

Prince George 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>

4. Talk to a Public Health Nurse, who can provide information and support for:

- Adult and women's health: Health promotion activities and health education
- Children and family services: Services and information related to infant and childhood growth and developments, developmental screening, immunizations, parenting and safety education/counseling, postpartum education and screening
- School & Youth Health: Programs and services focus on helping children and youth achieve optimum health and well-being.
- Contact your local public health unit by calling 250-565-7311.

5. Pick up a copy of the City of Prince George's Community Active Living Guide.

- The Community Active Living Guide is a resource for being active within the City of Prince George. The guide can be picked up at any arena or pool, as well at the Service Centre at City Hall. To access the guide online, follow the link below for a downloadable version or the digital online version.
- You can access this resource at <http://pgleisure.princegeorge.ca> for downloadable or digital online versions.

