



Carstairs Connection

Promoting Connections for our Wellbeing

Who are we?

- Your friends, neighbours & community organizations working to create a healthy community.

What have we done so far?

- ✓ Healthy Community Resolution signed May 8, 2006
- ✓ Carstairs Connection formed Sept, 2006
- ✓ New Year's Eve Family Pot Luck & Social Dec/06
- ✓ Joined community stroke prevention project in Feb/07
- ✓ Neighbourhood Party, Summer Solstice Run/Walk & Healthy Aging Fair 2007 & 2008
- ✓ Community capacity baseline evaluation Oct-Dec/07
- ✓ Couch to 5 km running class Apr/08
- ✓ Focus testing of "Wellness Is" walking track signs May/08
- ✓ Healthy Cooking display at Neighbourhood Party May/08
- ✓ Community stroke survey (10% adult population) May-July/08
- ✓ Community stroke prevention project renamed "**Life Essentials**" in June/08
- ✓ "Wellness Is" walking track signs completed Sept/08
- ✓ Official Launch of "Wellness Is" walking track signs and Gym Grand Re-opening Jan/09
- ✓ Walk for the Health of It walking contest Nov/08-May/09
- ✓ Poster presentation at Alberta Provincial Stroke Strategy conference in Oct/08
- ✓ Co-sponsor Community Development Meeting Nov/08

What are we planning to do next?

- "Life Essentials Alerts" to appear monthly in the Carstairs Courier
- Continue to grow Carstairs Connection and community awareness of our vision.

Want to connect with us?

Contact:

Terri Sperle, Town of Carstairs @ 403-337-3341
Teree Hokanson, Alberta Health Services @ 403-912-8456