Wellness Resource Directory

ship
statewide health improvement partnership

Public Health
Prevent. Promote. Protect.
Chisago County
Local resources and opportunities

City and County Parks
Community Education Classes
Senior Resources
Hiking and Biking Trails
Swimming
Boating
Winter Activities
Fitness Opportunities

Community Information
Farmers Markets
Fresh & Local Food Producers
Food Support
Breastfeeding
Tobacco Cessation
Local Health Support Resources
Managing Your Health

This list of resources has been compiled to encourage physical activity and good nutrition in Chisago County. Inclusion does not imply recommendation or endorsement.
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
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

M-Power Wellness Centre 651-257-1177
   Exercise and vitality programs available to support active aging

Forest Lake Senior Community Center 651-464-5833

Meals on Wheels 612-623-3363

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

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.
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

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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
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
  - 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, Northwood’s 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 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td><strong>Almelund</strong></td>
<td>Fridays 4pm-7Pm</td>
</tr>
<tr>
<td>Near Rod’s Country Corner on</td>
<td>May - October</td>
</tr>
<tr>
<td>Hwy 95</td>
<td></td>
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<tr>
<td><strong>Harris</strong></td>
<td>Sundays 1pm-5pm</td>
</tr>
<tr>
<td>Forest Blvd. along Railroad</td>
<td>June- October</td>
</tr>
<tr>
<td>Tracks</td>
<td></td>
</tr>
<tr>
<td><strong>North Branch</strong></td>
<td>Saturdays 8am-12noon</td>
</tr>
<tr>
<td>8th and Main Street</td>
<td>July-October</td>
</tr>
<tr>
<td><strong>Wyoming</strong></td>
<td>Wednesdays, 11:30am-1:00pm</td>
</tr>
<tr>
<td>Fairview Lakes Medical Center</td>
<td></td>
</tr>
<tr>
<td>Located indoors by the cafeteria</td>
<td></td>
</tr>
<tr>
<td><strong>Lindstrom</strong></td>
<td>Wednesdays, 3pm-6pm,</td>
</tr>
<tr>
<td>St Bridget’s Catholic Church</td>
<td>Saturdays 8am-12 noon</td>
</tr>
<tr>
<td></td>
<td>June-October</td>
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Click here for a printable Farmers Market brochure
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.

<table>
<thead>
<tr>
<th>Treasured Haven Farm</th>
<th>Offers a variety of CSA options from their environmentally conscious family farm.</th>
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<tbody>
<tr>
<td>Rush City 320-358-3581</td>
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<table>
<thead>
<tr>
<th>Women Environmental Institute</th>
<th>Organically certified CSA program, featuring veggies and apples, and a variety of farming classes.</th>
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<tbody>
<tr>
<td>Almelund 651-583-0705</td>
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<table>
<thead>
<tr>
<th>Nitty Gritty Dirt Farm</th>
<th>15 acre farm with organically and sustainably grown fruits and vegetables</th>
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<tbody>
<tr>
<td>Harris 651-226-1186</td>
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To find more information about local food Producers
Check out these websites:
www.minnesotagrown.com
www.localdirt.com
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.