

Spotlight on Alberta Communities

Town of Edson: Learning through Experience

The Town of Edson sure has been busy revving up residents to ChooseWell! The healthy living initiatives being offered in this town never become outdated. Each year, initiatives are adjusted in order to meet the demands of local residents. Here are a just a few examples of some of their great work.

In July, Edson offered a *Girls in Motion* summer camp that provided girls aged 10 - 14 an opportunity to experience a variety of physical activities along with healthy lunches. In the spirit of program improvement and evolution, the Town is planning to run this camp and a boy's camp next year. For adults, Edson held a boot camp to offer community residents the opportunity to stay motivated throughout the summer. The boot camp has now moved to various locations throughout the town to keep up with demand.

A new initiative Edson offered in July was Mommy Power Hour, which gave moms the chance to workout while their children were in childcare. This program went over so well they are now running a Movin' Mama's class based on the same idea.

Edson's programming is quite inclusive. A senior's yoga class runs two days a week for those over 65 (they even have a 90 year old registered!). Other classes offered include: Power Hour, Weekend Warrior, T'ai Chi, Power Running, Spinning and After School Kick It Up Combo.

The Town of Edson, along with Aspen Regional Health Authority and Community Learning, will be hosting the first Active for Life Women's Conference October 18, 2008. This is a one-day conference in which women will try different physical activities and experience fitness and healthy living opportunities. A bonus of the program is that participants will be taking away all the informational materials and tools provided to them so they may enhance wellness within their own homes and personal lives.

Edson is continually offering new programs to inspire and motivate residents in their pursuits of healthy living. Way to go!



For more information on some of the great programs the Town of Edson offers please contact Andrea Laboucane, Recreation Coordinator at andreal@townofedson.ca.

