

RESOURCE			REGION	PHONE
COUNTY INFORMATION				
LOCAL AGENCIES				
Aging & Disability Resource Center (ADRC)		Monroe		608-935-0389
Chambers of Commerce				
Dodgeville Chamber of Commerce		Dodgeville		608-935-9200
Sauk Prairie Area Chamber of Commerce		Sauk City		608-643-4168
Spring Green Area Chamber of Commerce		Spring Green		608-588-2054
Mineral Point Chamber of Commerce		Mineral Point		608-987-3201
Blanchardville Chamber of Commerce		Blanchardville		608-523-2274
Department of Health & Human Services		Dodgeville		608-935-0389
Social Services		Dodgeville		608-935-9311
Veterans Affairs Office		Dodgeville		608-935-0392
Commission on Aging		Dodgeville		608-935-0389
United Way		Sauk City		608-643-4168
AREA HOSPITALS				
Memorial Hospital - Upland Hills Health		Dodgeville		608-930-8000
Sauk Prairie Memorial Hospital		Sauk City		608-643-7572
OUTDOOR BIKING INFORMATION				
Biking maps by county				www.dot.wisconsin.gov/travel/bike-foot/countymap
Wisconsin biking information				www.dot.wisconsin.gov/travel/bike-foot/bike-index
Wisconsin state bike laws				www.wibikelaw.com
WALK/RUN				
SCHOOLS				
Arena Elementary School		Arena		608-546-2228
Barneveld School District		Barneveld		608-924-4711
Pecatonica Elementary School		Blanchardville		608-523-4283
Blanchardville/Pecatonica Elementary School		Blanchardville		608-967-2372
Blanchardville/Pecatonica Middle/High School		Blanchardville		608-523-4285
Dodgeville School District		Dodgeville		608-935-3307
Highland School District		Highland		608-929-4525
Iowa-Grant School District		Livingston		608-943-6311
Mid		Middleton/Cross Plair		608-829-9000
Mineral Point School District		Mineral Point		608-987-3924
Mount Horeb Area School District		Mt. Horeb		608-437-2400
Ridgeway Elementary School		Ridgeway		608-924-3461
Sauk Prairie School District		Sauk City		608-524-5132
River Valley School District		Spring Green		608-588-2551
LOCATIONS WITH TREADMILLS				
<i>See examples below</i>				
PARKS & TRAILS				
State Parks Information				608-266-2181
County Parks Information				608-623-2707
Dodgeville City Parks		Dodgeville		608-930-5091
Blue Mounds State Park		Dodgeville		608-437-5711
Tower Hill State Park		Dodgeville		608-588-2116
Governor Dodge State Park		Dodgeville		608-935-2315
Military Ridge State Park Trail				608-437-7393
Cheese Country Recreational Trail				608-987-3201

Black Hawk Lake Rec. Area	Dodgeville	608-623-2707
Yellowstone Lake State Park	Blanchardville	608-523-4427
McKellar Park	Blanchardville	608-523-1888
GYMS / EXERCISE BIKES		
COMMUNITY CENTER		
Mt. Horeb Community Center	Mt. Horeb	608-437-6902
SENIOR CENTER		
Blanchardville/Argyle	Blanchardville/Argyle	608-214-3407
Dodgeville Senior Center	Dodgeville	608-935-5150
Mineral Point Senior Center	Mineral Point	608-987-2696
Mt. Horeb Senior Center	Mt. Horeb	608-437-6902
Spring Green Senior Center	Spring Green	608-588-7800
YMCA / YWCA		
YMCA of Dane County Inc.	Madison	608-664-9622
West Branch YMCA	Madison	608-276-6606
Green County Family YMCA Inc.	Monroe	608-325-2003
PRIVATE GYMS		
24/7 Fitness	mult locations	phone book / internet
Anytime Fitness	mult locations	phone book / internet
Bally Total Fitness	mult locations	phone book / internet
Curves	mult locations	phone book / internet
Gold's Gym	mult locations	phone book / internet
Snap Fitness	mult locations	phone book / internet
There are many locally-owned gyms near you too!		phone book / internet
POOLS		
COMMUNITY & PRIVATE POOLS		
McKellar Park- Outdoor Swimming Pool	Blanchardville	608-523-1888
Cross Plains Village Swimming Pool	Cross Plains	608-798-3891
Dodgeville Swimming Pool	Dodgeville	608-935-3022
Soldiers Memorial Park Swimming Pool	Mineral Point	608-987-3201
Sauk Prairie Indoor Pool	Sauk City	608-643-5950
Spring Green Swimming Pool	Spring Green	608-588-7700
HOTEL & MOTEL POOLS		
Baymont	Belmont	866-539-8430
Super 8	Darlington	866-538-0154
Quality Inn	Mineral Point	866-925-7881
Cedarberry Inn	Sauk City	608-643-6625
Spring Valley Inn	Spring Green	608-588-7828
EXERCISE VIDEOS / DVDS		
LIBRARIES		
Barneveld Public Library	Barneveld	608-924-3711
Blanchardville Public Library	Blanchardville	608-523-2055
Cobb Public Library	Cobb	608-623-2554
Rosemary Garfoot Public Library	Cross Plains	608-798-3881
Dodgeville Public Library	Dodgeville	608-935-3728
Mineral Point Public Library	Mineral Point	608-987-2447
Mt. Horeb Public Library	Mt. Horeb	608-437-5021
Sauk City Public Library	Sauk City	608-643-8346
Spring Green Community Library	Spring Green	608-588-2276
VIDEO STORES		
Blockbuster Video	mult locations	phone book / internet
Netflix	mult locations	phone book / internet

All SPEP materials and videos can be found at www.uwhealth.org/stroke

EXERCISE VIDEOS / DVDS	REGION	PHONE
Best Buy	mult locations	phone book / internet
Hollywood Video	mult locations	phone book / internet
Movie Gallery	mult locations	phone book / internet
Family Video	mult locations	phone book / internet
There are many locally-owned stores near you too!		phone book / internet

TRANSPORTATION	REGION	PHONE
COMMUNITY		
St. Vincent de Paul	Sauk City	608-643-8905
Care-A-Van		608-935-0389
LIFT Transportation Service		877-798-5438
Driver Escort		608-935-0389
TAXI CABS		
Platteville Cab Service	Platteville	608-348-5678
Taxi	Sauk City	608-644-9616
VAN SERVICES		
Care Van Service	Mt. Horeb	608-437-8989
LIFT Transportation Service		877-798-5438
CHURCHES		
Arena Congregational Church	Arena	608-753-2242
Arena Bible Church	Arena	608-753-2115
Barneveld Lutheran Church	Barneveld	608-924-8621
Trinity Lutheran Church	Blanchardville	608-523-4296
Blanchardville Lutheran Church	Blanchardville	608-523-4239
United Methodist Church	Blanchardville	608-523-1300
York Memorial Lutheran Church	Blanchardville	608-523-4336
Trinity Lutheran Church	Blanchardville	608-523-4296
Blanchardville Lutheran Church	Blanchardville	608-523-4239
Immaculate Conception Church	Blanchardville	608-523-4316
United Methodist Church	Dodgeville	608-935-5451
Heart of Worship Community Church	Dodgeville	608-935-2487
Kingdom Hall of Jehovahs Witness	Dodgeville	608-935-3148
New Life United Pentecostal Church	Dodgeville	608-935-1470
First Presbyterian Church	Highland	608-929-4912

LIST EXAMPLES OF OTHER RESOURCES IN YOUR AREA: