

Community Resources for Staying Active

Physical inactivity has been established as a major factor for the development of coronary artery disease. It also contributes to other risk factors, such as obesity, high blood pressure, and a low level of the good cholesterol HDL (High Density Lipoproteins).

Stay Well Program

Everyone is welcome to this program regardless of health status.

This program offers the opportunity to exercise:

- Physically
- Mentally
- Socially

With the following activities conducted by a Registered Nurse:

- Exercise at your own personal level
- Health Teaching
- Health monitoring, blood pressure, blood sugar & weight management
- Recreational activities
- Mental Stimulation
- Socialization

"Stay Well" is a health promotion program designed to encourage and help people achieve and maintain good health

Fees: \$2.00 for Lunch

When: Every Friday 9:30a.m.-1:30p.m.

**Helena Julien R.N.,
Stay Well Program Coordinator,
613-345-5649. ext. 1216**

Where: Trinity Church Hall

137 George St.,
Brockville, ON

Walk This Way!

To help you get into the habit of walking, a wonderful resource has been developed. "Walk This Way! - A Guide To Stick To It!" is a **self-help kit** for men and women **ages 20 to 64 years**.

The **kit** includes a **booklet** with ideas on how to include walking in your day, stretches, tips on clothing and safety, as well as an **erasable laminated board** for planning and recording your walks.

If you would like a copy of "**Walk This Way! - A Guide To Stick To It!**", please **call** the Leeds, Grenville and Lanark District Health Unit at **1-800-660-5853** or go to:

www.activeontario.org/english/pdf/walkthisway.pdf

The F.I.T.T. Formula

Frequency: Being active 3-5 times a week.

Intensity: Choosing activity to raise their heart and breathing rates. (You should still be able to talk while exercising, but if you can hear your breathing, the exercise will be more beneficial.)

Time: Staying active for at least 30 minutes. (If this is too much at first, start with 10-15 minutes, but try to increase your time each session.)

Type: Choosing an activity they like, but one that requires a steady, consistent effort - like walking.

**Inclusion of programs and services on this list does not imply endorsement.
Not all programs will meet the needs and styles of all participants.**

Community Resources-Alcohol Use

Excessive drinking can double or triple your risk of a major stroke. Drinking 2 drinks or more a day (exceeding a weekly limit of 14 for men and 9 for women) increases your risk for stroke

Alcoholics Anonymous (A.A.)

Brockville

A recovery group for alcoholics. A.A. is not aligned with any sect, denomination, organization or institution. Open meeting for A.A., newcomers, family and friends. Closed meetings for group discussion by alcoholics.

For admission attend a meeting or phone the A.A. answering service available 24 hours a day. You may also phone the answering service to ask someone to accompany you. Holds nightly meetings in various locations within Leeds and Grenville. A fellowship which employs a 12 step program for alcoholics
Answering Service: **613-342-8452**
(Brockville) 24hours a day
NO Fees

Athens

Meets Tuesdays at 8pm
St. Denis Church Hall
3 George Street, Athens
Phone: **613-924-2589**
Fees-No

TriCounty Addiction Service

Provides addiction services in Lanark, Leeds & Grenville counties
Assesses each person's needs and recommends group, family, couple, or individual counselling at agency. Refers to other services as needed
Loans books, pamphlets and videos from our self-help library
Community-based, non-profit organization.
Monday to Friday 9:00a.m. to 5:00p.m. Evening appointments can be arranged.
Referrals from: Friends, Family, Physicians, Hospitals, Employers, Other Community Agencies.
P.O. Box 236
1805 Oxford Avenue
Brockville, Ontario
K6V 5V2
Phone: 613-345-7453
Toll Free: 1-800-563-0062
No Fees

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Community Resources to help Reduce Stress

It is known that stress-filled lifestyles make it difficult for a person to make or maintain resolutions to lead a healthy life. Instead of exercising to relieve stress, some people respond by overeating, eating unhealthy foods, excessive alcohol consumption or smoking. Such negative reactions to stress merely increase the risk of developing heart disease and stroke.

Brockville Senior Citizens' Inc.

Provides social support and activities for Brockville seniors and information and education on related issues.

Luncheons, bus trips, euchre, cribbage, darts, snooker, bridge, puzzles, pepper (cards), speakers, entertainment, puzzle centre, etc. Cards are played on Tuesday and Friday evenings (no membership required), as well as Mon, Tues, Fri afternoons.

Address: 15 Elm Ave., Brockville, ON
Fully Accessible ; Close to public transportation ; Transportation may be available - Parabus is free on Tuesdays, or contact the coordinator for free transportation

Office Phone: **613-345-2266**

Fees Membership - **\$10/yr**- 3 trial visits are free to check suitability, then there is a membership fee.

Walker House- Older Adults Centre

Operated by the Town of Prescott, this seniors' centre offers cards, crafts, weaving and exercise classes. Plans day trips and events throughout the year. Pool tables.

Hours: Monday - Thursday 8:00a.m. - 4:00p.m.; Friday 8:00a.m. - 12noon

Address: 623 King St. W. Prescott, ON
Fully Accessible; Disabled parking

Office Phone: **613-925-5300**

Fees for some programs

Brockville and Area YMCA

345 Park Street, Brockville, Ontario
or 100 Stewart Blvd., Brockville

The **Park Street facility** offers general memberships and **health & wellness programs**, babysitting services, towel & lock rentals, locker room facilities, children & youth programming, an **indoor track, raquet sports, cardio & strength center, recreational programming for all ages & abilities. Wheelchair accessible** and have wheelchair ramps into **25 meter pool** and children's wading pool. Three locker room facilities **catering to males, females and Family/ Physically Challenged individuals.**

The Y Plus Facility, located in the Royal Brock Hotel at 100 Stewart Blvd. Brockville, is open to Y Plus members and hotel guests only. This facility offers **state of the art cardio equipment**, male & female locker rooms equipped with steam room and sauna. Provide personal care products and a towel service. Massage is available by bookings only. Completely renovated as of August 1, 2001. All are welcome. To apply fill out a membership form. There **are fees but fee assistance is available.** Languages: English ; French - available on demand.

Disabled parking

Office Phone: 613- 342-7961;

Website: www.brockvilleyymcaywca.com

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Community Resources to Eating Well

Being overweight increases risk of stroke, high blood pressure, high cholesterol and diabetes. Almost 50% of adult Canadians are either overweight or obese – a hefty two-fold increase in the last 20 to 30 years.

Dial-a-Dietitian

Our Registered Dietitians will answer questions about food & nutrition.

549-1232, ext. 224

Free Service

Tri Health-Leeds, Lanark, and Grenville Health Unit

Food steps program:

A series of **four booklets individualized for men and women** that assist in improving eating habits. The booklets are based on the stages of change.

1. **BOOK 1** - for those who have no intention of changing their eating habits
2. **BOOK 2** - for those people who are thinking of making a change in how they eat, sometime in the next six months
3. **BOOK 3** - for people who are preparing to implement changes in their eating habits
4. **BOOK 4** - a guide for people to keep up with and maintain the changes that have been made

Any of these **booklets can be obtained by contacting the health unit at 1-800-660-5853.**

[E-mail-info@healthunit.org](mailto:info@healthunit.org)

Leeds, Grenville, and Lanark Health Unit

Nutrition services offered by the Leeds, Grenville, and Lanark District Health Unit are the Public Health Nutritionists/Dietitian.

Please contact us at our **toll free Health Action Line at 1-800-660-5853 (345-5685) and ask to speak to a Registered Dietitian.**

Nutrition Focus

Nutrition Focus provides competent, high quality nutrition care to its clients by using the services of Registered dietitians who embody the standards of the College of Dietitians of Ontario. They are highly qualified, experienced and motivated to work with clients in the community. Services are offered one-on-one in clients' homes or in groups.

Office Phone: **613-253-2222**

Toll Free Phone: **1-866-233-6287**

Hours: Mon. – Fri. 8:30a.m. - 6:00p.m.

Primary Contact: Leanna Knox,
Managing Dietitian

Fees for services

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Community Resources for Breaking the Habit

Men who smoke have a 40% greater chance of having a stroke than those who do not smoke.

Women who smoke have a 60% greater chance of having a stroke compared to non-smoking women.

Canadian Cancer Society Lanark, Leeds, Grenville

Smokers Help Line

1-877-513-5333

The Canadian Cancer Society's ***Smokers' Helpline*** is a **free, one to one, confidential** telephone service. You can call for easy access to a trained '**Quit Specialist**'. You will be helped in developing a structured **Quit Plan** and answer your questions about quitting. The service is free anywhere in Ontario and provided in **French and English**.

Hours are **Monday through Thursday 9:00a.m. to 9:00p.m.**
Friday 9:00a.m. to 5:00p.m.

Web site: www.cancer.ca

Ontario Lung Association Lanark-Leeds-Grenville Office

6 Glenn Wood Place, Suite 201
Brockville, ON
K6V 2T3

Toll-free: 1-866-534-5514

E-mail: lanark@on.lung.ca

Tri-Health

Lanark, Leeds, Grenville Health Unit, Brockville

Main Office: 458 Laurier Blvd,
Brockville, Ontario K6V 7A3
(613) 345-5685 Fax: (613) 345-2879
Office Hours: Monday - Friday
8:30am - 4:30pm

**If you are a man who wants to
quit smoking**

**if you are a woman who wants
to quit smoking**

Self help booklets that lead participants through a step by step process for quitting smoking. The booklets help smokers:

- Understand why they smoke
- Find alternatives to smoking
- Make a commitment to quit smoking
- Practice quitting

A **five-step plan** is included that leads participants through stages towards quitting smoking.

To obtain copies of these programs please contact the **Tri-Health**

Coordinator at unit.org or phone the health unit at **1-800-660-5853**

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