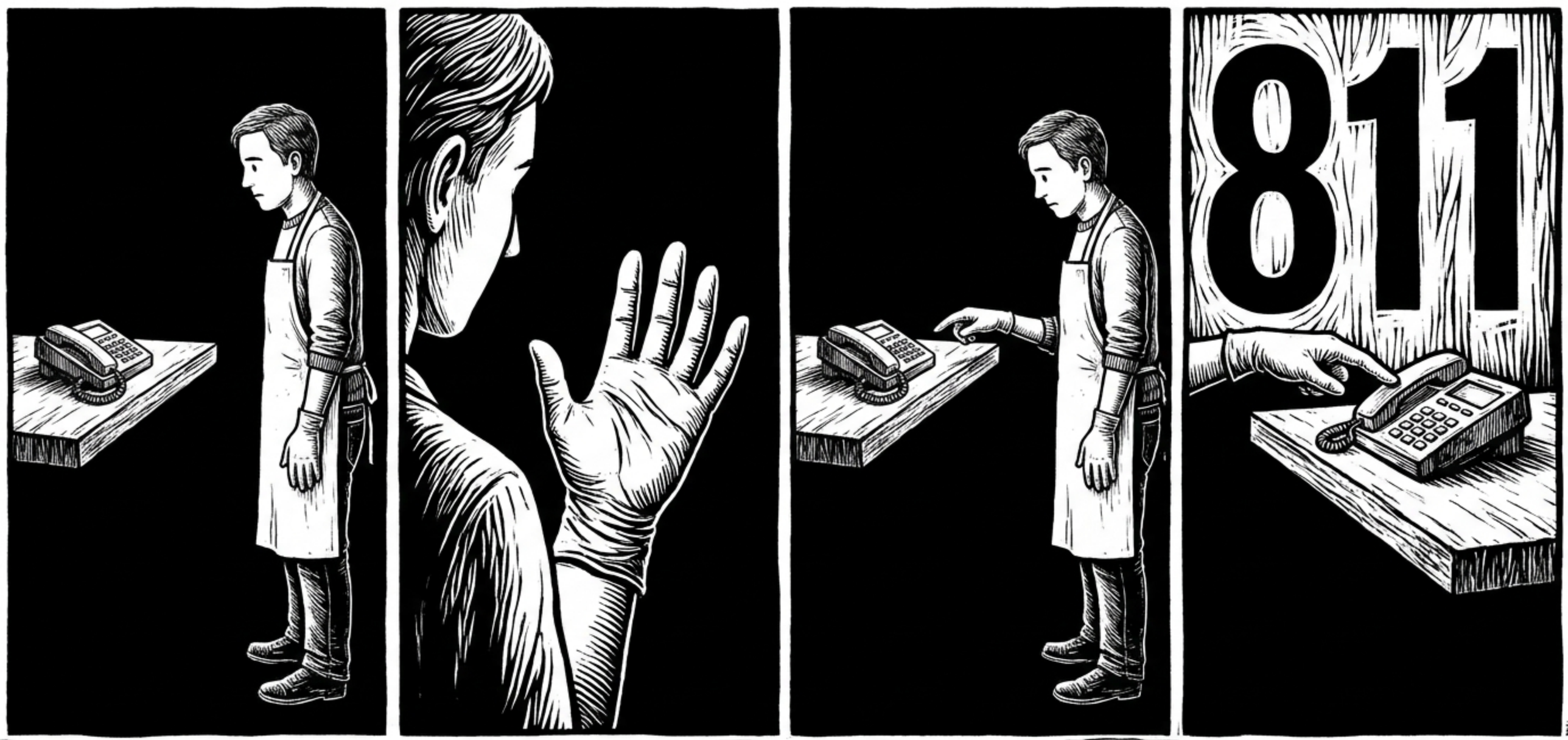


Health Link Alberta is available at 811.

Telephones remain highly intimidating machines