



Resources

Be active, eat well and be smoke-free. These lifestyle behaviours can reduce your risk of chronic disease including: heart disease, stroke, type II diabetes and some types of cancer. They also keep you feeling good, having fun and enjoying life.



be active

Walking Programs

Walk this Way! A Guide To Stick To It, is a self help guide to add walking to your lifestyle.

Pedometer Lending Program for community groups. Pedometers help increase physical activity by monitoring and motivating.

Indoor Walking Sites in Hastings and Prince Edward Counties. Visit our website at <www.hpechu.on.ca> and click on Chronic Disease & Injury Prevention, then choose Physical Activity, then choose Walking.

For the walking programs listed above, call the Healthy Life Line at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext. 610.

VON SMART Program

A physical activity program to help seniors get moving. Call 613-392-8852, or if long distance call 1-888-279-4866 ext. 1371.

The City of Belleville Parks and Recreation Department

Many **FITNESS CLASSES** for various ages and abilities. Call 613-966-4632.

Healthy Life Line

Ask questions/request resources about physical activity. Call the Healthy Life Line at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext. 610.

Ignite! Physical Activity Directory

Ignite! - your local physical activity network - has compiled a list of physical activity opportunities for Hastings and Prince Edward counties. The directory is available at local libraries or online by visiting the Health Unit's website at <www.hpechu.on.ca> click on Chronic Disease & Injury Prevention, then choose Physical Activity, then choose Physical Activity Directory.

Prince Edward Fitness & Aquatic Centre

Not for profit organization. 25m jr. olympic pool, group exercise, aquafitness, weight training equipment, cardio equipment, squash courts, swimming lessons & much much more! Activities for all ages! Call 613-476-7776 or e-mail <pefac@bellnet.ca>.



eat well

Food Handlers Certification Program

One-day training for anyone involved in food preparation - \$30.00 per person. Call 613-966-5513 ext. 254 or 317.

Food & Nutrition Directory: Programs & Services for Hastings & Prince Edward Counties

Provides a comprehensive list of credible and reliable food and nutrition programs and services for the public. Visit the Healthy Eating section found under Chronic Disease & Injury Prevention of the Hastings & Prince Edward Counties Health Unit website at <www.hpechu.on.ca> to download a copy.

Healthy Life Line

Ask questions/request resources about healthy eating. Call the Healthy Life Line at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext. 610.

Eat Smart! Dining Guide

A list of award winning restaurants for promoting healthy living in our community. Call the Healthy Life Line at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext. 610.

Healthy Measures Classes

Seven-week program for women focusing on healthy eating, being active and self-esteem. Call the Healthy Life Line at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext. 610.

The Belleville Farmers Market

A year round market located behind the City Hall in Belleville. A great selection of seasonal fruits and vegetables, baked goods, flowers, honey, crafts, coffee and various meat products are available. Come for the experience and see for yourself every Tuesday, Thursday and Saturday.



be smoke-free

Tobacco Talk Line

Call for information on quitting smoking, second-hand smoke and the Smoke-Free Ontario Act.

Free Quit Smoking Kits

For adults, pregnant women and youth are available at all health unit offices.

On the Road to Quitting

A free self-help booklet to assist adults to quit smoking.

Need help putting out that cigarette?

A self-help booklet to assist pregnant women to quit.

Quit 4 Life

A self-help booklet to assist youth to quit smoking.

Free Quit Smoking Courses.

Smoke-Free Ontario Act

For information call the Tobacco Talk Line.

For all of the above call the Tobacco Talk Line at 613-966-5513 ext. 600 or if long distance call toll-free 1-800-267-2803 ext. 600.

Canadian Cancer Society Smoker's Helpline

Quit smoking with the help of a trained quit specialist. Call 1-877-513-5333. Monday to Thursday, 8 am to 9 pm, Friday 8 am to 6 pm and weekends 9 am to 5 pm.

Get on Track

Self help booklet from the Lung Association. Call 613-969-0323.

Lungs Are For Life School Program

Free programs for schools in Hastings and Prince Edward counties. Call 613-969-0323.



other resources

Workplace Health

Workplace health promotion program including resources, consultations, presentations and networking meetings. Call the Hastings & Prince Edward Counties Health Unit at 613-966-5513 ext. 610 or if long distance call toll-free 1-800-267-2803 ext. 610.

Heart & Stroke Health Information Service

Written information 1-888-473-4636. Website <www.heartandstroke.ca>.

Canadian Diabetes Association

A national, independent, self-financing organization whose mission is to promote the health of Canadians through diabetes research, service, education and advocacy.

Trained volunteers provide well researched, Signature Programs to groups, business or service clubs. These 40 minute presentations include diabetes related topics on reducing the risk of developing type 2 diabetes and diabetes management. A 6-minute children's animated video about diabetes is available for elementary school grades 1-5. Call 613-962-6520.

Diabetes Education at Quinte Health Care

Group and individual education. Self referrals accepted.

Belleville General Hospital
Call 613-969-7400 ext. 2329.

Trenton Memorial Hospital
Call 613-392-2540 ext. 5372.

Prince Edward County Memorial (Picton)
Call 613-476-1008 ext. 4322.

North Hastings (Bancroft)
Call 613-332-2825 ext. 6235.

Canadian Cancer Society

Reliable information on cancer and community services and displays/presentations on services and risk reduction for industry or community groups. Call 613-962-0686 or 1-888-939-3333.

Canadian Cancer Society - Peer Support Services

Speak with a survivor/caregiver about living with cancer or join a support group. Call 1-800-263-6750.

Canadian Cancer Society Transportation Services

Cost free assistance for getting to cancer related appointments. Call 613-962-0686.

Primary & Secondary Stroke Prevention

Lifestyle modification counseling according to risk factors. By referral to Stroke Prevention Clinic at 613-969-7400 ext. 2871.

VON Neighbours Helping Neighbours

A six hour training program to help people develop a comfort level to help out in the community. Call 613-392-4181 or if long distance call 1-888-279-4866 ext. 1344.

Women's Health Network of Quinte

Supporting women to make informed decisions about their health. Visit our website at <www.whnq.ca>.

Centre for Addiction and Mental Health

For addiction and mental health resources, visit our website at <www.camh.net>.

It's about healthy living.

Partners: Algonquin and Lakeshore Catholic District School Board • Belleville Bulls Hockey Club • Belleville Farmers Market Association • Brown's Fine Food Services Inc. • Canadian Cancer Society • Canadian Diabetes Association • Centre for Addiction and Mental Health • City of Belleville - Human Resources Department • City of Belleville - Recreation & Community Services • City of Quinte West Community & Leisure Services • Fit 4 Life Personal Training & Education • Friends of the Frink Centre • Gateway Community Health Centre • Hastings & Prince Edward Counties Health Unit • Hastings and Prince Edward District School Board • Heart and Stroke Foundation of Ontario • Industress (Injury Prevention and Wellness in the Workplace) • Ministry of Health Promotion Active 2010 • Mohawks of the Bay of Quinte Tyendinaga Recreation Department • Prince Edward Fitness and Aquatic Centre • Quinte & Area Dietitians • Quinte Conservation • Quinte Health Care • Quinte Community Learning - Bridging The Gap • South East Community Care Access Centre • Strength Tek Fitness & Wellness Consultants • Strengthening the Forces, Health Promotion • The County of Prince Edward Recreation, Parks and Culture • The Lung Association • The Prince Edward County Community Care for Seniors Association • Township of Tyendinaga • VON Hastings, Northumberland, Prince Edward Site • YMCA of Belleville