

Matters of the Heart Partnership

Cardiovascular Health & the Women's Healthy Heart Project



Two cornerstones for cardiovascular health are to incorporate at least 30 minutes of physical activity into your routine on most days, and to eat a nutritious diet that includes 5 or more servings of fruits and vegetables every day. Check with your local senior center about equipment for physical activity for seniors to use, free of charge!

Take care of your health, and know the SIGNS and SYMPTOMS of HEART ATTACK:

- Chest or upper body discomfort
- Unexplained shortness of breath

and STROKE:

- WALK (sudden changes in balance)
- TALK (sudden changes in speech or droopy face)
- REACH (one side weak or numb)
- SEE (sudden changes in vision)
- FEEL (sudden & severe headache)

With any one sign or symptom, call 9-1-1 Every Minute Counts!

Healthy Eating Active Living (HEAL) Project

Eating healthy and staying active have never been easier in the EHHD! The HEAL Project promotes fresh fruits and vegetables, and access to opportunities for physical activity throughout the year. Informational fliers about seasonal produce for each week of the year are available on the EHHD website; look for the **Produce of the Week (POW!)**, and eat a rainbow of colors every day for good health!



EHHD towns have gone the extra mile to establish **Active Living** opportunities for everyone. From enhanced trails and fit courses to kayak loan programs, the opportunities are there – **go out and have some fun!**

Parks and Recreation Contact Information:

Andover Sports and Recreation (860) 742-7305 www.andoverct.org	Coventry Parks and Recreation (860) 742-4068 www.coventryct.org
Ashford Parks and Recreation (860) 487-4409 www.ashfordtownhall.org	Mansfield Parks and Recreation (860) 429-3015 www.mansfieldct.org
Bolton Parks or Recreation (860) 649-8066 bolton.govoffice.com	Scotland Town Offices (860) 423-9634 www.scotlandct.org/townhall
Chaplin Recreation Commission (860) 455-0073 www.chaplinct.org	Tolland Parks and Recreation (860) 871-3610 www.tolland.org
Columbia Town Offices (860) 228-0110 www.columbiact.org	Willington Recreation Dept. (860) 487-3108 www.willingtonct.org

Active Living Projects:

With a small amount of seed money from the state, and deep discounts from Chace Building Supply & Dick's Sporting Goods, member town parks and recreation departments were able to leverage town resources, in-kind donations, and volunteer labor to create opportunities for the community to get active!

Special Thanks to:

- Connecticut Department of Public Health
- Big Y, Tolland
- Highland Park Market, Coventry
- Dick's Sporting Goods, Manchester
- Chace Building Supply, Willington
- Matters of the Heart Partnership
- EHHD Member Town Parks and Recreation Departments
- EHHD Member Town Senior Centers
- HEALTHY DINING Certified Establishments



Eastern Highlands Health District
4 South Eagleville Road • Mansfield CT, 06268
Tel: (860) 429-3325 • Fax: (860) 429-3321
www.ehhd.org • ehhd@ehhd.org

6-09

Eastern Highlands Health District's

Guide to

Opportunities for Physical Activity & Healthy Dining



Serving Communities in Eastern Connecticut

Remember to look for fresh produce at your local Farmers' Market.
All Member Town BOE Schools are Healthy Dining Certified, as are the Channel 3 Kids Camp & the Evangelical Christian Center.

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|---|--|--|--|--|--|---|--|---|--|--|---|--|
| 20 Mansfield General Store
534-A Storrs Rd.
(860) 450-0597 | 21 Red Rock Pizza & Cafe
591 Middle Turnpike
(860) 429-1366 | 22 Sara's Pockets
125 N. Eagleville Road
(860) 429-2900 | 23 Subway of Tolland
70 Merrow Rd.
(860) 871-7688 | 24 Sunny Cafe
452-A Stafford Rd.
(860) 423-7972 | 25 Thompson's Store
54 Middle Turnpike
(860) 429-9377 | 26 Scotland General Store
8 Palmer Road
(860) 423-8657 | 27 Tolland Heart & Soul Cafe
384 E Merrow Road
(860) 871-9990 | 28 Willington Pizza
25 River Road
(860) 429-7433 | 29 Willington Pizza Too
Rte 74 Phelps Crossing
(860) 429-9030 | 30 Willington The Daily Grind Cafe LLC
11 Phelps Way
(860) 487-0606 | 31 Tavern House Grill
200-G Merrow Road
(860) 872-0332 | 32 Tolland Family Restaurant
225 Merrow Road
(860) 872-0526 |
|---|--|--|--|--|--|---|--|---|--|--|---|--|

HEALTHY DINING Certified Restaurants

- | | | | | | | | | | | | | | | | | | | |
|--|---|---|---|--|--|--|--|--|---|---|---|---|---|--|---|---|---|---|
| 1 Hop River Cafe
144 Route 6
(860) 742-7755 | 2 Ashford Smith's General Store
261 Ference Rd.
(860) 477-0265 | 3 Sneakers Sports Bar
55 Nott Highway
(860) 429-1332 | 4 Wooden Spoon Family Restaurant
217 Pompey Hollow Road
(860) 429-3825 | 5 Bolton Georgina's Restaurant
299 Boston Turnpike
(860) 647-0345 | 6 Columbia Lee's Stir-Fry
187 Route 66
(860) 228-8818 | 7 Thunderbird Cafe
232 Route 6
(860) 228-2886 x 146 | 8 Coventry Bidwell Tavern
1260 Main Street
(860) 742-6978 | 9 Coventry Pizza
1467 South Street
(860) 742-0285 | 10 Dimirt's Restaurant
3444 Main Street
(860) 742-7373 | 11 Lakeview Restaurant
50 Lake Street
(860) 498-0500 | 12 Meet Me On Main
1265 Main Street
(860) 742-5835 | 13 Panda Garden
1364 Main St.
(860) 742-2828 | 14 Subway of Coventry
1368 Main St.
(860) 742-2323 | 15 Twin Hills Country Club
199 Bread & Milk Street
(860) 742-9705 | 16 Mansfield China East
135 Storrs Road
(860) 423-1607 | 17 Chuck's Margarita Grill
1498 Stafford Road
(860) 429-1900 | 18 Gianneli's Pizza
1733 Storrs Rd.
(860) 429-0003 | 19 Husky Pizza
1254 Storrs Road
(860) 429-6001 |
|--|---|---|---|--|--|--|--|--|---|---|---|---|---|--|---|---|---|---|

Restaurants that have formally agreed to meet the criteria identified by the EHHD are designated as HEALTHY DINING Certified establishments. Healthy Dining establishments offer opportunities for healthy serving sizes, and fresh fruits and/or vegetables through:

- Portion controlled sizes, an option to split a meal with another, and/or an opportunity to have half the meal placed in a box for take out before the meal is served, and
- Offer as a side item (or a la carte) fresh, uncooked fruits and/or vegetables.

Although options will vary, each HEALTHY DINING Certified establishment is working with the Health District to improve healthy dining opportunities in our community.

So, go for a hike, swim, or play a sport, and get refreshed with a nutritious meal or snack at an EHHD HEALTHY DINING Certified Restaurant!

To this end, and with grant support from the Connecticut State Department of Public Health, the EHHD is able to offer the community this detailed listing and map of opportunities for physical activity and 57 HEALTHY DINING Certified establishments across the Health District (including restaurants, all member town BOE schools, and two local institutions).

Eastern Highlands Health District's (EHHD) mission is to preserve public health through the prevention of illness and promotion of wellness in the community.

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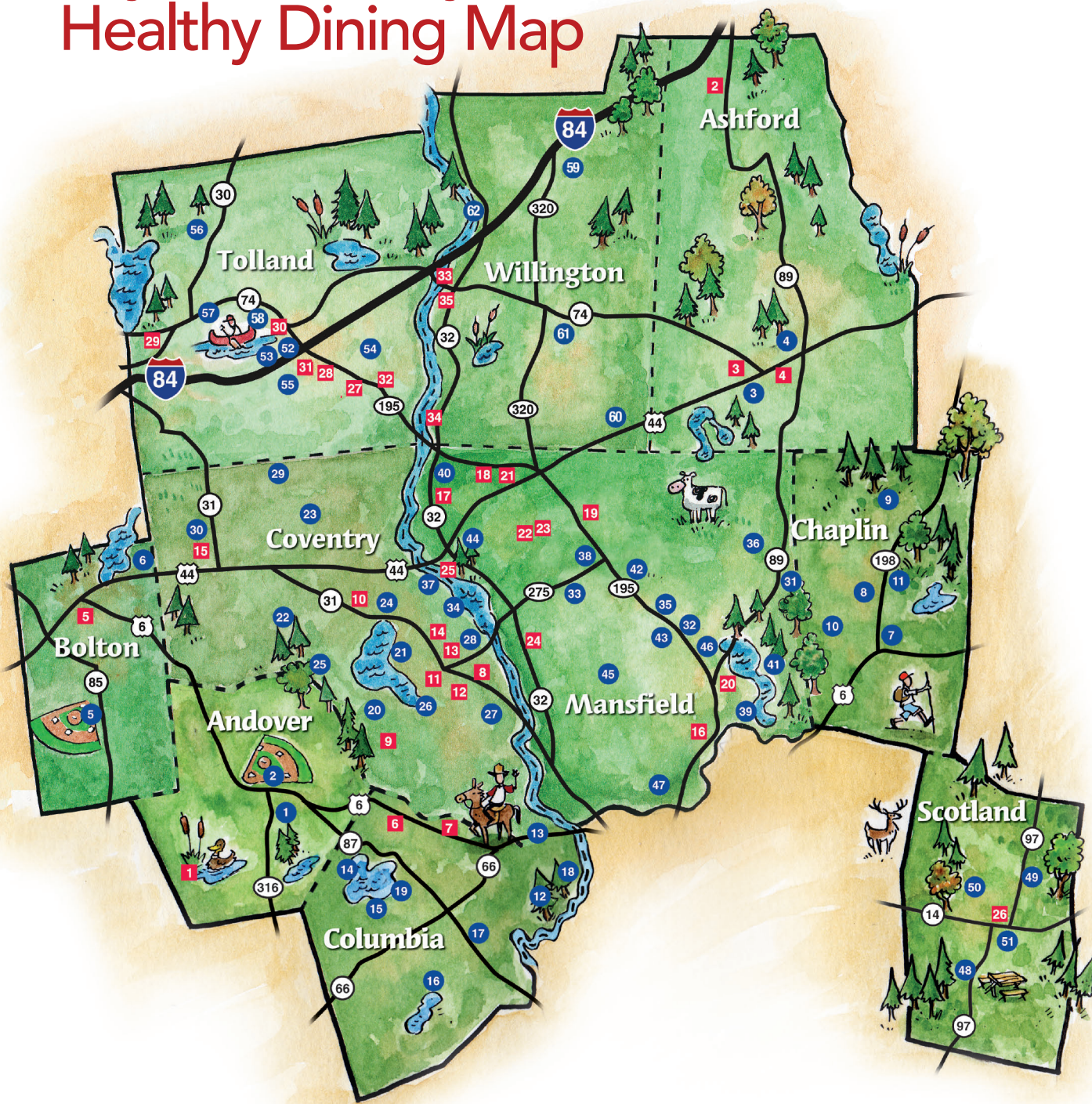
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Physical Activity & Healthy Dining Map



- 34 **Eagleville Preserve:** Lake St (access from Eagleville Dam, off Rte. 275 through state land) - loop trail along scenic bend of Willimantic River, through old pasture reverting to forest
- 35 **Fifty Foot Cliff Preserve:** Access from behind Old Town Hall on Rte. 195 - forested trails culminating at cliff with views across Fenton River Valley and Mansfield Hollow State Park
- 36 **Lions Club Memorial Park:** Warrenville Rd. (Rte. 89) - hiking, soccer fields, picnic areas
- 37 **Lynch Landing-Scenic Trail:** Access from Depot Rd. off Rte. 44
- 38 **Mansfield Community Center:** 10 South Eagleville Rd. (Rte. 275) - fitness center, fitness classes, swimming, therapy pool, aquatic classes, indoor track, and basketball courts, kayaks for loan (860) 429-3015
- 39 **Mansfield Hollow State Park:** Bassetts Bridge Rd. (off of Rte. 195) - trails (including loops), handicap accessible, canoe/boat launch
- 40 **Merrow Meadow Park:** Access from Merrow Rd. (Rte. 32) - canoe launch, loop trail through meadows, wetlands and forest along the Willimantic River, handicap accessible
- 41 **Mt. Hope Park:** Access from Rte. 89 - loop trail through meadows and woodlands leading to ponds and the Mt. Hope River
- 42 **Nipmuck Trail:** (6 miles) Access from Rte.195 near Mansfield Historical Society - easy to moderate hiking trail
- 43 **Schoolhouse Brook Park:** Access from Clover Mill Rd. (off Rte. 195 & Mansfield Middle School) - 19 trails including a portion of Nipmuck Trail, views of colonial mill and house site, includes Bicentennial Pond Recreation Area with seasonal swimming and fitness trails
- 44 **Shelter Falls Park:** Across from Birch Rd. off Rte. 44 - trails to waterfall and scenic rock formations along Cedar Swamp Brook, and to adjacent UConn and DEP lands
- 45 **Spring Hill Fields:** Spring Hill Rd. (off Rte. 195) - hiking, baseball/softball field, soccer field
- 46 **Southeast Park:** Warrenville Rd. (Rte. 89) - hiking, cross-country skiing, baseball/softball/football fields
- 47 **Sunny Acres Park:** Meadowbrook Ln. (off Rte.195 South of Mansfield Center) - playground, baseball/softball/soccer fields, handicap accessible

Andover:

- 1 **Doris Chamberlain Nature Pond:** Off Rte. 316, north of School Road - picnic area
- 2 **Long Hill Ball Fields:** Rte. 6 to Long Hill Rd. - baseball fields

Ashford:

- 3 **Ashford Memorial Park:** 72 Pompey Rd. (off Rte. 44) - basketball & sand volleyball courts, soccer & baseball fields, playscapes, drinking water, and portable restrooms
- 4 **Pompey Hollow Park:** Tremko Lane off Rte. 44 across from the Town Hall - tennis court, playscapes, short walking trail and overlook of the Mount Hope River. Sunday morning Farmers Market

Bolton:

- 5 **Herrick Park:** Located off Hebron Rd. (parallel to Rte. 85, to Center Rd., Center Rd. turns into Hebron Rd.) - playscape, baseball/softball/soccer fields, basketball court
- 6 **Indian Notch Park - Bolton Lake:** Located near Rte. 44 and Tolland Rd. Open during the summer months; swimming, picnic area/pavilion, baseball field, basketball court

Chaplin:

- 7 **Diana's Pool:** Off Rte. 198, north of Rte. 6 (0.4 miles north, turn right onto the "Dead End" street, just before the bridge over the Natchaug River, parking on left) - hiking and swimming
- 8 **Garrison Park:** Located behind Town Hall (Phoenixville Rd.) walking trail, sports fields
- 9 **Goodwin State Forest:** North Bear Hill Road - hiking trail
- 10 **Mansfield Hollow State Park:** Bedlam Road - hiking trail
- 11 **Natchaug State Forest:** Pumpkin Hill Road - hiking trail

Columbia:

- 12 **Airline Rail Trail:** Parallels Lebanon border - walking, biking, horse trail
- 13 **Charter Oak Greenway/Rail Trail:** Parallels Rte. 6 - walking, biking, bridge trail, rail trail, access to Willimantic and Hop River, fishing, boating
- 14 **Columbia Lake Beach:** Lake Rd. to Beach Rd. - swimming/swimming lessons (passes purchased through town hall)
- 15 **Hennequin Recreation Park:** Hennequin Road - exercise circuit walking path, playing fields, tennis/basketball courts, playscape
- 16 **Mono Pond Natural Heritage and Recreation Area:** Lake Ridge Dr. (access from Hunt Rd.) - hiking, fishing, limited hunting, boating

- 17 **Szegda Farm Open Space Preserve:** (135 acres) Szegda Road (near the intersection of Rtes 66 & 87) - open fields and wooded land, including 2 hiking loops of more than 1 mile

- 18 **Ten Mile River:** Access from Samuel Hill Rd. - hiking, fishing
- 19 **Utley Swamp Tract:** Access from Lake Rd. and Recreation Park - hiking

Coventry:

- 20 **Community Sidewalks:** South St., Cross St., and Coventry Village
- 21 **Coventry Lake:** (375 acres) Off Rte. 31 - Public beaches (2), state boat launch, fishing access
- 22 **Creaser Park:** (57 acres) Rte. 31 to Wrights Rd. to Case Rd. - walking trails, fishing ponds (2), bird sanctuary, dog walk area, 3 rentable cabins, handicap accessible
- 23 **Laidlaw Park:** (37 acres) Merrow Rd. off Rte. 32 - walking trail, softball & soccer fields, handicap accessible
- 24 **Lisickie Beach:** (3 acres) Main St. (Rte. 31) public beach with lifeguards, bathrooms, basketball court, handicap accessible
- 25 **Nathan Hale State Forest:** (1,554 acres) South St. - public walking trails (Lake St.)
- 26 **Patriot's Park:** (17 acres) Lake St. (Rte. 275 turns to Lake Street at the Rte. 31 intersection) - ice skating pond, warming hut, public beach with lifeguards, bathrooms, picnic pavilion, multi-purpose field, playground, basketball court, handicap accessible Canoe and Kayak Free-Loan Program through Parks & Recreation: Contact Coventry Parks & Recreation (860) 742-4068
- 27 **Miller-Richardson Field:** Rte 31 & Plains Road - baseball/football fields
- 28 **Windswept Farms:** Windswept Way - playscape
- 29 **Skungamaug Golf Course:** Folly Lane, (Rte. 44 to N. River Rd. to Folly) - 18 hole public golf course
- 30 **Twin Hills Country Club:** Bread and Milk Street (Rte. 31) - 18 hole public golf course

Mansfield:

- 31 **Buchanan Center Library:** 54 Warrenville Rd. (Rte. 89) - picnic areas and playground
- 32 **Coney Rock Preserve:** Access from Chaffeeville Rd. off Rte.195 in Mansfield Center- loop trail climbs through old pastures reverting to forest, cliff - top offers views of Mansfield Hollow State Park
- 33 **Dunham Forest:** Access from Dunham Pond Rd. (off Rte. 275 or White Oak Rd.) - hiking trails (includes loop trail) through mature forest

Scotland:

- 48 **Bower's Park:** Devotion Rd. (Rte. 97 to south Rte. 14) - baseball, soccer, tennis, swings, playground equipment, tetherball, volleyball, picnic tables
- 49 **Rock Springs Nature Conservancy:** Pudding Hill Rd. (Rte. 97, 1.4 miles north of Rte. 14) - 450 acres, 3 mile loop trail
- 50 **Scotland Public Library:** 21 Brook Rd. (just north of Rte.14) - nature trail through wetlands conservation area
- 51 **Scotland Town Green:** Intersection of Rte. 14 and Rte. 97 - gazebo, open area

Tolland:

- 52 **Crandall Park:** Cider Mill Rd. (off Rte. 195) - easy to moderate hiking trails (maps available at the recreation office), seasonal swimming with beach fees, play area for children
- 53 **Crandall Park II:** Cider Mill Rd.-Powell Pond (off Rte. 195) - fishing, non-motorized boating permitted
- 54 **Cross Farms Recreation Area:** Rhodes Road (off Anthony Road) - hiking trails, disc golf course, exercise stations
- 55 **Heron Cove Park:** South River Rd. (off Rte. 74 in the Woodhenge Drive intersection area) - canoe launch, hiking trails along the Willimantic River, seasonal ice-skating
- 56 **Shafraan Open Space:** Eaton Rd. (off Rte. 30) - hiking
- 57 **Tennis Courts:** Old Cathole Rd. (off Rte. 74) - 6 hard surface courts
- 58 **Tobiason Memorial Park:** Grant Hill Rd (Rte.195 to Cider Mill Rd. to Grant Hill) - hiking trails, includes part of Joshua's Trust

Willington:

- 59 **Fenton Ruby Park:** Moose Meadow and Burma Rd. - hiking trails (4 miles), fishing, picnic area
- 60 **Nipmuck Trail-Scenic Trail:** Access from Rte. 44 near Mason Rd. - easy to moderate trail
- 61 **Town Office Field:** 40 Old Farms Rd. (off Rte. 74) - softball field, baseball diamond. Kayak Free-Loan Program through Parks & Recreation: Contact Willington Parks & Recreation (860) 487-3108
- 62 **River Road Athletic Complex:** 511 River Road (Rte. 32) - soccer/baseball fields, future tennis courts, basketball/volleyball courts, playscape

Town Senior centers have free resources for physical activities for senior residents.