

# ACTIVE LIVING GUIDE

*Now is the time for everyone to get up and get moving!*

*Prince Edward County*



# PRINCE EDWARD COUNTY

Hastings Prince Edward Public Health (Public Health) has compiled this directory of physical activity opportunities to give you the information you need to get active in your community your way. There are many ways to be active in the Prince Edward County area, ranging from outdoor activities to recreational fitness to organized sports. In this listing you can find an activity you enjoy or look for something new!

The content of the directory is provided as an information-sharing service and inclusion is not an endorsement by Public Health. Updating will occur regularly and we will attempt to be current. If you are aware of any errors or omissions, please email [physicalactivity@hpeph.ca](mailto:physicalactivity@hpeph.ca) or phone 613.966.5500, if long distance 1.800.267.2803.

## TABLE OF CONTENTS

PHYSICAL ACTIVITY AND HEALTH .....	1
The Canadian Physical Activity Guidelines.....	1
AQUATICS.....	4
CAMPS .....	5
DANCE .....	6
FITNESS CENTRES AND PROGRAMS .....	6
ORGANIZED SPORTS .....	9
OUTDOOR RECREATION .....	11
RECREATIONAL FITNESS .....	13
PEDOMETER AND URBAN POLE LENDING PROGRAMS .....	14

## PHYSICAL ACTIVITY AND HEALTH

Being physically active every day is essential for people of all ages. For adults, physical activity can help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, and heart disease. When children and youth are active every day, it helps them to learn better in school, maintain a healthy body weight, and improve self-confidence. Even young children who spend less time being sedentary and more time being active can better maintain a healthy body weight, build social skills, and improve language skills.

Here are a few tips that will help you and your family sustain an active lifestyle:

- ◆ Choose activities you enjoy and build them into your daily routine. You don't have to do long periods of activity if time is a constraint. Bouts of 10 minutes or more of exercise can be added into your day to help you reach your physical activity goals. The more you spread your physical activity through the week, the better.
- ◆ Try out a new activity with friends or join a club; you may find it is easier to stick with it when you're exercising with others.
- ◆ Enjoy getting active with your family as much as possible. As a parent you play an important role in encouraging your child's physical activity. If you model an active lifestyle, your children will be active too.
- ◆ The Canadian Physical Activity Guidelines recommend moderate to vigorous physical activity. When doing moderate activity you should breathe a little harder and sweat a little (e.g. brisk walking), when doing vigorous activity you should sweat and be out of breath (e.g. jogging).
- ◆ Most importantly, remember to have fun!

### The Canadian Physical Activity Guidelines

The Canadian Physical Activity Guidelines ([www.csep.ca](http://www.csep.ca)) have recommendations for people at every stage of life.

#### 0-4 Years:

- ◆ Infants (aged less than 1 year) should be physically active several times daily, particularly through interactive floor-based play.
- ◆ Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:
  - A variety of activities in different environments.

- Activities that develop movement skills.
- Progression toward at least 60 minutes of energetic play by 5 years of age.
- ◆ More daily physical activity provides greater health benefits.

### **5-11 Years:**

- ◆ For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:
  - Vigorous intensity activities at least 3 days per week.
  - Activities that strengthen muscle and bone at least 3 days per week.
- ◆ More daily physical activity provides greater health benefits.

### **12-17 Years:**

- ◆ For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:
  - Vigorous intensity activities at least 3 days per week.
  - Activities that strengthen muscle and bone at least 3 days per week.
- ◆ More daily physical activity provides greater health benefits.

### **18-64 Years:**

- ◆ To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ◆ It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- ◆ More daily physical activity provides greater health benefits.

## **65 Years & Older:**

- ◆ To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ◆ It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- ◆ Those with poor mobility should perform physical activities to enhance balance and prevent falls.
- ◆ More daily physical activity provides greater health benefits.

## AQUATICS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Ameliasburgh Beach – Roblin Lake County of Prince Edward 613.476.6505 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	Coleman Street, Ameliasburgh	
North Beach Provincial Park 613.399.2030 or 613.393.3319	404 North Beach Road, Consecon <a href="http://www.ontarioparks.com/park/northbeach">www.ontarioparks.com/park/northbeach</a>	
Prince Edward Fitness & Aquatic Centre Meloni Crandall 613.476.7776 <a href="mailto:meloni@pefac.ca">meloni@pefac.ca</a>	13263 Loyalist Parkway, Picton <a href="http://www.pefac.ca">www.pefac.ca</a>	
Prince Edward Yacht Club Junior Sailing School 613.476.5585 <a href="mailto:peyc@reach.net">peyc@reach.net</a>	30 Fairfield Street, Picton <a href="http://www.peyc.ca">www.peyc.ca</a>	Ages 10-18 Life jacket required
Quinte Dolphins Swim Club <a href="mailto:quintedolphins@gmail.com">quintedolphins@gmail.com</a>	Prince Edward Fitness & Aquatic Centre 13263B Loyalist Parkway, Picton	
Quinte's Isle Campark 613.476.6310 <a href="mailto:info@qicampark.com">info@qicampark.com</a>	237 Salmon Point Road, Cherry Valley	
Sandbanks Provincial Park 613.393.3319	3004 County Road 12, Picton <a href="http://www.friendsofsandbanks.org">www.friendsofsandbanks.org</a> <a href="http://www.ontarioparks.com/park/sandbanks">www.ontarioparks.com/park/sandbanks</a>	
Wellington Beach County of Prince Edward 613.476.6505 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	Beach Street, Wellington <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	
West Lake Willy's Waterpark 613.393.1095 <a href="mailto:westlakewilly@gmail.com">westlakewilly@gmail.com</a>	91 Winns Drive, Picton <a href="http://www.westlakewillywaterpark.com">www.westlakewillywaterpark.com</a>	Wheelchair accessible All ages Swim wear suggested

## CAMPS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Camp ROC - Recreation Outreach Centre Recreation Outreach Centre Darlene Thompson 613.476.7901 ext. 219 or 613.476.2001 <a href="mailto:darlene@theroc.ca">darlene@theroc.ca</a>	280 Main Street, Picton	Ages 6-13
Camp Star Kathleen Foster-Morgan 613.476.1128 <a href="mailto:kathleenfm@willowshore.ca">kathleenfm@willowshore.ca</a>	3223 County Road 2, Ameliasburgh	
Horseback Riding Camp Sandra Karaz 613.399.1467 <a href="mailto:S_karaz@hotmail.com">S_karaz@hotmail.com</a>	Hadherway Farms 251 Swamp College Road, Hillier	
Pleasant Bay Camp Paul Pryce 613.962.7686 or 613.399.5877 <a href="mailto:paul@pleasantbaycamp.org">paul@pleasantbaycamp.org</a>	493 County Road 27, Consecon <a href="http://www.pleasantbaycamp.org">www.pleasantbaycamp.org</a>	Ages 7-17
Prince Edward Fitness & Aquatic Centre Meloni Horton 613.476.7776 <a href="mailto:meloni@pefac.ca">meloni@pefac.ca</a>	13263 Loyalist Parkway, Picton <a href="http://www.pefac.ca">www.pefac.ca</a>	
Prince Edward Yacht Club Junior Sailing School 613.476.5585 <a href="mailto:info@peyc.ca">info@peyc.ca</a>	30 Fairfield Street, Picton <a href="http://www.peyc.ca">www.peyc.ca</a>	
The ROC - Recreation Outreach Centre Sports Camps and Skateboard Day Camps Darlene Thompson 613.476.7901 ext. 219 613.476.2001 <a href="mailto:darlene.roc@live.com">darlene.roc@live.com</a>	33 Nery Avenue, Macaulay Village, Picton	



## CAMPS

<i><b>Who to contact</b></i>	<i><b>Location</b></i>	<i><b>Extra information</b></i>
British Soccer Camp Pam Mcrae Prince Edward County Soccer Association <a href="mailto:mspammcrae@yahoo.ca">mspammcrae@yahoo.ca</a>	Johnson Street Soccer Fields Picton	
Wesley Acres Kid's Camp 613.393.3159 <a href="mailto:programs@wesleyacres.com">programs@wesleyacres.com</a>	Wesley Acres Road, Bloomfield <a href="http://www.harbourridgecamps.ca">www.harbourridgecamps.ca</a>	

## DANCE

<i><b>Who to contact</b></i>	<i><b>Location</b></i>	<i><b>Extra information</b></i>
County School of Dance Brenda Moran-Cunningham 613.476.3256	311 Main Street, Picton	Enter through back entrance
PEC Scottish Country Dancers Sheila Keller 613.393.2955 <a href="mailto:ckeller@sympatico.ca">ckeller@sympatico.ca</a>		Ages 16+ September to May at Town Hall June and July at Yacht Club

## FITNESS CENTRES AND PROGRAMS

<i><b>Who to contact</b></i>	<i><b>Location</b></i>	<i><b>Extra information</b></i>
Athol Recreation Committee County of Prince Edward 613.476.6505 <a href="mailto:info@pecounty.on.ca">info@pecounty.on.ca</a>	Athol Town Hall 1685 County Road #10, Athol <a href="http://atholreccentre.com">http://atholreccentre.com</a>	
County Club Fitness & Spa 613.476.8787 <a href="mailto:jennifer@thecountyclub.ca">jennifer@thecountyclub.ca</a>	259 Main Street, Picton <a href="http://thecountyclub.ca/">http://thecountyclub.ca/</a>	Wheelchair accessible Ages 14+ Athletic wear and indoor shoes

## FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Fitness & Yoga Kathy Mcalpine-Terpstra 613.476.5289 <a href="mailto:katerp1@aol.com">katerp1@aol.com</a>	<a href="http://www.kathymcalpine-wellness-physicalfitness.com/">www.kathymcalpine-wellness-physicalfitness.com/</a>	All ages, specializes in adult fitness Athletic wear and water
Fitness By Powers Tracy Powers 613.471.1515 <a href="mailto:fitnesspowers@gmail.com">fitnesspowers@gmail.com</a>	231 Main Street, Picton and Picton and Wellington Arenas	
Harmanie Yoga 613.399.3462 <a href="mailto:Melanie@harmanieyoga.ca">Melanie@harmanieyoga.ca</a>		All ages Bring water and mat if possible
Heron House Pilates and Yoga Denise Galloway, Personal Trainer 613.476.4494 <a href="mailto:hhpilatesyoga@gmail.com">hhpilatesyoga@gmail.com</a>	40 Hill Street, Picton <a href="http://www.hhpilatesyoga.com">www.hhpilatesyoga.com</a>	Wheelchair accessible All ages Athletic wear and water
Indigo Yoga Sacha Clarke-Squair 613.399.1500 <a href="mailto:ssquair@kos.net">ssquair@kos.net</a>	17811 Loyalist Parkway, Rosehall <a href="http://www.indigoyogacentre.ca">www.indigoyogacentre.ca</a>	
Jamie Pennock, Registered Yoga Instructor 613.476.2974 Dr. Ruth Floros 613.476.6223 <a href="mailto:jpennock@kos.net">jpennock@kos.net</a>	16 Centre Street, Picton	Ages 15+ Athletic wear, equipment provided Trained in therapeutic yoga
Mountainview Women's Institute Nancy Wood 613.969.8228	Ameliasburgh Town Hall 19 Coleman Street, Ameliasburgh	
Picton Martial Arts & Fitness Jason G. Bilodeau, Sensei 613.847.0316 <a href="mailto:info@pictonmartialarts.ca">info@pictonmartialarts.ca</a>	256 Main Street, Picton <a href="http://www.PictonMartialArts.ca">www.PictonMartialArts.ca</a>	Ground floor wheelchair accessible All ages Athletic wear, indoor shoes

## FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Prince Edward Community Centre County of Prince Edward 613.399.2135 ext. 32 613.476.3605 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	375 Main Street, Picton <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	
Prince Edward Fitness & Aquatic Centre Meloni Horton 613.476.7776 <a href="mailto:meloni@pefac.ca">meloni@pefac.ca</a>	13263 Loyalist Parkway, Picton <a href="http://www.pefac.ca">www.pefac.ca</a>	
Sandbanks Yoga Betsy MacKinnon 613.399.3463 <a href="mailto:mackinnon.betsy@gmail.com">mackinnon.betsy@gmail.com</a>		
Wellington District Community Centre County of Prince Edward 613.399.2135 ext. 32 613.399.2135 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	111 Belleville Street, Wellington <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	
Wellington Recreation Committee Pilates Mat & Small Equipment classes Jennifer Cobb, Instructor 613.399.5222 <a href="mailto:jennifer.cobb@live.com">jennifer.cobb@live.com</a>	Wellington Town Hall 246 Main Street, Wellington	Wheelchair accessible All ages Athletic wear and water
Wellington Recreation Committee Jennifer Cobb, Seniors Functional Fitness Classes Instructor 613.399.5222 <a href="mailto:jennifer.cobb@live.com">jennifer.cobb@live.com</a>	Picton Public Library 208 Main Street, Picton	Wheelchair accessible Ages 60+ Athletic wear
Wellington Recreation Committee Jennifer Cobb, Instructor 613.399.5222 <a href="mailto:jennifer.cobb@live.com">jennifer.cobb@live.com</a>	Wellington Town Hall 246 Main Street, Wellington	

## FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Wellington Recreation Committee County of Prince Edward 613.476.2148	Wellington Town Hall 246 Main Street, Wellington	

## ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
4 on 4 Hockey for Novice to Midget <a href="mailto:registrar@pecmha.com">registrar@pecmha.com</a> PEC Minor Hockey Association	<a href="http://www.pecmha.com">www.pecmha.com</a>	
Barcovan Golf Club 613.475.2155 <a href="mailto:barcovan@xplornet.com">barcovan@xplornet.com</a>	1412 County Road 64, Carrying Place <a href="http://www.barcovangolf.com">www.barcovangolf.com</a>	All ages Bring own equipment
County Clippers House League Rob Garden 613.399.2482 <a href="mailto:countyclippers@hotmail.com">countyclippers@hotmail.com</a>		Grades K-12 Running shoes
County Clippers Rep League Rob Garden 613.399.2482 <a href="mailto:countyclippers@hotmail.com">countyclippers@hotmail.com</a>		Grades 5-8 Running shoes
County Kids of Steel Triathlon Michelle Pothier <a href="mailto:srothe@countykidsofsteel.ca">srothe@countykidsofsteel.ca</a>	13263 Loyalist Parkway, Picton	
PEC Minor Baseball Association 613.391.8878 <a href="mailto:mronan@hpedsb.on.ca">mronan@hpedsb.on.ca</a>	<a href="http://www.countybaseball.org">www.countybaseball.org</a>	
PEC Minor Hockey <a href="mailto:registrar@pecmha.com">registrar@pecmha.com</a>	<a href="http://www.pecmha.com">www.pecmha.com</a>	Grades K-12 Running shoes

## ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
PEC Community Care for Seniors Association – Tai Chi 613.476.7493 <a href="mailto:info@communitycareforseniors.org">info@communitycareforseniors.org</a>	The Armoury 206 Main Street, Picton	Registration required Wheelchair accessible Ages 60+ Comfortable clothing/shoes
Picton Golf & Country Club 613.476.8383 <a href="mailto:proshop@pictongolf.ca">proshop@pictongolf.ca</a>	734 Highway 49, Picton <a href="http://www.pictongolf.ca">www.pictongolf.ca</a>	All ages Rental equipment available
Picton Martial Arts & Fitness Jason G. Bilodeau, Sensei 613.847.0316 <a href="mailto:info@pictonmartialarts.ca">info@pictonmartialarts.ca</a>	256 Main Street, Picton <a href="http://www.PictonMartialArts.ca">www.PictonMartialArts.ca</a>	Main floor wheelchair accessible All ages
Picton Recreation Committee County of Prince Edward 613.476.2148 ext. 221 <a href="mailto:info@pecounty.on.ca">info@pecounty.on.ca</a>	<a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	
Prince Edward County Figure Skating Club Saskia Koning 613.399.5606 <a href="mailto:pecscinfo@gmail.com">pecscinfo@gmail.com</a>	P.O. Box 625, Wellington <a href="http://www.princeedwardcountysc.com">www.princeedwardcountysc.com</a>	Children of all ages Must wear helmet until CanSkate Level 5: Skates, gloves suggested
Prince Edward County Soccer Association Pam McRae 613.471.1617 <a href="mailto:mspammcrae@yahoo.ca">mspammcrae@yahoo.ca</a>		Wheelchair accessible Ages 4-19 Must wear shin pads
Prince Edward Curling Club 613.476.3040 <a href="mailto:info@pecurling.com">info@pecurling.com</a>	375 Main Street, Picton <a href="http://www.pecurling.com">www.pecurling.com</a>	
Prince Edward Fitness & Aquatic Centre Meloni Horton 613.476.7776 <a href="mailto:meloni@pefac.ca">meloni@pefac.ca</a>	13263 Loyalist Parkway, Picton <a href="http://www.pefac.ca">www.pefac.ca</a>	

## ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Tai-Chi Association Bawn Putman 613.476.6557 <a href="mailto:bgputman@sympatico.ca">bgputman@sympatico.ca</a>		Athletic wear and water
Wellington District Community Centre County of Prince Edward 613.476.6505 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	246 Main Street, Wellington <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	
Wellington on the Lake Golf 1.866.549.2357 <a href="mailto:golfwellington@kos.net">golfwellington@kos.net</a>	157 Prince Edward Drive, Wellington <a href="http://www.golfwellington.ca">www.golfwellington.ca</a>	All ages Rental equipment available
Wellington Recreation Committee (Soccer Skills) Andrew Houston 613.922.2501 <a href="mailto:houstonaj@live.ca">houstonaj@live.ca</a>	CML Snider Elementary School	Ages 10-13 Athletic wear, indoor shoes
Women's Hockey League Picton Julie Miller <a href="mailto:jamiller@sympatico.ca">jamiller@sympatico.ca</a>		
Women's Hockey Wellington Jane Allison 613.399.3351 Lynn Ward 613.399.3470 <a href="mailto:sportsnut2u13@yahoo.ca">sportsnut2u13@yahoo.ca</a>	S. Rock Arena, Wellington	Ages 16+ Women only Hockey equipment, helmet with cage September to March

## OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bloomfield Bicycle Co. 613.393.1060 <a href="mailto:bbc@bloomfieldbicycle.ca">bbc@bloomfieldbicycle.ca</a>	<a href="http://www.bloomfieldbicycle.ca">www.bloomfieldbicycle.ca</a>	

## OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
County of Prince Edward 613.476.6505 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	Friendship Lane, Demorestville <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	Outdoor rink for skating, ball hockey and roller blading
Diamond J Ranch 613.476.6474 <a href="mailto:diamondjranch@on.aibn.com">diamondjranch@on.aibn.com</a>	R.R. #4, Picton <a href="http://www.pec.on.ca/trails/">www.pec.on.ca/trails/</a>	Wheelchair accessible All ages Running shoes, long pants
Prince Edward County	<a href="http://www.pecounty.on.ca/government/eng_dev_works/operational_services/facilities/trails.php">www.pecounty.on.ca/government/eng_dev_works/operational_services/facilities/trails.php</a> for a full list of trails	
Prince Edward County	<a href="http://www.pecounty.on.ca/government/eng_dev_works/operational_services/facilities/parks.php">www.pecounty.on.ca/government/eng_dev_works/operational_services/facilities/parks.php</a> or <a href="http://prince-edward-county.com/tour/leisure-recreation/beaches-parks/">http://prince-edward-county.com/tour/leisure-recreation/beaches-parks/</a> for a full list of parks/playgrounds.	
Quinte Conservation	<a href="http://quinteconservation.ca/site/images/stories/conservation_areas/docs/qc_areas.pdf">http://quinteconservation.ca/site/images/stories/conservation_areas/docs/qc_areas.pdf</a> for a full list of conservation areas/trails	
Sandbanks Provincial Park 613.393.3319	<a href="http://www.friendsofsandbanks.org">www.friendsofsandbanks.org</a> <a href="http://www.ontarioparks.com/park/sandbanks">www.ontarioparks.com/park/sandbanks</a>	
Skateboard Park County of Prince Edward 613.399.2135 ext. 32 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	375 Main Street, Picton <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	

## RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Club ROC Recreation Outreach Centre Darlene Thompson 613.476.7901 ext. 219 <a href="mailto:darlene@theroc.ca">darlene@theroc.ca</a>	280 Main Street, Picton <a href="http://www.theroc.ca">www.theroc.ca</a>	
Community Care for Seniors Association 613.476.7493, registration required <a href="mailto:info@communitycareforseniors.org">info@communitycareforseniors.org</a>	The Armoury 206 Main Street, Picton	Wheelchair accessible Ages 60+
Indoor Walking Track County of Prince Edward 613.399.2135 ext. 32 <a href="mailto:bookings@pecounty.on.ca">bookings@pecounty.on.ca</a>	Wellington and District Community Centre 111 Belleville Street, Wellington <a href="http://www.pecounty.on.ca">www.pecounty.on.ca</a>	
Kids in Motion Recreation Outreach Centre Darlene Thompson 613.476.7901 ext. 219 <a href="mailto:darlene@theroc.ca">darlene@theroc.ca</a>	280 Main Street, Picton <a href="http://www.theroc.ca">www.theroc.ca</a>	
Prince Edward Fitness & Aquatic Centre Meloni Horton 613.476.7776 <a href="mailto:meloni@pefac.ca">meloni@pefac.ca</a>	13263 Loyalist Parkway, Picton <a href="http://www.pefac.ca">www.pefac.ca</a>	
South Marysburgh Recreation Committee Mendy Berkson 613.476.6696 <a href="mailto:aquarium@kos.net">aquarium@kos.net</a>		
Triple Power Recreation Outreach Centre Darlene Thompson 613.476.7901 ext. 219 <a href="mailto:darlene@theroc.ca">darlene@theroc.ca</a>	280 Main Street, Picton <a href="http://www.theroc.ca">www.theroc.ca</a>	Free



## PEDOMETER AND URBAN POLE LENDING PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Hastings Prince Edward Public Health 613.966.5500 <a href="mailto:physicalactivity@hpeph.ca">physicalactivity@hpeph.ca</a>	179 North Park Street, Belleville <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a>	Free pedometers and urban poles available to community groups, walking clubs and workplaces