

# ACCESS TO RECREATION MATTERS FOR HEALTH

Finding affordable recreation activities in Hastings and Prince Edward Counties isn't always easy, especially for those in rural areas who live on a fixed income. Creating more programs and facilities that don't break the bank will make it easier for people to be active.



For many, easy access to recreation is the difference between “will do” and “can’t do” and may affect longevity or even be a matter of life or death!

Allie, Bancroft

I'm underemployed and struggling to pay off my student loan. I still value fitness and recreation but there are few job opportunities for new grads to be able to afford expensive classes and memberships.

Liz, Belleville

I was just mentioning how important it is that Bancroft develops a recreation centre for the town. A place that's central and open for everyone.

Susan, Bancroft

There are limited activities available in PEC. It would be nice to have a place for fitness and swimming that people can afford.

Caitlyn, Prince Edward County

**91%** of residents support more low-cost recreation programs.

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