

Health Care Provider Guide for Free or Low-Cost Adult Physical Activity Programs & Resources October 1, 2018

in Lanark, Leeds & Grenville (LLG) Region

Primary Prevention

Leeds, Grenville and Lanark (LGL) District Health Unit

<http://healthunit.org/health-information/physical-activity-rest/>

Telephone: 1-800-660-5853

LGL District Health Unit:

- [Physical Activity Resource-Moving Around the Tri-County](#) (Covers LLG)

Community Support Services Agencies

Community and Primary Health Care (CPHC)

<http://cphc.buzsoftware.com/home>

Telephone: 1-800-465-7646 or 613-342-3693

CPHC:

- [Schedules](#) for CPHC Seniors' Exercise, Gentle Fit, and Fall Prevention Programs, ext. 2301

Primary Care Organizations

Country Roads CHC:

<https://www.crchc.on.ca/>

Telephone: 613-272-3302 (Portland)

613-273-9850 (Westport)

Country Roads CHC:

- Walking Country Roads Outdoor Program in Portland and Westport; Get W.I.T.H It Indoor Walking Program at Rideau High School in Elgin; & Senior's Fitness See [Events](#)
Telephone: 613-273-3302 ext. 256

Secondary Prevention

General Chronic Conditions Exercise Programs

Community Support Services Agencies:

- [CPHC](#) (See Primary Prevention & associated with Heart Wise programs see below)
[Heart Wise Exercise](#): LLG Locations (designed for cardiac clients) Brockville, Gananoque, Newboro, Perth, Smith Falls, Merrickville, and Westport CHCs: Telephone: 1-800-465-7646 ext. 2301 & Athens Joshua Bates Centre CPHC: Telephone: 613-924-1629
[Perth Enrichment Program \(PEP\)](#) for older adults:
[Community Exercise Programs](#) Telephone: 613-201-7172

Primary Care Organizations:

- [Rideau CHS](#): Telemedicine Exercise Class led by Kinesiologist (Smiths Falls, Brockville & Portland) Telephone: 613-284-2558

Diabetes Exercise Program

[Rideau Valley Diabetes Services](#) (also offers Walking Groups)

Telephone: 1-877-321-4500 or 613-284-2558 (Smiths Falls)

Telephone: 613-498-1555 (Brockville)

Stroke Community Exercise Program

<https://www.strokenetworkseo.ca/community-supports>

[Perth CPHC Stroke Survivor Exercise Program](#), Perth Lions Club

Telephone: 1-800-465-7646 ext. 2301

Brockville Stroke Exercise Program: Classes Pending

Telephone: 1-888-279-4866 ext. 5350

Cardiac Rehabilitation

[Brockville Cardiovascular Program](#)

Referral Form Required from Physician or Nurse Practitioner

Telephone: 613-345-4549 ext. 1414

Brockville General Hospital-Charles Street Site

Physical Activity Resources

Canadian Society for Exercise Physiology
[Canadian Physical Activity Guidelines](#)

Public Health Agency of Canada
[Physical Activity Guide](#)
Best Practices Portal: Physical Activity

[Exercise is Medicine Canada](#)

Physical Activity Resource Centre:
[Physical Activity Promotion for Older Adults](#)

CAPE (Canadian Association of Physicians for the Environment): [Active Travel Toolkit](#)

[Finding Balance Ontario](#) for older adults

For feedback on this Guide:

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For more information visit:

<https://www.southeasthealthline.ca/>