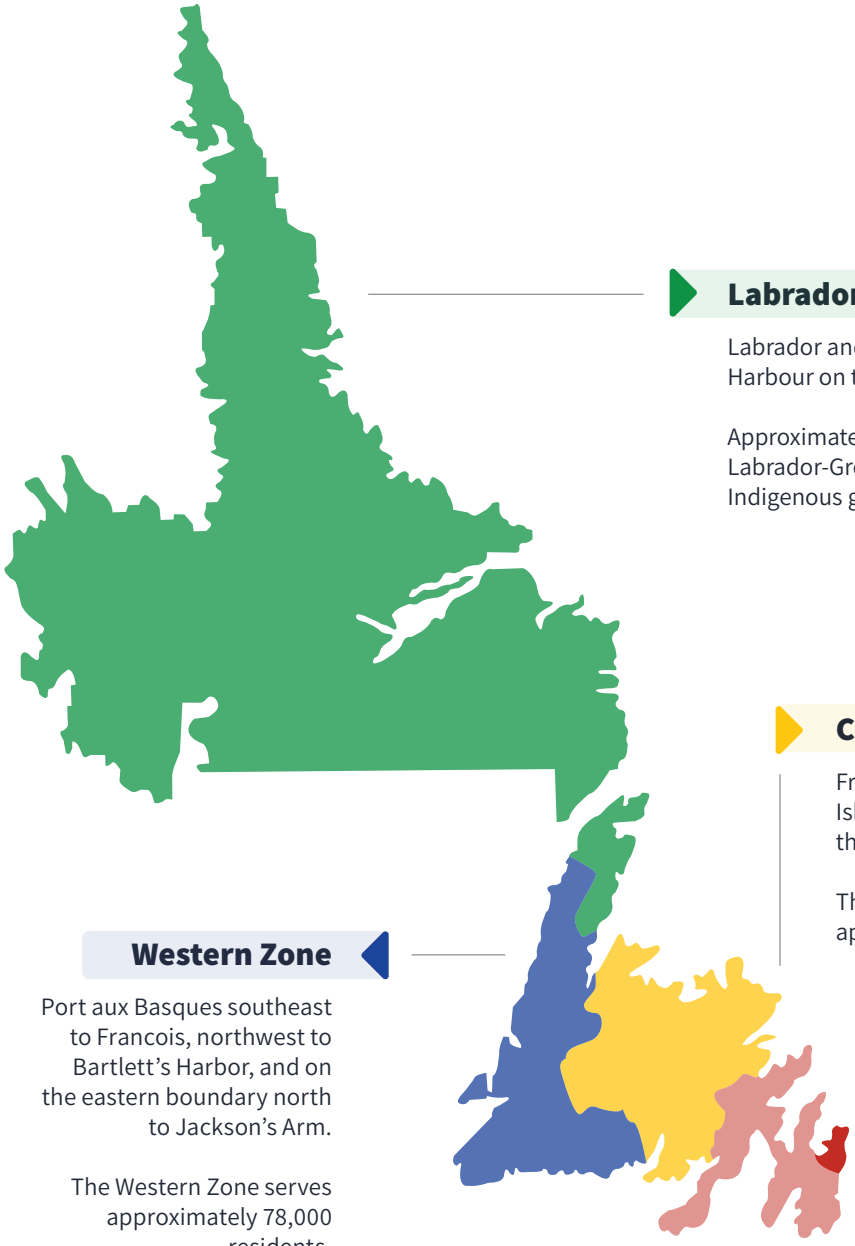
# Regional Zone Boundaries

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

Communities including Bell Island, Bonavista Peninsula, Burin Peninsula, Clarenville and area, Conception Bay Centre/Holyrood, Placentia area-Cape Shore, Mobile, Southern Shore (Admiral's Cove, Aquaforte, Brigus South, Burnt Cove-St. Michaels-Bauline South, Calvert, Cape Broyle, Fermeuse, Ferryland, La Manche, Mobile, Port Kirwan, Renews-Cappahayden and Tors Cove), St. Mary's Bay and Trinity-Conception.

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