

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Aging & Disability Resource Center (ADRC)	Monroe	608-776-4960
Chambers of Commerce		
Argyle Chamber of Commerce	Argyle	608-543-3233
Blanchardville Chamber of Commerce	Blanchardville	608-523-2274
Darlington Chamber of Commerce	Darlington	608-776-3067
Dodgeville Chamber of Commerce	Dodgeville	608-935-9200
Mineral Point Chamber of Commerce	Mineral Point	608-987-3201
Department of Health & Human Services	Darlington	608-776-4800 / 776-4895
Commission on Aging	Darlington	608-776-4888
Veterans Affairs Office	Darlington	608-776-4886
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
Hidden Valleys Tourism	Richland Center	800-592-6968
Parks and Recreation Dept.		608-465-3390
AREA HOSPITALS		
Southwest Health Center	Cuba City	608-348-2331
Memorial Hospital of Lafayette County	Darlington	608-776-4466
Memorial Hospital - Upland Hills Health	Dodgeville	608-930-8000
Monroe Clinic Hospital	Monroe	608-328-0100
OUTDOOR BIKING INFORMATION		
Biking maps by county		www.dot.wisconsin.gov/travel/bike-foot/countymaps
Wisconsin biking information		www.dot.wisconsin.gov/travel/bike-foot/bike-index.html
Wisconsin state bike laws		www.wibikelaw.com
WALK/RUN		
SHOPPING CENTER & MALL		
West Towne Mall	Madison	608-833-6330
SCHOOLS		
Argyle Elementary School	Argyle	608-543-3325
Argyle Middle School	Argyle	608-543-3325
Argyle High School	Argyle	608-543-3314
Belmont Community Schools	Belmont	608-762-5131
Benton Elementary School	Benton	608-759-4002
Benton Junior High School	Benton	608-759-4002
Benton High School	Benton	608-759-4002
Blanchardville/Pecatonica Elementary School	Blanchardville	608-967-2372
Blanchardville/Pecatonica Middle/High School	Blanchardville	608-523-4285
Darlington Elementary School	Darlington	608-776-4021
Darlington High School	Darlington	608-776-4001
Darlington - Holy Rosary Catholic School	Darlington	608-776-3710
Darlington - Cornerstone Christian School	Darlington	608-766-3018
Dodgeville School District	Dodgeville	608-935-3307
Mineral Point School District	Mineral Point	608-987-3924
Schullsburg - School District	Schullsburg	608-965-3794
Gratiot/South Wayne/Black Hawk Elementary School		608-439-5444
Gratiot/South Wayne/Black Hawk Middle School		608-922-6457
Gratiot/South Wayne/Black Hawk High School		608-439-5371

WALK/RUN	REGION	PHONE
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		
Argyle Legion Community Park	Argyle	608-543-3113
Yellowstone Valley Canoe Rental	Argyle	608-543-3220 or 608-214-7229
Belmont Mound State Park	Belmont	608-523-4427
Benton's Village Office - Park Info	Benton	608-759-3721
Blackhawk Memorial County Park	Blackhawk	608-776-4970
Blackhawk Memorial Park	Blackhawk	608-776-4970
Yellowstone Lake State Park	Blanchardville	608-523-4427
McKellar Park	Blanchardville	608-523-1888
Browntown Cadiz Springs State Recreation Area	Browntown	608-966-3777
Yellowstone Wildlife Area and Trail System	Darlington	888-936-7463
Darlington - Adult Recreational Programs	Darlington	www.darlingtonwi.org/Adult_Rec.html
Dodgeville 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
Black Hawk Lake Rec. Area	Dodgeville	608-623-2707
Pecatonica State Trails Park	Pecatonica	608-776-4970
Riverside Park	Wausau	608-776-4970
Tri-County Trails		www.tricountytrails.com/index.iml
County Trail Maps		608-776-4048
GYMS / EXERCISE BIKES		
COMMUNITY CENTER		
Cobb Community Center	Cobb	608-623-2035
SENIOR CENTERS		
Belmont	Belmont	608-762-5114
Benton	Benton	608-759-6671
Blar	Blanchardville/Argyle	608-214-3407
Darlington	Darlington	608-776-4969
Dodgeville	Dodgeville	608-935-0388
Dodgeville	Dodgeville	608-935-5150
Mineral Point	Mineral Point	608-987-2696
Shullsburg	Shullsburg	608-965-4424 ext 226
South Wayne	South Wayne	608-214-3408
YMCA / YWCA		
YMCA	Dubuque, IA	563-556-3371
YMCA	Freeport, IL	815-235-9622
YMCA	Madison, WI	608-271-2081
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		REGION	PHONE
COMMUNITY & PRIVATE POOLS			
Bellevue Swimming Pool	Bellevue, IA	608-872-3242	
McKellar Park- Outdoor Swimming Pool	Blanchardville	608-523-1888	
Darlington Municipal Swimming Pool	Darlington	608-776-3102	
Dodgeville Swimming Pool	Dodgeville	608-935-3022	
Swimming Pool Bath House	Lancaster	608-723-2495	
Soldiers Memorial Park Swimming Pool	Mineral Point	608-987-3201	
HOTEL & MOTEL POOLS			
Baymont Inn & Suites	Belmont	608-762-6900 / 800-434-5800	
Super 8 Motel	Darlington	608-776-8830	
Quality Inn	Mineral Point	866-925-7881	
EXERCISE VIDEOS / DVDS		REGION	PHONE
LIBRARIES			
Argyle Public Library	Argyle	608-543-3113	
Belmont/John Turgeson Library	Belmont	608-822-3393	
Benton Public Library	Benton	608-759-2665	
Blanchardville Public Library	Blanchardville	608-523-2055	
Johnson Public Library	Darlington	608-776-4171	
Dodgeville Public Library	Dodgeville	608-935-3728	
Mineral Point Public Library	Mineral Point	608-987-2447	
McCoy Public Library	Shullsburg	608-965-4424	
VIDEO STORES			
Blockbuster Video	mult locations	phone book / internet	
Netflix	mult locations	phone book / internet	
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			
Commission on Aging	Darlington	608-776-4888	
Generations in Care	Darlington	608-776-2741	
Veterans Service Office	Green Lake	608-776-4886	
TAXI CABS			
Taxi Service	Lancaster	608-723-6451	
Monroe Cab	Monroe	608-325-6993	
Platteville Cab Service	Platteville	608-348-5678	
VAN SERVICES			
Commission on Aging	Darlington	608-776-4888	
Care Van Service	Mt. Horeb	608-437-8989	
CHURCHES			
St Joseph Catholic Church	Argyle	608-543-3631	

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

