The Benefits of Walking

Walking... a healthy journey!

Walking is ranked as the number one activity of choice among Canadians, with a prescription for improved health and wellness. Walking briskly for 30 minutes a day, 5 days a week, and minimizing your risk for cardiovascular disease, stroke, Type 2 diabetes and some types of cancer. Additional benefits include weight management, blood pressure control and boosting good cholesterol (HDLs).

Other benefits of walking:
* Releases the body’s tension and stress.
* Refreshes the mind and body, especially when walking outdoors.
* Allows you to connect with your community.
* Offers an excellent way to socialize with family and/or friends.
* Increases “eyes on the street”, enhancing community safety.

Local contacts for Meyokumin and Sakaw
Millhurst Community League
780-462-4483
millhurstcl.ca/
Meyokumin Elementary School
780-462-8409
meyokumin.epsb.ca/
Family Futures Resource Network (Millhurst site)
780-433-4521
familyfutures.ca/contact-us/
locations
St. Richard Elementary School
780-462-5376
ecsd.net/schools/8955/pages/
default.aspx
Sakaw Elementary School
780-462-188
sakaw.epsb.ca/
Sakaw Boys & Girls Club
780-832-2584
bgsc.ca/programs/61ubs

Local Contacts for all neighbourhoods
Edmonton Public Library
Mill Woods Branch
780-466-5804
pl.ca/locations/EPPLMW
Edmonton Police Services
Southeast Division
780-423-4567
edmontonpolice.ca/
Community/Police/com/InNwCmunity/
SoutheastDivision.aspx
Mill Woods Public Health Centre
780-342-1650
albertahealthservices.ca/info/
facility.aspx?id=5836
Grey Nuns Hospital
780-735-7000
townhealth.ca/hospitals-
care-centres/grey-nuns-
community-hospital/
Weather
780-468-4940
City Information
Call 311

Emergency Contacts
Police/Ambulance/Fire
911
Police Complaint Line
780-423-4507

Walking with your Dog

Edmonton has over 40 locations where you can enjoy your walk while your dog is off-leash. Please remember that all sites where dogs are permitted to be off-leash are multi-use areas used by all. Your dog must be leashed when not in a designated off-leash area. The dog icons shown on this map are placed in the approximate location of each off-leash area, but do not show the precise boundaries. For more information, including details on off-leash boundaries, check the Parks brochure or go to edmonton.ca (keyword off-leash).

There are 1,440 minutes in a day, schedule 30 of them for walking!

Ekota, Menisa, Meyokumin, Sakaw, Satoo

Ekota, Menisa, Meyokumin, Sakaw, Satoo are members of the Knotwood Community League. The community league was founded in 1977.

Meyokumin and Sakaw

In the Cree language, Meyokumin means “good water.” Sakaw, a word meaning “wooded area” in the Cree language, was named for the groves of trees that stood on the rolling farmland of Mill Woods.

In the Cree language, Menisa means “berries” which were abundant in the Parkland vegetation that grew in the Mill Woods area.

Satoo was named in honour of Chief Satoo, a Cree Chief, as a reminder of the area’s earliest settlement.

In the Cree language, Ekota means “special place.”

Ekota, along with Menisa and Satoo neighbourhoods, are members of the Knotwood Community League. The community league was founded in 1977.

Ekota, Menisa, Meyokumin, Sakaw, Satoo

The land that Mill Woods encompasses was part of the Papaschase Indian Reserve created in 1875. The Reserve was later sold to early settlers and much of the land in the Mill Woods area was in agricultural production until the late 1960s. Mill Woods was named for Mill Creek which crossed it and the groves of parkland forest trees that stood there. As Mill Woods was being planned (1972), Edmonton City Council decided that the area’s history would be recognized by giving Cree names to several neighbourhoods.

Mill Woods is a collection of 26 neighborhoods in South East Edmonton.

About the Community Walking Maps

This Community Walking Map is part of a series of walking guides. Each map is created as a joint project of Walk Edmonton and local Community groups to promote walkable communities. Contact us to find out if your community has an edition of this map series or to find out more about creating a map.

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