

# Stroke Prevention Resources

## Physical Activity Resources

<https://www.cdc.gov/physicalactivity/index.html>

<https://www.dhs.wisconsin.gov/physical-activity/index.htm>

<https://www.dph.illinois.gov/topics-services/diseases-and-conditions/heart-stroke/physical-activity>

## Nutrition Resources

Locate a WIC clinic <https://www.dhs.wisconsin.gov/wic/clinic-locations.htm> <https://www.dhs.state.il.us/page.aspx?item=30513>

Meals on Wheels <https://www.goodwillsew.com/help-for-people-with-disabilities/programs-for-adults-and-seniors/meals-on-wheels>

<https://www.mealsonwheelsamerica.org/find-meals>

Feeding America food pantry locator: <https://feedingamericawi.org/find-help/pantry-locator/>

## Recreation Resources for Seniors in Wisconsin

Milwaukee <https://milwaukeeerecreation.net/Register/Activity-Guide.htm>

Milwaukee County Fall Prevention Coalition Resources: seated and standing exercises, Tai Chi <https://www.mcfpc.net/resources>

Kenosha- <https://www.kenoshacounty.org/193/Healthy-Living>

Westosha senior center <https://westoshaseniorcenter.com>

Racine <https://cityofracine.org/senioractivities/>

Racine ARDC [https://www.adrc.racinecounty.com/site/470/classes\\_and\\_seminars.aspx](https://www.adrc.racinecounty.com/site/470/classes_and_seminars.aspx)

Greenfield <https://www.ci.greenfield.wi.us/1335/Program-Brochure---Recreator>

Greendale <https://gpr.greendale.k12.wi.us/registration.html>

Franklin <https://www.franklin.k12.wi.us/community-education-recreation-department>

Wauwatosa/Hart Park senior center <https://container.parishesonline.com/bulletins/01/2027/20210501N.pdf>

Brown Deer <https://www.browndeerwi.org/DocumentCenter/View/856/Park-Rec-Fall-2021-FINAL1?bidId=>