

To Serve Kirkfield, Norland, Coboconk, Rosedale, Burnt River and Kawartha Lakes

# the wellness centre

*Building A Healthy Community Together*

Strengthening community





more than a place...

The new Wellness Centre will be a **hub for community health** and **community space** for the under-served northern areas of Kawartha Lakes. By renovating and expanding the historic Train Station building in Coboconk, the Centre will offer more doctors and after-hours care, along with dental, physio, and many more services, while preserving an important piece of our area's history.

The Wellness Centre will have a long-term impact on the health of our communities and will act as a springboard for new economic growth in our area.

By providing space for these services, the needs of people in this area will be better served and the strain on current health care services offered in Lindsay and Minden will be alleviated.



**?** *Why is The Wellness Centre Important to Seasonal Residents?*

- ▶ Walk-In Clinic care
- ▶ No more long waits at the Emergency Department
- ▶ Massage, physio and other wellness services
- ▶ More local services means better return on your real estate investment
- ▶ Convenience – quality health care available in our Communities

**PLANNED SERVICES & PARTNERS**

- ▶ Primary Care (2-3 Doctors/ Nurse Practitioner)
- ▶ Walk-In Clinic Hours
- ▶ Coby Pharmacy
- ▶ Dentist & Hygienist
- ▶ Mental Health Supports: Addictions, Dementia
- ▶ Pain Management
- ▶ Chiropractor, Massage, Physiotherapy
- ▶ Telemedicine Capability
- ▶ Coboconk & Area Food Bank
- ▶ Community Meeting Space
- ▶ Laboratory Services
- ▶ Ross Memorial Hospital – Pre/Post Operative Services
- ▶ Community Care Kawartha Lakes
- ▶ + More!



Over 25,000 City residents do not have a family physician practicing within CKL. Many travel more than an hour to see a physician.

the wellness health care convenience community

**!** The rate of AVOIDABLE emergency department visits in Kawartha Lakes is 2 to 3 times higher than the overall rate in Ontario.

# showcasing our history



### Our Past

The Coboconk Train Station was the end of the line for the Toronto & Nipissing Railway. The original station was built in 1872, then rebuilt in 1908 in its present state after a lightning strike that burned it to the ground. This building is unique in that it was also designed to serve as the station master's residence. The station then became the property of the Grand Trunk, The Midland and the Canadian National Railroad.

George Laidlaw was an early advocate and investor in the railway to Coboconk, where it became the centre of activity for both commerce and tourism. The railway brought much needed supplies to the Community, and on return trips shipped lumber and produce to market.

1965 signaled the end of service for the Coboconk Train Station. After the lifting of the tracks, it served as storage for a local building centre before being relocated to the top of Legion Park for restoration and to use for Community events.

The Coby Train Station is one of 10 remaining of the 60 stations that lined the railway on the way to Coboconk.

### Vision for the Future

The new Wellness Centre is designed to honour the unique history of the area by preserving key elements of the Train Station and displaying historical artifacts and stories interspersed throughout the building, thanks to the efforts of the Shedden Historical Society. With the new Wellness Centre at its heart, we hope to see a revitalization of the Legion Park property, with more recreation programming and equipment opportunities and a hope that the undeveloped land behind the Train Station will attract the development of seniors-focused housing options.

# progress so far...

 Feasibility Study completed;  
Unanimous support from City Council

 Design concepts completed

 Structural Engineering and Environmental Evaluation of the Train Station completed

 Site preparation activities are underway in order to be shovel-ready later this year



*“This is not just a Ward One project. This is a Kawartha Lakes project. This Wellness Centre will take pressure off both Ross Memorial Hospital and Minden General Hospital, benefitting the whole city.”*  
~ Mayor Andy Letham

## A Community Hub of Activity!





make your mark!

### Funding Commitments

The Wellness Centre project is an opportunity for all levels of Government and the Community to work together to improve the lives of those living in and visiting our area. Thank you to the municipality for their commitment of \$1.5M!

PROJECT BUDGET: \$7 million | CURRENT COMMITMENTS: \$2.5 million | SEEKING PROVINCIAL & FEDERAL SUPPORT OF \$4.5 million

As a Community, we are committed to raising \$1 million to make the Wellness Centre a reality ... and that's where we ALL come in!

*By making a donation to the Wellness Centre, you will:*

- help to bring much-needed health and wellness services to our area,
- help more seniors stay in their homes longer
- encourage more families to join our Community
- foster more investment
- and bring more employment opportunities to the area.

### Would You Like To Commemorate A Beloved Person Or Place?

There are limited opportunities available to sponsor a particular area or room of the Wellness Centre to commemorate a beloved person or place.

### Questions About Making A Donation?

We are happy to help!

EMAIL: [jwilson@coboconknorland.ca](mailto:jwilson@coboconknorland.ca)

### Here's How You Can Show Your Support:

- Make a one-time, monthly, or annual donation
- Donation in Honour/Memorial
- Donation of Securities
- Donation in a Will

*\*\*Donations made to the Wellness Centre are eligible for a charitable receipt.*

### To Make A Donation:

ONLINE: [www.canadahelps.org/en/charities/the-wellness-centre/](http://www.canadahelps.org/en/charities/the-wellness-centre/)

BY CHEQUE: to The Coboconk Medical Centre Trust,  
PO Box 281, Coboconk, ON KOM 1K0



the  
**wellness**  
centre

*Building A Healthy Community Together*

### STAFF CONTACT

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### WELLNESS CENTRE FUNDRAISING TASK FORCE

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