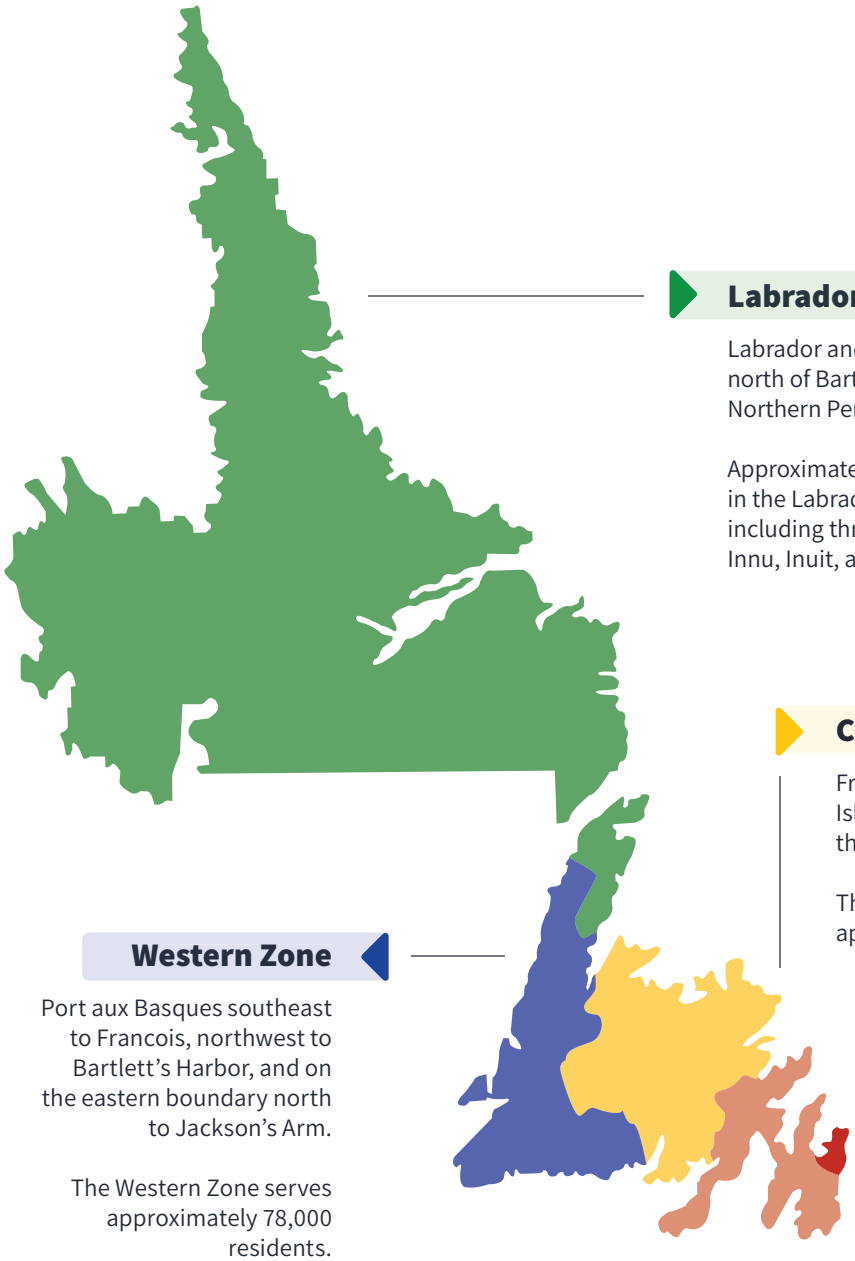
Regional Zone Boundaries

NL Health Services



Labrador-Grenfell Zone

Labrador and all communities north of Bartlett's Harbour on the Northern Peninsula.

Approximately 37,000 people reside in the Labrador-Grenfell Zone, including three Indigenous groups: Innu, Inuit, and Southern Inuit.

Central Zone

From Charlottetown in the east, Fogo Island in the north, Harbour Breton in the south, to Baie Verte in the west.

The Central Zone serves approximately 88,610 residents.

Western Zone

Port aux Basques southeast to Francois, northwest to Bartlett's Harbor, and on the eastern boundary north to Jackson's Arm.

The Western Zone serves approximately 78,000 residents.

Eastern-Urban Zone

Northeast Avalon/St. John's metro region: Bauline, Pouch Cove, Flatrock, Conception Bay South, Foxtrap, Manuels, Petty Harbour-Maddox Cove, Logy Bay, Middle Cove, Outer Cove, Torbay, Mount Pearl, Paradise, Witless Bay, Bay Bulls, Portugal Cove-St. Philip's and St. John's.

The Eastern-Urban Zone serves approximately 313,000 residents. We also provide tertiary level services to the entire province.

Eastern-Rural Zone

Bell Island, Bonavista Peninsula, Burin Peninsula, Clarenville and area, Conception Bay Centre/Holyrood, Placentia area-Cape Shore, Southern Shore, St. Mary's Bay and Trinity-Conception.

The Eastern-Rural Zone serves approximately 119,497 residents.