



# EHHD

Eastern Highlands Health District

*E*astern Highlands Health District's (EHHD) mission is to preserve public health through the prevention of illness and promotion of wellness in the community.

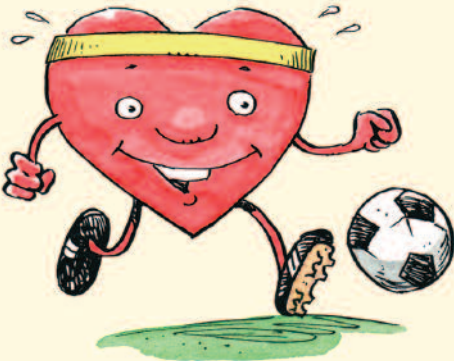
With grant support from the Connecticut State Department of Public Health and the Centers for Disease Control and Prevention, the EHHD strives to promote and improve cardiovascular health through environmental and policy change. With this support, EHHD is able to offer the community this detailed listing and map of opportunities for physical activity in the District towns.

As another component to the cardiovascular health program, EHHD identifies restaurants that agree to meet criteria for offering heart healthy service and menu items as HEALTHY HEARTS Certified establishments. HEALTHY HEARTS Certified Restaurants are identified in this pamphlet and are included on the map.



**HEALTHY  
HEARTS**  
*Restaurant Certification*

So go for a hike, swim, play a sport, then get refreshed with a heart healthy meal or snack at one of EHHD's HEALTHY HEARTS Certified Restaurants.



Eastern Highlands Health District's

Guide  
to

# Opportunities for Physical Activity and Heart Healthy Dining



**EHHD**  
Eastern Highlands Health District

Serving Communities in Eastern Connecticut

# What is Cardiovascular Disease?

**Not a single disease, but a number of disease processes that affect the heart and blood vessels.**

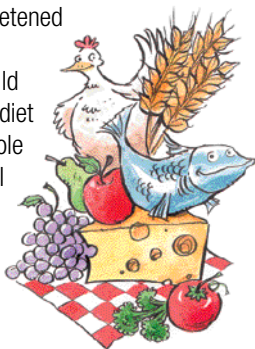
- Coronary heart disease-causes heart attacks
- Cerebrovascular disease-stroke
- Arteriosclerosis - "hardening of the arteries"
- Congenital heart disease
- Hypertension-high blood pressure

**Cardiovascular Disease (CVD)  
is the most preventable of all diseases.**

**Through lifestyle change or medication these risks factors for CVD can be modified or prevented:**

- Smoking
- Physical inactivity
- Overweight or obesity
- High cholesterol
- High blood pressure

Some of the best ways to reduce or prevent these risks are to increase or incorporate physical activity into your life as often as possible and eating a more heart healthy diet. A heart healthy diet is low in cholesterol and refined sugars such as candy, sugary cereal and sweetened baked goods. Unhealthy fats like saturated fat and trans-fats should also be avoided. A heart healthy diet includes high fiber foods like whole wheat pasta, brown rice, oatmeal and whole grain breads, lots of fruits and vegetables and low fat protein like chicken, fish and dairy products.



## Other resources:

Center for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

## HEALTHY HEARTS Certified Restaurants

**R**estaurants that have formally agreed to meet the criteria established by EHHD for offering heart healthy service and menu items are designated as HEALTHY HEARTS Certified establishments.

Heart healthy service may include, but is not limited to, informing customers that accommodations can be made to meet their dietary needs or offering to serve dressings and condiments on the side. Heart healthy menu items may include, but are not limited to, low-fat or non-fat salad dressing, mayonnaise, sour cream, ice creams and desserts.

Each certified restaurant's heart healthy service and options will vary. We encourage you to contact each establishment prior to visiting to learn more about their menu's and verify that they meet your dietary needs.

**1** **Wooden Spoon Family Restaurant**  
217 Pompey Hollow Road • Ashford  
(860) 429-3825

**2** **Sneakers Sports Bar**  
55 Nott Highway • Ashford  
(860) 429-1332

**3** **Evangelical Baptist Center**  
574 Ashford Center Road • Ashford  
(860) 429-2743

**4** **Highland Park Market**  
1721 Boston Turnpike • Coventry  
(860) 742-7361

**5** **Bidwell Tavern**  
1260 Main Street • Coventry  
(860) 742-6978

**6** **Hilltop Deli and Country Store**  
2208 Boston Turnpike • Coventry  
(860) 742-9559

**7** **Lizzie's Curbside Cuisine/Taking Care of Tummies LLC. Catering**  
Lunch truck located on UCONN campus  
330 Talcott Hill Road • Coventry  
(860) 742-3221

**8** **Tequila Cove**  
1254 Storrs Road • Mansfield  
(860) 429-5777

**9** **Zenny's Restaurant**  
625 Middle Turnpike • Mansfield  
(860) 429-7510

**10** **Huskies Restaurant**  
28 King Hill Road • Mansfield  
(860) 429-2333

**11** **Angellino's**  
135A Storrs Road • Mansfield  
(860) 450-7071

**12** **Schmedley's Pub & Restaurant**  
847 Stafford Road • Mansfield  
(860) 487-5828

**13** **Slater Caterers**  
602 Mansfield City Road • Mansfield  
(860) 423-4437

**14** **Husky Bean Café**  
1232 Storrs Road • Mansfield  
(860) 429-2244

**15** **Grand Union Markets**  
Rte 44 & 591 Middle Turnpike • Mansfield  
(860) 487-1570

**16** **Vickie's Lunch Wagon I & II**  
Lunch truck located on UCONN campus  
933 Middle Turnpike • Storrs  
(860) 487-1578

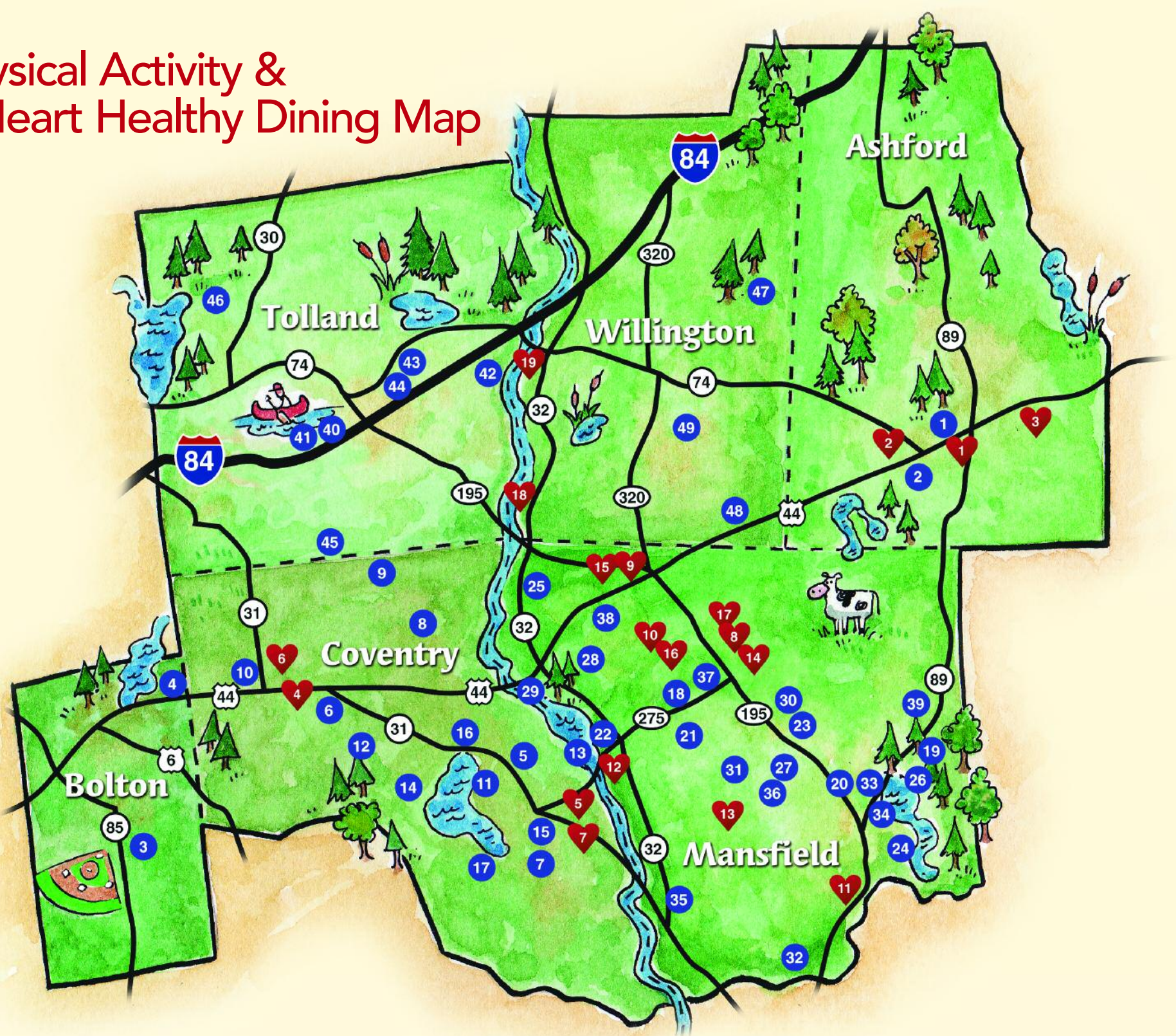
**17** **Subway of Storrs**  
1254 Storrs Road in Store 24 • Storrs  
(860) 429-1515 and  
125 North Eagleville Road • Storrs  
(860) 429-6806

**18** **Willington Pizza**  
25 River Road • Willington  
(860) 429-7433

**19** **Willington Pizza Too**  
Rte 74 Phelps Crossing • Willington  
(860) 429-9030



# Physical Activity & Heart Healthy Dining Map



## Ashford:

- 1 **Pompey Hollow Park:** Located on Tremko Lane off Rte. 44 across from the Town Hall near the Senior Center - Tennis court, playscapes, a short walking trail and overlook of the Mount Hope River.
- 2 **Ashford Memorial Park:** Located off Rte 44 at 72 Pompey Rd - 2 basketball courts, 1 sand volleyball court, 2 soccer fields, 2 baseball fields, 2 playscapes, a pavilion, picnic tables, drinking water, a concession stand and portable restroom facilities.

## Bolton:

- 3 **Herrick Park:** Located off Hebron Rd. (parallel to Rte. 85, to Center Rd., Center Rd turns into Hebron Rd.) - Community building, playscape, baseball/softball fields, soccer field and basketball court.
- 4 **Indian Notch Park - Bolton Lake:** Located near Rte. 44 and Tolland Rd. It is open during the summer months and has swimming, a picnic area and pavilion, a baseball field and basketball court.

## Coventry:

- 5 **Captain Nathan Hale School/Coventry High School Complex:** Ripley Hill Rd./Main St. (Rte. 31) (90 acres) - Track, basketball courts (2), tennis courts (3), multi-use fields (2), soccer fields (2), baseball fields (2), football field, softball field, picnic area.
- 6 **Coventry Grammar School:** Main St. (Rte. 31) (6 acres) - Half mile walking trail, playgrounds (2), soccer field.
- 7 **G.H. Robertson School:** Cross St. Take Rte. 275 to Lake Street which turns into Cross St.(7 acres)-walking trails, soccer field, baseball field, playground.
- 8 **Laidlaw Park:** Merrow Rd. off Rte. 32 (37 acres) - Half mile walking trail, softball field, soccer fields (2), 20 parking spaces, handicap accessible.
- 9 **Skungamaug Golf Course:** Folly Lane, take Rte. 44 to N. River Rd. to Folly, - 18 hole public golf course.
- 10 **Twin Hills Country Club:** Bread and Milk Street (Rte. 31) - 18 hole public golf course.
- 11 **Coventry Lake:** (375 acres) Off Rte. 31 - Public beaches (2), state boat launch, fishing access.
- 12 **Creaser Park:** Case Rd. (57 acres) Take Rte. 31 to Wrights Mill Rd. to Case Rd. - 2.2 miles of walking trails, fishing ponds (2), bird sanctuary, dog walk area, 3 rentable cabins, 30 parking spaces, handicap accessible.
- 13 **Eagleville Lake:** Stonehouse Rd. (Rte. 275) (77 acres) - Canoe launch, fishing access, picnic area, 10 parking spaces.
- 14 **Nathan Hale State Forest:** (1,554 acres) Access from South Street, take Wrights Mill from Rte. 31 to South St.- Contact State DEP for more information.
- 15 **Patriot's Park:** Lake St. (17 acres) Rte. 275 turns into Lake Street at the Rte. 31 intersection - Ice skating pond, warming hut, public beach with lifeguards, community center, lodge, boy scout lodge, caretaker home, snack hut, public bathrooms, picnic pavilion, multi-purpose field, outdoor performance pavilion, playground, basketball court, handicap accessible.

- 16 **Lisickie Beach:** Main St. (Rte.31) (3 acres) - Public beach with lifeguards, public bathrooms, picnic pavilion, basketball court, 45 parking spaces, handicap accessible.
- 17 **Community Sidewalks:** South St., Cross St., and Coventry Village.

## Mansfield:

- 18 **Mansfield Community Center:** 10 South Eagleville Rd. (Rte. 275), (860) 429-3015 Offers fitness center, fitness classes, swimming, therapy pool, aquatic classes, an indoor track, basketball courts, a FREE teen center, "Parents Night Out," after school programs, and specialty classes and events. [http://www.mansfieldct.org/town/Departments\\_and\\_Services/community\\_center/](http://www.mansfieldct.org/town/Departments_and_Services/community_center/)
- 19 **Buchanan Center Library:** 54 Warrenville Rd. (Rte.89) - Picnic areas and playground.
- 20 **Coney Rock Preserve:** Access from Chaffeeville Rd. off Rte.195 in Mansfield Center. - Loop trail climbs through old pastures reverting to forest. Cliff top offers views of Mansfield Hollow State Park.
- 21 **Dunham Forest:** Access from Dunham Pond Rd. off Rte. 275 or White Oak Rd. - Hiking Trails (includes loop trail) through mature forest.
- 22 **Eagleville Preserve:** Access from Eagleville Dam off Rte.275 through State land. - Loop trail along scenic bend of Willimantic River and through old pasture reverting to forest.
- 23 **Fifty Foot Cliff Preserve:** Access from behind Old Town Hall on Rte. 195. - Forested trails culminating in cliff with views across Fenton River Valley and Mansfield Hollow State Park.
- 24 **Mansfield Hollow State Park:** Bassetts Bridge Rd. off of Rte.195 - Several loops, many miles of trails, easy, handicap accessible, canoe/boat launch. Contact State DEP for more information.
- 25 **Merrow Meadow Park:** Access from Merrow Rd. (Rte.32). - Canoe launch. Loop trail through meadows, wetlands and forest along the Willimantic River. Part of the trail is paved and is handicap accessible.
- 26 **Mt Hope Park:** Access from Rte.89 - Loop trail through meadows and woodlands leading to ponds and the Mt. Hope River.
- 27 **Schoolhouse Brook Park:** Access from Clover Mill Rd. off Rte.195 & Mansfield Middle School - 19 trails including a portion of Nipmuck Trail. Views of colonial mill and house site. Park includes Bicentennial Pond Recreation Area-seasonal swimming and fitness trails.
- 28 **Shelter Falls Park:** Across from Birch Rd. off Rte.44. - Waterfall and scenic rock formations along Cedar Swamp Brook. Connecting trails to Uconn lands and adjacent DEP lands.
- 29 **Lynch Landing:** Scenic Trail - Access from Depot Rd. off Rte.44.
- 30 **Nipmuck Trail:** Scenic Trail - 6 miles, easy to moderate. Access from Rte.195 near Mansfield Historical Society.
- 31 **Spring Hill Fields:** Spring Hill Rd. off Rte.195 - Hiking, baseball/softball field, soccer field.
- 32 **Sunny Acres Park:** Meadowbrook Ln. off Rte.195 South of Mansfield Center - Playground, baseball/softball field, soccer field, handicap accessible.

- 33 **Southeast Park:** Warrenville Rd. (Rte.89) - Hiking, cross-country skiing, baseball/softball field, football field.
- 34 **Southeast Elementary School:** 124 Warrenville Rd. (Rte.89) - Playground, basketball court, soccer field.
- 35 **Vinton Elementary School:** 306 Stafford Rd. (Rte.32) - Hiking, playground, baseball/softball field, basketball court, soccer field.
- 36 **Mansfield Middle School:** Take Spring Hill Rd. off Rte.195 - Tennis Courts, track, basketball court, baseball/softball field.
- 37 **E.O. Smith High School:** Rte.195 - Track, basketball court, soccer fields, tennis courts.
- 38 **Goodwin Elementary School:** 231 Hunting Lodge Rd. off Rte. 44 - Playground, basketball court, soccer fields.
- 39 **Lions Club Memorial Park:** Warrenville Rd. (Rte. 89) - Hiking, soccer fields, picnic areas.

## Tolland:

- 40 **Crandall Park:** Take Rte. 195 to Cider Mill Rd. - Easy to moderate hiking trails, maps available from the recreation office. Seasonal swimming with beach fees and a play area for children.
- 41 **Crandall Park II:** Take Rte. 195 to Cider Mill Rd. - Powell Pond, fishing and non-motorized boating permitted.
- 42 **Heron Cove Park:** South River Rd. off Rte. 74 in the Woodhenge Dr. intersection area - Canoe launch, hiking trails along the Willimantic River and seasonal ice-skating.
- 43 **Tennis Courts:** Old Cathole Rd. off Rte. 74 - 6 hard surface tennis courts.
- 44 **Tolland High School:** Old Cathole Rd. off Rte. 74 - All weather track.
- 45 **Tobiason Memorial Park:** Grant Hill Rd. in Southern Tolland, take Rte.195 to Cider Mill Rd. to Grant Hill - Includes part of Joshua's Trust, hiking trails.
- 46 **Shafraan Open Space:** Eaton Rd. off Rte. 30 - Hiking.

## Willington:

- 47 **Fenton Ruby Park:** Moose Meadow and Burma Rd. - Rte. 320 north turns into Turnpike Rd. which becomes Moose Meadow - Four miles of hiking trails, fishing, picnicking.
- 48 **Nipmuck Trail:** Easy to moderate. Access from Rte. 44 near Mason Rd. - Scenic Trails.
- 49 **Town Office Field:** 40 Old Farms Rd., off Rte. 74 - Softball field and baseball diamond.



## Parks and Recreation Contact Information:

**Ashford Parks and Recreation:**

(860) 429-4818

[www.angelfire.com/ct/APRC/parks.html](http://www.angelfire.com/ct/APRC/parks.html)

**Bolton Parks, Buildings and Grounds:**

(860) 649-8066 ext 109

[www.bolton.govoffice.com](http://www.bolton.govoffice.com)

**Coventry Parks and Recreation:**

(860) 742-4068

[www.coventryct.org](http://www.coventryct.org)

**Mansfield Parks and Recreation:**

(860) 429-3015

[www.mansfieldct.org](http://www.mansfieldct.org)

**Tolland Parks and Recreation:**

(860) 871-3610

[www.tolland.org](http://www.tolland.org)

**Willington Parks and Recreation:**

(860) 487-3108

[www.willingtonct.org](http://www.willingtonct.org)

## For More Information:

**State Parks and Forests:**

**Connecticut State Department of Environmental Protection:**

(860) 424-3200 or toll free: (866) 287-2757

[www.dep.state.ct.us](http://www.dep.state.ct.us)

## Special Thanks to:

- The Connecticut Department of Public Health
- The EHHD Member Town Parks and Recreation Departments
- The HEALTHY HEARTS Certified Establishments



Eastern Highlands Health District

4 South Eagleville Road • Mansfield CT, 06268

Tel: (860) 429-3325