



*LOCAL free and low-cost activities, programs, and facilities to support a healthy lifestyle*

### **Physical Activity**

**Carroll County Recreation and Parks** – Activities throughout the county; fees may apply. Also has information about parks and recreational facilities open to the public.

<http://ccgovernment.carr.org/ccg/recpark/>

**Westminster Recreation and Parks** – Recreational events and facilities (pool, trail, playgrounds) in Westminster. Fees may apply for some events. <http://www.westminstermd.gov/142/Recreation-Parks>

**Carroll County Recreation Councils** – Physical activity and sports programs in different areas of the county. Click the link for links to each area recreation council.

<http://ccgovernment.carr.org/ccg/recpark/rec-coun.asp>

**Walk Carroll** – Free local walking and exercise program. <http://www.healthycarroll.org/prevention-intervention/walk-carroll/>

**Carroll County Senior and Community Centers** - Classes available for all County residents. Gym facilities available for residents 60 and up, or married to someone 60 or above. Some fees may apply.

Look under “Senior and Community Centers” and select the center in your area to see programs and events. <http://ccgovernment.carr.org/ccg/aging/>

### **Physical Activities for People with Disabilities**

**Therapeutic Recreation Council** - Fees vary; scholarships available. Volunteers welcome. See program guide for Carroll County Recreation & Parks. <http://ccgovernment.carr.org/ccg/recpark/>

**TheraFit Gym** - Physical and occupational therapy and fitness for people with disabilities. Some scholarships are available for post-therapy fitness treatments. <http://therafitrehab.com/index.html>

**4-H Therapeutic Riding Program of Carroll County** - Therapeutic horseback riding for children and adults with physical, cognitive, and emotional disabilities. Fees. Volunteers welcome. <http://www.trp4h.org/>

## Trails

**Carroll County Trail Map** - <http://ccgovernment.carr.org/ccg/mapserver4/gis/webpage/trails.html>

**Washington Road Community Trail** in Westminster - <http://www.wrctrail.org/>

## **Healthy Eating**

**Carroll County Farmers' Markets** - Markets are generally open in May or June through September-November. Check this web site for a list of 2017 local market locations, dates and hours.

<http://carrollcountytourism.org/>

**Healthy Dining Guide of Carroll County** - A list of local restaurants that provide healthy options. Gives "healthy options" criteria and healthy dining tips.

<http://www.healthycarroll.org/wp-content/uploads/2015/12/Healthy-Dining-Guide-of-Carroll-County-5th-Ed.-2015.pdf>

**Carroll County Health Department Nutrition Services** – Free information, consultations, and presentations for individuals and groups. <http://cchd.maryland.gov/health-services-nutrition-services/>

**Carroll Hospital Nutrition Services** - Programs include a free weight loss support group, one-on-one nutrition screening, and monthly nutrition programs. <http://www.carrollhospitalcenter.org/wellness>

**Martin's Food Market In-Store Nutritionist** - Free group classes and store tours; one-on-one consultations. <https://martinsfoods.com/live-well/health-and-wellness/nutritionists/>

*Updated for 2017*

*Healthy Carroll Local Links* is a project of the  
Advancing Health and Wellness Leadership Team of  
**The Partnership for a Healthier Carroll County, Inc.**

*Connecting people. Inspiring action. Strengthening community.*

**HealthyCarroll.org**