

Health and Wellness

Make it part of your lifestyle

Reasons to get involved with physical activities:

- Have fun
- Meet new people
- Build self-esteem
- Decrease anxiety and depression

Evidence shows that regular exercise can:

- Benefit your mental health
- Increase levels of good cholesterol
- Lower high blood pressure
- Promote healthy blood sugar levels
- Promote bone density
- Boost immune system

Do you want to get active, but keep running into barriers?

We may have the answer for you.

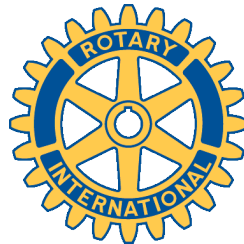
Community Wellness identifies barriers to participation such as social isolation, limited finances, transportation, weather, lack of opportunity, and motivation.

Once barriers are determined, we assist each individual in overcoming such barriers to reach their goals.

Community Wellness is made possible by the following sponsors:



NORTH AMERICA
Premiere
BOATING DESTINY



Canadian Mental
Health Association
Kenora
Mental health for all



**KENORA
BOWLING
LANES**



Community Wellness



Community Wellness assists persons with a physical and/or intellectual disability, seniors that are in a low income category, and adults with mental health issues to become more active in the community

Kenora Association for Community Living

Community Wellness
Community Mental Health Support
Services

Phone: 807-467-5244
Fax: 807-467-5264
Email: wellness@kacl.ca
Project Coordinator: Liz Garrow

Central Office • Children's Services • Options for Adults
Community Mental Health Support Services
501 Eighth Avenue South, Kenora, Ontario P9N 3Z9

P (807) 467-5244 • F (807) 467-5264

Application Form

Date: _____ Name: _____
Address: _____
Phone Numbers: _____
Date of Birth: _____ Health Card #: _____
Medical History: _____
Allergies: _____
Emergency Contact: _____
Name: _____ Relationship: _____
Phone Numbers: _____

Past Interests: (Activities you have done in the past) _____

Present Interests: (Activities you would be interested in pursuing again) _____

Why are you unable to obtain your goals? _____

What days and times are best suited for your participation? _____

How did you hear about Community Wellness? _____

Are you aware of all the activities offered to you in your community? Yes or No

Do you have means of Transportation? Yes or No

| Exercise | Walking | Jogging | Volleyball | Baseball | Aerobics | Waterfit | Yoga | Weights | Badminton | Dancing | Skating |
|------------|---------|---------|------------|----------|----------|----------|------|---------|-----------|---------|---------|
| Do already | | | | | | | | | | | |
| Would try | | | | | | | | | | | |

Is there anything you would like added to this list? If so, please list them. _____
