

**Champlain Falls Prevention Algorithm Resource Inventory  
North Lanark and North Grenville**

Territory	Service Provider	Category of service	Contact	Additional Information
North Lanark, Carleton Place, Almonte and surrounding areas North Grenville, Kemptville and surrounding areas	Leeds Grenville and Lanark Health Unit	Health Promotion	Smiths Falls 613-283-2740 Brockville 613-345-5685 Health Action Line 1-800-660-5853 <a href="http://www.healthunit.org/">http://www.healthunit.org/</a>	
North Lanark, North Grenville, Kemptville	Community and Primary Health Care	Community and Exercise programs Walking Programs	613-342-3693 1-800-465-7646 e-mail: <a href="mailto:info@cphcare.ca">info@cphcare.ca</a> 2235 Parkedale Ave. Brockville, ON K6V 6B2 <a href="http://www.cphcare.ca/index.cfm?ID=75#3">http://www.cphcare.ca/index.cfm?ID=75#3</a>	CPHC exercise classes are designed to assist older adults and those with physical challenges in maintaining their independence. Classes are geared to personal functional ability. The program complies with the standards and objectives as developed by the Canadian Centre for Activity and Aging (CCAA), - All instructors are certified by the Centre for Activity and Aging, University of Western Ontario. A \$2 charge applies to exercise classes

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North Lanark	North Lanark Community Health Centre	Community Health and Exercise Programs	Call Kara@ 613-259- 2182 or 1-866-762-0496 <a href="http://www.nlchc.on.ca">www.nlchc.on.ca</a>	<p>“The NLCHC provides a wide range of programs that support older adults and seniors in maintaining and/or improving their physical and mental health and wellness. Our current programs include: weekly exercise classes, walking programs, mindful movement, tai chi, yoga for people with persistent health concerns, and falls prevention programs. All our programs are free and all members of the community are welcome.</p> <p>Our exercise classes meet the standards and objectives developed by the Canadian Centre for Activity and Ageing (CCAA) affiliated with the University of Western Ontario and most of our classes/locations are designated as Heartwise exercise sites through the University of Ottawa Heart Institute. All our volunteer fitness instructors have achieved their certificate as “Senior</p>

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				Fitness Instructor” through the CCAA.”
Parkinsons society Ottawa	Health Promotion	Health Promotion Information resources	Unit 1 – 200 Colonnade Road, Ottawa, ON K2E 7M1 Tel: 613-722-9238 Fax: 613-722-3241  <a href="http://www.parkinsons.ca/en/">http://www.parkinsons .ca/en/</a>	To find support services and information in your area, please contact the provincial partner closest to you
Beckwith	Beckwith Township Recreational Complex	Community/ Municipal Programs	Beckwith recreational Complex 1319 9 <sup>th</sup> Line Beckwith <a href="http://www.twp.beckwith.on.ca/recreation.org">http://www.twp.beckw ith.on.ca/recreation.ar o</a> 613-257-1539	Walking program Indoor Artificial Turf Field Beckwith Recreation Complex 1319 9 <sup>th</sup> Line Beckwith Everyone welcome. No charge, Music
Carleton Place	Carleton Place Aquatic Centre	Community	613-257-1005 cppool@caretonplace.c a	
Carleton Place	Senior Services	Arthritis - Fitness	Call Senior Services at 613-256-4700	Carleton Place

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Carleton Place	Carambeck community Centre	Community/ Municipal Programs	<a href="http://carletonplace.ca/carambeck-community-centre-c291.php#New">http://carletonplace.ca/carambeck-community-centre-c291.php#New</a> Programs or 613-256-8339	Walking groups, seniors gentle stretch, exercise programs
Carleton Place		community	Contact Katrina 613-253-3822	Get WITH It Carelton Place High school
Mississippi Mills (Almonte, Pakenham, Ramsey)	The Mills Community Support	Community Programs Exercise Programs	Mills Community Support Corporation 67 Industrial Drive Almonte, Ontario K0A 1A0 (613) 256-1031 Fax: (613) 256-1185 <a href="mailto:info@themills.on.ca">info@themills.on.ca</a>	Provide seniors services and programs through home support, assisted living and respite care. Falls Prevention programs Tia Chi  Fit as a Fiddle Older Adult Exercise program + Lunch Aqua Arthritis at the Carleton Place Pool
Mississippi Mills Pakenham	The town of Mississippi Mills	Community Exercise program	Stewart community Centre 613 -256-1077	Aerobic classes for seniors,
North Grenville	Municipality of North Grenville	Community. Municipal Programs	613-258-4487	Walking group meets at the North Grenville Municipal Centre

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Carleton Place	Independent provider	Exercise programs	Carleton Terrace, 613-253-7360	Seated chair exercises
Carleton Place	Independent provider	Exercise programs	Linda Burg@ 613-253-8399	At the Canoe Club Carelton Place/ Carambeck
Waterside	Independent provider	Exercise programs	Alison Lunn @ 613-253-2010	