

RESOURCE	REGION	PHONE
COUNTY INFORMATION		
LOCAL AGENCIES		
Council on Aging	Janesville	608-757-5472
Aging & Disability Resource Center (ADRC)	Monroe	608-328-9499
Chambers of Commerce		
Albany Chamber of Commerce	Albany	608-862-3299
Greater Beloit Chamber of Commerce	Beloit	608-365-8835
Brodhead Chamber of Commerce	Brodhead	608-897-8411
Brooklyn Area Chamber of Commerce	Brooklyn	608-455-1627
Edgerton Area Chamber of Commerce	Edgerton	608-884-4408
Evansville Chamber of Commerce	Evansville	608-882-5131
Fort Atkinson Area Chamber of Commerce	Fort Atkinson	920-563-3210
Milton Area Chamber of Commerce	Milton	608-868-6222
Monroe Chamber of Commerce	Monroe	608-325-764
Department of Health & Human Services	Janesville	608-757-5271
Veterans Affairs Office	Janesville	608-757-5552
Veterans Affairs Office	Monroe	608-328-9415
Parks and Recreation Dept.		608-757-5450
Adult and Aging Services		608-328-9364
AREA HOSPITALS		
Memorial Community Hospital	Edgerton	608-884-3441
Fort Healthcare	Fort Atkinson	920-568-5018
Dean Specialty Clinic	Fort Atkinson	920-568-1986
UW Health Clinic	Fort Atkinson	920-563-5544
Mercy Health System	Janesville	608-756-6810
The Monroe Clinic Hospital	Monroe	608-324-1000
Stoughton Hospital	Stoughton	608-873-2275
OUTDOOR BIKING INFORMATION		
Biking maps by county		www.dot.wisconsin.gov/travel/bike-foot/countymaps.htm
Wisconsin biking information		www.dot.wisconsin.gov/travel/bike-foot/bike-index.htm
Wisconsin state bike laws		www.wibikelaw.com
WALK/RUN		
SHOPPING CENTERS & MALLS		
Center Avenue Antique Mall	Brodhead	608-897-2696
Olde Church Antique Mall	Brodhead	608-897-3154
Janesville Mall Shopping Center	Janesville	608-752-2641
Monroe Antique Mall	Monroe	608-328-8000
SCHOOLS		
Belleville School District	Belleville	608-424-3315
Beloit School District	Beloit	608-361-4017
Beloit Turner School District	Beloit	608-364-6372
Brodhead School District	Brodhead	608-897-2141
Cambridge School District	Cambridge	608-423-4345
Clinton Community School District	Clinton	608-676-5482
Deerfield Community School District	Deerfield	608-764-5431
Edgerton School District	Edgerton	608-884-9402
Evansville Community School District	Evansville	608-882-5224
Footville Elementary School	Footville	608-876-6091
Parkview Charter School	Footville	608-879-2352
Fort Atkinson School District	Fort Atkinson	920-563-7807
Janesville School District	Janesville	608-743-5050
Juda School District	Juda	608-934-5251
McFarland School District	McFarland	608-838-4500
Milton School District	Milton	608-680-9200
Monroe School District	Monroe	608-328-7171
Monticello School District	Monticello	608-938-4194
Parkville School District	Orfordville	608-790-2717
Stoughton Area School District	Stoughton	608-877-5000

WALK/RUN	REGION	PHONE
LOCATIONS WITH TREADMILLS		
<i>See examples below</i>		
PARKS & TRAILS		
State Parks Information		608-266-2181
County Parks Information		608-757-5450
Gibbs Lake Park	Janesville	608-757-5451
Magnolia Bluff Park	Janesville	608-757-5451
Carver-Roehl Park	Janesville	608-757-5451
GYMS / EXERCISE BIKES	REGION	PHONE
COMMUNITY CENTERS		
LSS Beloit Adult Day Center	Beloit	608-362-8611
Cambridge Community Center	Cambridge	608-423-3712
American Legion Hall	Clinton	608-676-4600
Deerfield Community Center	Deerfield	608-764-5935
Tri-County Community Center	Edgerton	608-884-9601
Community Center	Evansville	608-882-0407
Kandu Adult Day Services	Janesville	608-755-4123
LSS Janesville Adult Day Center	Janesville	608-741-6434
Stoughton Hospital Day Care	Stoughton	608-873-2259
Creative Care	Stoughton	608-873-2259
SENIOR CENTERS		
Belleville Senior Citizens Center	Belleville	608-424-6007
Belleville Senior Center	Belleville	608-424-6007
Grinnell Hall Senior Center	Beloit	608-364-2875
Brodhead Senior Center	Brodhead	608-897-4796
Fort Atkinson Senior Center	Fort Atkinson	920-563-7773
Janesville Senior Center	Janesville	608-755-3040
McFarland Senior Outreach	McFarland	608-838-7117
The Gathering Place	Milton	608-868-3500
Monroe (Behring) Senior Center	Monroe	608-325-3173
Stoughton Area Senior Center	Stoughton	608-873-8585
YMCA / YWCA		
YMCA of Beloit	Beloit	608-365-2261
YMCA of Janesville	Janesville	608-754-6654
YMCA of Milton	Milton	608-868-9622
YMCA of Green County	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	REGION	PHONE
COMMUNITY & PRIVATE POOLS		
Krueger Pool	Beloit	608-364-2877
Brodhead Municipal Swimming Pool	Brodhead	608-897-8091
Edgerton City Pool	Edgerton	608-884-3232
Fort Atkinson Family Aquatic Center	Fort Atkinson	920-563-7799
RockPort Pool	Janesville	608-752-6747
City of Monroe Public Pool	Monroe	608-329-2475
Monticello Public Swimming Pool	Monticello	608-938-4353
HOTEL & MOTEL POOLS		
Fairfield Inn and Suites	Beloit	608-365-2200
Holiday Inn Express	Beloit	608-356-8680
Comfort Inn	Edgerton	608-884-2118
Holiday Inn Express	Fort Atkinson	920-563-3030
Baymont Inn and Suites	Janesville	608-758-4545
Best Western	Janesville	608-756-4511
Hampton Inn	Janesville	608-754-4900

POOLS	REGION	PHONE
Holiday Inn Express and Conference Center	Janesville	608-756-3100
Americinn Motel	Monroe	608-328-3444
Super 8	Monroe	608-325-1500
EXERCISE VIDEOS AND DVDS		
LIBRARIES		
Belleville Public Library	Belleville	608-424-1812
Beloit Public Library	Beloit	608-364-2908
Memorial Public Library	Brodhead	608-897-4070
Cambridge Community Library	Cambridge	608-423-3900
Clinton Public Library	Clinton	608-676-5569
Deerfield Public Library	Deerfield	608-764-8102
Edgerton Public Library	Edgerton	608-884-4511
Eager Free Public Library	Evansville	608-882-2260
Dwight Foster Public Library	Fort Atkinson	920-563-7790
Hedberg Public Library	Janesville	608-758-6581
McFarland E. D. Locke Public Library	McFarland	608-838-9030
Milton Public Library	Milton	608-868-7462
Monroe Public Library	Monroe	608-328-7010
Monticello Public Library	Monticello	608-938-4011
Orfordville Public Library	Orfordville	608-879-9229
Stoughton Public Library	Stoughton	608-873-6281
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		
COMMUNITY		
Clinton Sr. Center Van	Clinton	608-676-4600
Evansville Senior Shuttle	Evansville	608-882-0407
MLS Transportation	McFarland	608-255-6000
Adult and Aging Services	Monroe	608-328-9364
Monroe Senior Center - Cab Cards	Monroe	608-325-3173
Rock County Specialized Transit		608-757-5054
TAXI CABS		
Yellow Cab Of Beloit	Beloit	608-365-8855
Call-Me-A-Cab Inc.	Beloit	608-364-6900
Edgerton Taxi	Edgerton	608-884-9847
Janesville City Taxi	Janesville	608-751-3028
Madison Taxi	Madison	608-255-8294
Monroe Cab Company	Monroe	608-325-6993
Shared-Ride Taxi	Stoughton	608-873-7233
VAN SERVICES		
Anglin Transport Services	Janesville	608-325-7007 / 608-329-4911
We Care Transportation	McFarland	608-838-8589
Access Medical Transit	Monroe	608-214-5047
CHURCHES		
First United Church of Christ	Belleville	608-424-3572
Church of Nazarene	Brodhead	608-897-4055
Brooklyn Lutheran Church	Brooklyn	608-455-3852
Emmanuel Reformed Church	Clinton	608-676-5434
St. Joseph Catholic Church	Edgerton	608-884-6231
Albion Seventh Day Baptist Church	Edgerton	608-884-3711
Magnolia Advent Church	Evansville	608-876-6763
United Methodist Church of Zion	Juda	608-934-5398
Milton United Methodist Church	Milton	608-868-2860
St. John's Evangelical Lutheran Church	Milton	608-868-7501

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

TRANSPORTATION	REGION	PHONE
Monroe United Methodist Church	Monroe	608-325-6700
Zwingli United Church of Christ	Monticello	608-938-4369
LIST EXAMPLES OF OTHER RESOURCES IN YOUR AREA:		