

Abbotsford Community Resource List

It can be hard to know where to start when you want to make a change in your family's eating habits or physical activity. Here are some steps to find out more information and support to help your family lead a healthier life.

1. Call HealthLink BC

- Speak to a Nurse, Dietitian or Pharmacist who can provide you with FREE, trusted health advice or connect you with the help you need to make healthy lifestyle changes.
- Dial 8-1-1 from any phone in BC or visit www.healthlinkbc.com

2. Call the Physical Activity Line

- Free information on how your family can include physical activity into every day, no matter your fitness level or experience.
- Call toll-free: 1-877-725-1149 or visit www.physicalactivityline.com

3. Talk to your Family Doctor

- Knowing your family's current health status will help you set realistic goals and achieve lasting healthy changes together. Talk to your doctor about setting healthy goals and where to start.
- If you don't have a family doctor, you can find out more about finding a family doctor at: <https://www.cpsbc.ca>
- If your physician feels your child meets certain criteria or is at risk, your child may benefit from a weekly group program at the Centre for Healthy Weights at BC Children's Hospital in Vancouver. These sessions help families recognize and overcome their own unique barriers to healthy eating and active living, and provide exercise coaching by the YMCA.
- You can find out more about this resource at www.bcchildrens.ca/healthyweights

4. Visit the Healthy Abbotsford website

- The Healthy Abbotsford website provides information on community events, programs and services to help you eat well, be active and live tobacco free. You will also find links to trusted healthy living websites and interactive online tools.
- Go to www.healthyabbotsford.ca

5. Pick up a Copy of the Abbotsford Park's Recreation and Culture Program Guide.

- Abbotsford Parks, Recreation and Culture offers a variety of healthy, active programs and services for people of all ages. To find a program or activity that's right for your child or your family, visit your local recreation center or go to www.abbotsford.ca/PRC to get a copy of the current program guide.

