



Wellness Resource Directory

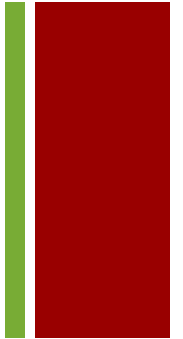


Statewide Health Improvement Program | SHIP





Click a topic below to learn more about local resources and opportunities



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+ City and County Parks

Local parks offer a variety of activities including playgrounds, nature trails, ball fields and volleyball courts.

- Chisago Lakes Parks & Playgrounds
- Center City Parks Department
- Chisago City Parks & Recreation
- City of Wyoming
- City of Lindstrom
- Forest Lake Parks & Amenities



Chuckie Lundquist Skateboard Park,
Chisago City

+ Community Education

Community Education classes offer a variety of recreational activities for children and adults. From golf clinics to yoga, gymnastics to softball. It's a perfect way to try something new.

- Chisago Lakes Community Education
- Forest Lake Community Education
- Rush City Community Education
- North Branch Area School Community Education
- Cambridge-Isanti Community Education
- St. Croix River Education District

We'R'Able Community Education enables persons with disabilities to participate in lifelong learning through education and provides a variety of other activities.

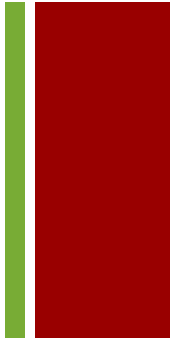


+ Senior Resources

- Parmly Vitalize Wellness Centre 651-257-0575
Exercise and vitality programs available to support active aging
- Forest Lake Senior Community Center 651-464-5833
- Meals on Wheels 651-257-0580
- Go4Life
Exercise and physical activity information from the National Institute on Aging
- Family Pathways Senior Services 651-257-7905
- Fairview Lakes Medical Center, Wyoming 651-982-7000
Provides information on senior health services
- Senior Dining Catholic Charities 651-674-7088
Offers senior dining sites and Meals on Wheels services



+ Hiking and Biking Trails



Enjoy the outdoors on foot or on wheels.

- Sunrise Prairie Trail

24 miles of paved multi-use trails from North Branch to Hugo

- City of Lindstrom

- Swedish Immigrant Trail

- Wild River State Park

Hiking, biking and horse trails

- Interstate State Park

- Gandy Dancer Trail

98 miles of trail for hiking and biking.



Swedish Immigrant Trail

+ Swimming

Indoor Swimming:

- Chisago Lakes High School Community Pool
- AmericInn, North Branch

Outdoor Swimming:

- Rush City Aquatic Center
- Beach Park, Lindstrom
- Fish Lake Park, Harris
- Paradise Park, Chisago City



Rush City Aquatic Center

+ Boating

Kayaking, canoeing or boating is a great way to spend an active summer day.

- [Fish Lake Park, Harris](#)
- [Checkerboard Park, North Branch](#)
- [Dennis Frandsen Park, Rush City](#)
- [St. Croix National Scenic Riverway](#)
- [DNR guide to Chisago County Lakes](#)

This site gives specific information about each lake including lake maps and water levels

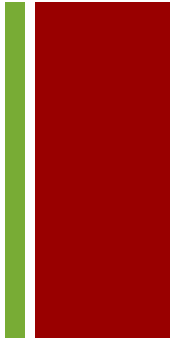


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Winter Activities

Winter in Minnesota brings many possibilities to get outdoors. Snowmobiling, cross country skiing and ice skating and ice fishing are all great ways to keep active during the long Minnesota winter.



Snowmobiling:

- [Wild River Snowmobile Club](#)
- [DNR Snowmobile Trail Map-North Chisago County](#)
- [DNR Snowmobile Trail Map-South Chisago County](#)

Cross-country Skiing:

- [DNR State Cross County Ski Trails](#)
- [Fish Lake Park, Harris](#)
- [Ki-Chi Saga Park, Lindstrom](#)

Ice Rinks:

- [Goodview Park, Wyoming](#)
- [Swenson Park, Wyoming](#)
- [Chuckie Lindquist Park, Chisago City](#)
- [I.G. Long Park, Center City](#)
- [Skate Park \(Ice Rink\), Lindstrom](#)
- [Hwy 95 & County Rd 14, North Branch](#)

+ Fitness Opportunities

Choose a physical activity you enjoy and that fits your lifestyle.

- **Running/Walking Club (651)257-2766** John, also find us on Facebook "Lakes Community Fitness"

A group of individuals committed to improving their health and fitness by sharing their passion with others. Lakes Community Fitness encourages, motivates and inspires while fostering a commitment to our community. Lakes Community Fitness meets year around on Saturdays at 8:00am, Northwoods Roasterie, Inc. in Lindstrom. All ages and levels welcome.

- **Lakes Area Recreation Association**

LARA provides opportunities for children in the Chisago Lakes Area to experience affordable, supervised sports activities.

- **Frisbee/Disc Golf**

Harder Park, North Branch

The Ponds, Linwood Twp

- **Adult Softball Leagues**

- **Community Education**

Make sure to check out all offering, not just your own district



+ Community Information

Spend an active day enjoying one of the many community events in Chisago County

- North Branch Chamber of Commerce
- City of Lindstrom
- Chisago Lakes Area Chamber of Commerce
- City of Shafer
- City of Rush City
- City of Stacy
- Falls Chamber of Commerce
- Almelund Township
- City of Harris
- City of Wyoming



Chisago Lakes Triathlon

+ Farmer's Markets

Get fresh produce straight from the farm. Eating local, seasonal produce is a economical way to help get your 5 servings of fruits and vegetables a day.

Almelund Near Rod's Country Corner on Hwy 95	Fridays 4pm-7Pm May - October
Harris Forest Blvd. along Railroad Tracks	Sundays 1pm-5pm June- October
North Branch 8 th and Main Street	Saturdays 8am-12noon July-October
Wyoming Fairview Lakes Medical Center Located indoors by the cafeteria	Wednesdays, 11:30am-1:00pm
Lindstrom St Bridget's Catholic Church	Wednesdays, 3pm-6pm, Saturdays 8am-12 noon June-October

[Click here for a printable Farmers Market brochure](#)



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Fresh & Local Food Producers



Community Supported Agriculture

(CSA) is an option for those who do not have a garden of their own. Members of a CSA purchase a “share” in the season’s crops. This share consists of a weekly box of products that may be picked up at the farm or delivered to a convenient drop site. Members share the risks of farming along with the rewards of having fresh seasonal produce throughout the growing season. It is also a great way to support local agriculture and small family farms.

<u>Treasured Haven Farm</u> Rush City 320-358-3581	Offers a variety of CSA options from their environmentally conscious family farm.
<u>Women’s Environmental Institute</u> Almelund 651-583-0705	Organically certified CSA program, featuring veggies and apples, and a variety of farming classes.
<u>Nitty Gritty Dirt Farm</u> Harris 651-226-1186	15 acre farm with organically and sustainably grown fruits and vegetables

To find more information about local food producers check out these websites:

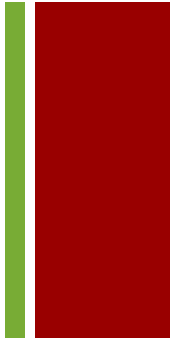
www.minnesotagrown.com

www.localdirt.com

[Click here for a printable CSA brochure](#)

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+ Food Support



- **Fare For All** 763-450-3880

Fare For All is a program designed to help families stretch their monthly food budget.

- **Chisago County Food Shelves**

- **Chisago County WIC Program** 651-213-5206

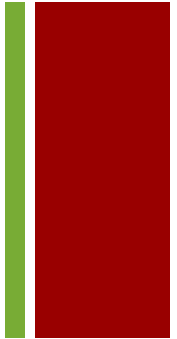
WIC is a food program for pregnant and breastfeeding women, infants and children up to 5 years old, and women who have a child under 6 months of age.





Breastfeeding

Breastfeeding provides the best source of nutrition for your baby. Check with your healthcare provider to find out what resources they provide.



- **La Leche League of Minnesota** 612-922-4996

Trained leaders are experienced mothers available for questions and concerns regarding all aspects of breastfeeding.

- **St. Croix Regional Medical Center** 715-483-0431

- **Chisago County Public Health** 651-213-5231

Education, support and equipment for breast feeding.



+ Tobacco Cessation

Quitting smoking can be tough, but you can do it! Talk to your doctor to find out what tools are available to help you succeed. You can also contact any of the following organizations for assistance.

- [QUITPLAN, Clearway Minnesota 1-888-354-PLAN](#)
- [American Lung Association 1-800-548-8252](#)
- [American Cancer Society 1-800-227-2345](#)



+ Local Health Support

- **Fairview Lakes Medical Center**

A variety of support groups available including those for diabetes and weight loss surgery.

- **Overeaters' Anonymous, Forest Lake**

Contact Marian 651-257-6045

- **TOPS -Take Off Pounds Sensibly**

Meeting held in North Branch, Stacy, Osceola, St. Croix Falls and Scandia.

Check out their website for dates & times or call 651-738-2814

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+ Managing Your Health

- American Diabetes Association

Helps you manage your diabetes with meal planning tools and fitness ideas.

- American Heart Association

Provides electronic information about weight and stress management along with nutrition and fitness information.

- Choose My Plate

USDA website designed to improve the nutrition and wellbeing of Americans.

- American Cancer Society

Provides an electronic health check to assess your current status and receive a personalized action plan.

There are many resources available online with no fee to help you with your nutrition and physical activity goals. Finding a program that you enjoy and is easy to use is the best way to stay on track.