Resources for Physical Activity, Nutrition, Diabetes, and Tobacco

Compiled February 2009 - April 2010

Physical Activity  Nutrition  Diabetes  Tobacco

* Indicates resources available in more than one county

State of North Carolina
Department of Health and Human Services
Division of Public Health

www.ncdhhs.gov

N.C. DHHS is an equal opportunity employer and provider. 4/10
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# National and Statewide Resources

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• Active for Life: 10-week program for physical activity  
• Great American Health Challenge: interactive surveys to share with your doctor  
  • Great American Eat Right Challenge  
  • Great American Get Active Challenge  
  • Great American Health Check Challenge  
  • Great American Smokeout Challenge  
• Everyday Choices for a Healthier Life: information about healthy eating, being active, not smoking, available in English and Spanish, in partnership with American Diabetes Association and American Heart Association | **Free** |
• Everyday Choices for a Healthier Life: information about healthy eating, being active, not smoking, available in English and Spanish, in partnership with American Cancer Society and American Heart Association  
• Search for contact info for your local ADA chapter  
• List of ADA Recognized Education Programs | **Free** |
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| **American Dietetic Association**  
800-877-1600  
http://www.eatright.org | • Food and Nutrition Information for healthy eating | Free |
| **American Heart Association**  
800-AHA-USA-1 (800-242-8721)  
http://www.americanheart.org/  
http://www.goredforwomen.org/  
http://choosetomove.org  
http://community.mystartonline.org/home  
http://www.everydaychoices.org/ | • Search for your local AHA office for local activities  
• Go Red for Women: national movement to raise awareness about women and heart disease  
• Choose to Move: 12-week online program for women who want to increase their physical activity  
• Start! Walking: online tool to increase physical activity, includes exercise tracker  
• Everyday Choices for a Healthier Life: info about healthy eating, being active, not smoking, available in English and Spanish, in partnership with American Cancer Society and American Diabetes Association | Free |
| **American Legacy Foundation**  
http://www.becomeanex.org/ | • Become an Ex: tobacco cessation support program and online community  
• Available in English and Spanish | Free |
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<td><strong>American Lung Association</strong>&lt;br&gt;800-LUNG-USA (800-586-4872)&lt;br&gt;Quitline: 866-QUIT-YES (866-784-8937)&lt;br&gt;Lung HelpLine: 800-548-8252&lt;br&gt;<a href="http://www.lungusa.org">http://www.lungusa.org</a>&lt;br&gt;<a href="http://www.lunghelpline.org">http://www.lunghelpline.org</a>&lt;br&gt;<a href="http://www.ffsonline.org/">http://www.ffsonline.org/</a></td>
<td>• Self-help materials for quitting smoking&lt;br&gt;• Tobacco Quitline: telephone support for quitting smoking&lt;br&gt;• Freedom From Smoking Online: 8-week online smoking cessation program&lt;br&gt;• Lung HelpLine: information line about lung health</td>
<td><strong>Free</strong></td>
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<td><strong>American Lung Association of North Carolina</strong>&lt;br&gt;919-832-8326 or 800-892-5650&lt;br&gt;<a href="mailto:info@lungnc.org">info@lungnc.org</a>&lt;br&gt;<a href="http://www.lungnc.org/">http://www.lungnc.org/</a></td>
<td>• Information about state-wide programs including Freedom From Smoking</td>
<td>Costs and locations vary</td>
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<td><strong>Arthritis Foundation</strong>&lt;br&gt;800-283-7800&lt;br&gt;<a href="http://www.arthritis.org/">http://www.arthritis.org/</a>&lt;br&gt;<a href="http://lmt.arthritis.org">http://lmt.arthritis.org</a></td>
<td>• Let’s Move Together: nationwide movement that encourages people to move everyday to prevent or treat arthritis&lt;br&gt;• Movement Tracker: to keep track of physical activity</td>
<td><strong>Free</strong></td>
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<td><strong>ChewFree</strong>  &lt;br&gt;<a href="http://www.chewfree.com/">http://www.chewfree.com/</a></td>
<td>• Interactive online quit resources for users of chewing tobacco or snuff</td>
<td>Free</td>
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<td><strong>Diabetes Management Solutions</strong>  &lt;br&gt;919-876-8466 or 877-781-6664  &lt;br&gt;<a href="mailto:info@thediabetesbus.org">info@thediabetesbus.org</a>  &lt;br&gt;<a href="http://www.thediabetesbus.org/">http://www.thediabetesbus.org/</a></td>
<td>• Diabetes Bus: must be referred by physician and scheduled for class  &lt;br&gt;• Living (Well) With Diabetes Support Groups</td>
<td>Free  &lt;br&gt;Various locations in Eastern NC</td>
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<td><strong>It's Your Air, Take It Back</strong>  &lt;br&gt;<a href="http://www.takeitbacknc.com">http://www.takeitbacknc.com</a></td>
<td>• Information about making your work, home, and community smoke-free</td>
<td>Free</td>
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<td><strong>Massachusetts Department of Public Health</strong>  &lt;br&gt;<a href="https://quitwizard.makesmokinghistory.org/">https://quitwizard.makesmokinghistory.org/</a></td>
<td>• Quit Wizard: online quit tool for tobacco (some info is specific to Mass-residents, but the Quit Wizard is available to everyone)</td>
<td>Free</td>
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| **MyPyramid (US Department of Agriculture)** 888-7-PYRAMID (888-779-7264) Support@cnpp.usda.gov http://www.mypyramid.gov/ http://www.mypyramidtracker.gov/ | • Information on nutrition and physical activity  
• MyPyramid Menu Planner: online dietary tool  
• MyPyramid Tracker: online dietary and physical activity assessment tool  
• Available in English and Spanish | **Free** |
| **NC Care LINK** 800-662-7030 (English/Spanish) 919-855-4400 (local or out of state) 877-452-2514 (TTY Dedicated) NCcareLINK@ncmail.net http://www.nccarelink.gov/ | • Information and referral service: searchable database of programs and services across NC | **Free** |
| **NC Cooperative Extension (through NCSU and NC A&T State University)** http://www.ces.ncsu.edu | • County offices provide education and resources on physical activity, nutrition, diabetes, and other topics  
• Click on “County Centers” for info about the Cooperative Extension center in your county | Program costs and locations vary |
| **NC Department of Health and Human Services: Division of Public Health** 919-707-5200 cdic@ncmail.net http://www.ncpublichealth.com/chronicdiseaseandinjury/index.htm | • Diabetes Prevention and Control Program  
• Healthy Carolinians  
• Heart Disease and Stroke Prevention  
• Physical Activity and Nutrition (including Eat Smart, Move More)  
• Tobacco Prevention and Control Branch | **Free** |
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<td><strong>Talk to</strong></td>
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<td>NC Division of Aging and Adult Services</td>
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| NC Health and Wellness Trust Fund | Fit Together NC: resources for nutrition and physical activity  
Care To Act NC: information about diabetes for African-Americans, Latinos, and American Indians | Free |
| NC Prevention Partners | NC Good Health Directory: database of local resources  
Winner's Circle – A Healthy Eating Program: info about healthy dining establishments in NC  
Some info in English and Spanish | Free |
| Nicotine Anonymous | Nicotine Anonymous Support Groups: in-person, online, and telephone meetings available (call or see website for locations and other info) | Free |
# National and Statewide Resources

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| **Overeaters Anonymous**  
National main number: 505-891-2664  
Coastal NC: 800-308-2940  
Piedmont NC: 704-319-1625  
Charlotte area: 704-331-9500 (access # 742)  
Triad NC: 336-545-8008  
Triangle NC: 919-406-9300  
Western NC: 828-258-4821  
Main: [www.oa.org](http://www.oa.org)  
Piedmont: [www.supportworks.org/infooa.htm](http://www.supportworks.org/info/o.htm)  
Triangle: [www.triangleoa.org](http://www.triangleoa.org) | • 12-step program for compulsive overeaters  
• Meetings/contact available in-person, online, by telephone, or by mail/email  
  • In-person Meetings: search [www.oa.org](http://www.oa.org) or call regional phone number for a list of local meetings  
  • Online/Telephone Meetings: [http://www.oa.org/online_meetings.html](http://www.oa.org/online_meetings.html)  
  • Mail/Email Contact: [http://www.oa.org/service_by_mail.html](http://www.oa.org/service_by_mail.html) | Free |
| **Quit Now NC!**  
800-QUIT-NOW (800-784-8669)  
Deaf / hard of hearing: 877-777-6534  
[http://www.quitlinenc.org/](http://www.quitlinenc.org/) | • Tobacco Quitline available 8am – 3am, 7 days/wk  
• Available in English, Spanish, TTY | Free |
| **Quitnet.com**  
[http://www.quitnet.com/](http://www.quitnet.com/) | • Online smoking cessation program  
• Available in English and Spanish | Free |
| **Rx**  
**Seniors’ Health Insurance Information Program (SHIIP)**  
1-800-443-9354  
919-807-6900  
[http://www.ncdoi.com/shiip/default.asp](http://www.ncdoi.com/shiip/default.asp) | • Counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns | Free |
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<td><strong>Shape Up America! Healthy Weight for Life</strong>  &lt;br&gt; <a href="http://www.shapeup.org/">http://www.shapeup.org/</a></td>
<td>• Resources for improving diet and physical activity  &lt;br&gt;  • Shape Up &amp; Drop 10 Program: 10 step plan for improving nutrition and physical activity  &lt;br&gt;  • Fitness Center: tools to develop an activity plan  &lt;br&gt;  • 10,000 Steps: guide for increasing physical activity</td>
<td>Free</td>
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<td><strong>Smokefree.gov</strong>  &lt;br&gt; <a href="http://www.smokefree.gov/quit-smoking">http://www.smokefree.gov/quit-smoking</a></td>
<td>• Online guide to quitting smoking</td>
<td>Free</td>
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<td><strong>Spirit of Women</strong>  &lt;br&gt; 561-544-0755  &lt;br&gt;<a href="http://www.spiritofwomen.com/">http://www.spiritofwomen.com/</a>  &lt;br&gt;To find a Spirit Hospital in NC: <a href="http://www.spiritofwomen.com/findahospitalnorthcarolina.html">http://www.spiritofwomen.com/findahospitalnorthcarolina.html</a></td>
<td>• National coalition of U.S. hospitals and healthcare facilities that implements programs to address various health topics affecting women  &lt;br&gt;  • Programs/Events include: Day of Dance, Heartcaring, Walk with Spirit, etc.  &lt;br&gt;  • Website includes education and discussion forums  &lt;br&gt;  • English and Spanish available</td>
<td>Website: Free  &lt;br&gt; Programs/Events: costs and locations vary</td>
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<td><strong>Taking Off Pounds Sensibly (TOPS)</strong>  &lt;br&gt;Eastern NC: James Farmer 252-333-1100  &lt;br&gt;<a href="mailto:TOPS614@embarqmail.com">TOPS614@embarqmail.com</a>  &lt;br&gt;Western NC: Mary Reed 910-425-5402  &lt;br&gt;<a href="mailto:mary4TOPS@embarqmail.com">mary4TOPS@embarqmail.com</a>  &lt;br&gt;<a href="http://www.tops.org">www.tops.org</a></td>
<td>• Weekly meetings that encourage weight loss  &lt;br&gt;  • Call or search online for a list of local meetings</td>
<td>$26 per year</td>
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<td>United Way</td>
<td>NC 211: 24-hour service line for assistance finding community health and human service resources in your community</td>
<td>Free Available in most counties</td>
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<td>University of California at San Francisco &amp; San Francisco General Hospital</td>
<td>iQuit: telephone, internet, and mail-based smoking treatment study for Lesbian, Gay, Bisexual and Transgender Smokers</td>
<td>Free</td>
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<td><strong>Alamance County Community YMCA</strong>&lt;br&gt;336-395-9622&lt;br&gt;1346 South Main St., Burlington, NC 27215&lt;br&gt;<a href="http://www.acymca.org">http://www.acymca.org</a></td>
<td>• Get Real Weight Management Program: 8-week program focused on attitude, self-image, self-empowerment, exercise, and nutrition  &lt;br&gt;• Exercise classes: Silver Sneakers Fitness Program, Water Fitness Classes, Young at Heart, etc.</td>
<td>Membership costs vary, financial assistance available  &lt;br&gt;Get Real: $65 members, $85 non-members  &lt;br&gt;Exercise classes: free for members, $30 for 10-class punch card for non-members</td>
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<td><strong>Alamance County Cooperative Extension</strong>&lt;br&gt;336-570-6740&lt;br&gt;209-C N. Graham-Hopedale Rd., Burlington, NC 27217&lt;br&gt;<a href="http://alamance.ces.ncsu.edu/">http://alamance.ces.ncsu.edu/</a></td>
<td>• Families Eating Smart and Moving More: 4-sessions  &lt;br&gt;• Eat Smart, Move More, Weigh Less: 19-sessions  &lt;br&gt;• Give Your Heart a Healthy Beat</td>
<td>Costs vary</td>
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<td><strong>Alamance County Health Department</strong>&lt;br&gt;336-570-6382&lt;br&gt;319 N. Graham-Hopedale Rd., 1st Floor, Suite B, Burlington, NC 27217&lt;br&gt;<a href="http://www.alamance-nc.com/Alamance-NC/Departments/Health/">http://www.alamance-nc.com/Alamance-NC/Departments/Health/</a></td>
<td>• Winner's Circle Healthy Dining Program: information on restaurants with healthy food choices  &lt;br&gt;• Info on community walking tracks available</td>
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| Alamance Regional Medical Center  
Hospital Main: 336-538-7000  
Lifestyle Center: 336-538-8100  
Fitness Center: 336-586-3562  
1240 Huffman Mill Rd., Burlington, NC 27215  
http://www.armc.com/lifestyle-center/ | • Events on a variety of health topics including heart health, nutrition, diabetes  
• Fresh Start: smoking cessation classes, series of four  
• Exercise classes: low-impact aerobics, yoga, etc.  
• Diabetes Management Program: 10-hours of education over 5-6 weeks, individual and classroom setting  
• Diabetes Support Group: meets monthly  
• Heart & Lung Support Group: meets monthly | Fresh Start: **Free**  
Exercise classes: $5 per class, $20 for 5 classes, $30 for 10 classes  
Diabetes Mgmt: financial assistance may be available  
Support Groups: **Free**  
Locations vary |
| Healthy Alamance  
336-513-5590  
319 N. Graham-Hopedale Rd., Burlington, NC 27217  
http://www.healthyalamance.com/ | • Info on diabetes, heart disease, obesity, smoke-free dining, and health events/programs  
• Alamance Walks and Graham Walks: walks meet for 6-weeks every fall and spring in the historic downtown areas of Burlington and Graham  
• Being Healthy Counts to H.I.M. (Health Improvement Ministry): classes to train Lay Health Advisors in a faith-based setting to help reduce risk of diabetes | **Free** |
# Alexander County Resources

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<td><strong>Alexander County Cooperative Extension</strong>&lt;br&gt;828-632-4451&lt;br&gt;376 1st Ave. SW, Taylorsville, NC 28681&lt;br&gt;<a href="http://alexander.ces.ncsu.edu/">http://alexander.ces.ncsu.edu/</a></td>
<td>• Give Your Heart a Healthy Beat: 6 sessions taught over ten weeks&lt;br&gt;• Eat Smart, Move More, Weigh Less: 15-week program, in partnership with Health Department</td>
<td>Give your Heart: call for cost&lt;br&gt;Eat Smart: $15&lt;br&gt;Activity locations vary</td>
</tr>
<tr>
<td><strong>Alexander County Health Department</strong>&lt;br&gt;828-632-9704&lt;br&gt;338 1st Ave. SW, Suite 1, Taylorsville, NC 28681&lt;br&gt;<a href="http://www.co.alexander.nc.us/health.php">http://www.co.alexander.nc.us/health.php</a></td>
<td>• Eat Smart, Move More, Weigh Less: 15-week program, in partnership with Cooperative Extension</td>
<td>$15</td>
</tr>
<tr>
<td><strong>Alexander County Parks and Recreation Department</strong>&lt;br&gt;828-632-1104&lt;br&gt;621 Liledoun Rd., Box 4, Taylorsville, NC 28681&lt;br&gt;<a href="http://www.co.alexander.nc.us/recreation.php">http://www.co.alexander.nc.us/recreation.php</a></td>
<td>• Recreational activities, recreational parks, ball fields, tennis courts, lighted walking tracks, and special events&lt;br&gt;• Old Wittenburg Elementary School gym available to the public 8:30am-4:30pm Monday-Friday</td>
<td>Facilities: <strong>Free</strong>&lt;br&gt;Sports teams: costs vary</td>
</tr>
<tr>
<td><strong>Alexander Senior Center</strong>&lt;br&gt;828-632-1717&lt;br&gt;730 Seventh St. S.W., Taylorsville, NC 28681&lt;br&gt;<a href="http://www.geocities.com/alexsrcen/">http://www.geocities.com/alexsrcen/</a></td>
<td>• Fitness room and exercise video available&lt;br&gt;• Physical Activity classes: general exercise classes, yoga / stretching, beginning line dance, etc.</td>
<td><strong>Free</strong>&lt;br&gt;For adults age 60+ and their spouses</td>
</tr>
<tr>
<td><strong>Hiddenite Center</strong>&lt;br&gt;828-632-6966&lt;br&gt;316 Church St., Hiddenite, NC 28636&lt;br&gt;<a href="http://www.hiddenitecenter.com/">http://www.hiddenitecenter.com/</a></td>
<td>• Emerald Squares Dance Class: western style square dancing, Thursday evenings from Fall through Spring</td>
<td>Classes: around $5 per class</td>
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## Alexander County Resources

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<tr>
<td>YMCA of Alexander County 828-632-2232 34 West Main Ave., Taylorsville, NC 28681 <a href="http://www.acymca.net/">http://www.acymca.net/</a></td>
<td>• Variety of exercise classes available  • Treadmills, stationary bikes, free weights, aerobics studio, Nautilus equipment, changing areas</td>
<td>Membership fees vary  Financial assistance available</td>
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| **Alleghany County Cooperative Extension**  
336-372-5597  
90 South Main St., Sparta, NC 28675  
http://alleghany.ces.ncsu.edu/ | • Eat Smart, Move More, Weigh Less: 10-sessions, in partnership with Alleghany Wellness Center, includes free passes to use the Wellness Center  
• Community presentations on diabetes, nutrition, etc. | Eat Smart: $10 |
| **Alleghany Wellness Center**  
336-372-2944  
508 Collins Rd., Sparta, NC 28675  
http://alleghanywellnesscenter.com/ | • Variety of exercise classes, indoor pool, walking track, exercise equipment  
• AWCI Lighten Up: 10-session Eat Smart, Move More Class in partnership with Alleghany Cooperative Extension, includes free passes to use the Wellness Center (http://alleghanywellnesscenter.com/lightenup.pdf) | Sliding scale membership fees  
Lighten Up: $10  
Community Health Presentations: **Free** |
| **App Health***  
http://www.apphealth.com/ | • Information on outdoor physical activity opportunities, chronic disease, and nutrition  
• Community directory for the Appalachian region | **Free** |
| **Northwest Tobacco Prevention Coalition***  
828-264-4995  
126 Poplar Grove Connector, Boone, NC 28607  
http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php | • Information on tobacco cessation | **Free** |
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</table>
| **Anson Community Hospital:** Anson Parish Nurse & Health Ministries  
Hospital: 704-695-3233  
Parish Nurse & Health Ministries: 704-694-5131  
500 Morven Rd., Wadesboro, NC 28170  
[http://www.carolinasmc.org/no_nav.cfm?id=1908](http://www.carolinasmc.org/no_nav.cfm?id=1908)  
[http://www.ansonparishnurse.org](http://www.ansonparishnurse.org) | • Diabetes Self-Management Program: requires doctor’s order  
• Diabetes Support Group: meets monthly at Calvary Episcopal Church  
• Diabetes Prevention Classes: for people at risk of developing Diabetes  
• Fit Feet Forever: Diabetic foot care education and screening  
• Anson Parish Nurse Health Ministry: volunteer health advocates provide info to area church congregations | Diabetes Self-Management: call for cost  
All others programs: **Free**  
Locations vary |
| **Anson County Cooperative Extension**  
704-694-2915  
501 McLaurin St., Wadesboro, NC 28170  
[http://anson.ces.ncsu.edu/](http://anson.ces.ncsu.edu/) | • Families Eating Smart and Moving More | **Free** |
| **Centralina Area Agency on Aging (Region F)***  
704-372-2416 or 704-348-2712  
Lmiller@centralina.org  
Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235  
[http://www.centralina.org/aaadefault.htm](http://www.centralina.org/aaadefault.htm) | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary |
| **Healthy Ansonians**  
704-695-3405  
[http://www.healthyansonians.org/](http://www.healthyansonians.org/) | • Mobile Screening Clinic  
• Diabetes Prevention Program: in partnership with Anson Community Hospital | **Free** |
# Ashe County Resources

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<th>Talk to…</th>
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| App Health*  
[![App icon](apple-icon.png)](http://www.apphealth.com/)  
http://www.apphealth.com/ | • Information on outdoor physical activity opportunities, chronic disease, and nutrition  
• Community directory for the Appalachian region | **Free** |
| **Ashe County Cooperative Extension**  
[![App icon](app-health-icon.png)](http://www.apphealth.com/)  
http://www.apphealth.com/  
336-846-5850  
134 Government Circle, Suite 202, Jefferson, NC  
28640  
http://ashe.ces.ncsu.edu/ | • Programs available on physical activity, nutrition, and diabetes may be available | Call for more information |
| **Ashe County Health Department**  
(part of Appalachian District Health Department)  
[![App icon](app-health-icon.png)](http://www.apphealth.com/)  
http://www.apphealth.com/Ashe/Index.php  
336-246-9449  
Contact: Jennifer Bryan-Greene  
413 McConnell Street, Jefferson, NC 28694 | • Eat Smart, Move More, Weigh Less: 10-15 sessions  
• Variety of programs/resources available | Eat Smart: **Free** |
# Ashe County Resources

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| **Ashe Memorial Hospital: Mountain Hearts**  
Mountain Hearts Center: 336-846-0744  
200 Hospital Ave., Jefferson, NC 28640  
http://www.ashememorial.org/ | • Clinical Diabetes Self-Management Program: meets weekly for 3 months, includes education and exercise assistance; requires doctor’s referral  
• Wellness Memberships: Fit for Life gym, aerobics, aquatics, and more  
• Smoking cessation classes: 2 weekly sessions; offered quarterly | Diabetes: can apply for financial aid  
Memberships: monthly fees vary ($25-56); financial aid available to those with doctor referral to exercise; up to 75% off!  
Smoking class: **Free** |
| **Northwest Tobacco Prevention Coalition**  
828-264-4995  
126 Poplar Grove Connector, Boone, NC 28607  
http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php | • Information on tobacco cessation | **Free** |
## Avery County Resources

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<tr>
<td><strong>Cannon Memorial Hospital</strong></td>
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<td>828-737-7000</td>
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<tr>
<td>434 Hospital Dr., Linville, NC 28646</td>
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| [https://www.apprhs.org/locations/cannon-memorial-hospital](https://www.apprhs.org/locations/cannon-memorial-hospital) | - Spirit of Women: programs available on diabetes, heart disease, and other topics  
- Eat Smart, Move More, Weigh Less: 15-week series, in partnership with Cooperative Extension, meets weekly and includes a free water bottle, opportunities to win door prizes, and a punch-pass for 10 free visits to the YMCA! | Spirit of Women **Free**  
Eat Smart: $25 |
| **Avery County Cooperative Extension**     |                    |                    |
| 828-733-8275                              |                    |                    |
| 805 Cranberry St., Newland, NC 28657      |                    |                    |
| [http://avery.ces.ncsu.edu](http://avery.ces.ncsu.edu) | - Eat Smart, Move More, Weigh Less: 15-week series, in partnership with Cooperative Extension, meets weekly and includes a free water bottle, opportunities to win door prizes, and a punch-pass for 10 free visits to the YMCA!  
**Locations:**  
- Green Valley Beauty Salon, 40 Pine Grove Rd., Spruce Pine, NC 28777  
- Williams Gymnasium at Lees McRae College, 100 Main Street West, Banner Elk, NC 28604  
- Phillips Gwaltney Child Development Center, 200 Maryland Dr., Spruce Pine, NC 28777  
- Expanded Food and Nutrition Education Program: 9-20 lesson series, available to women with children or grandchildren living at home | Eat Smart: $25  
EFNEP: **Free** |
## Avery County Resources

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| YMCA of Avery County  
828-737-5500  
436 Hospital Dr., Linville, NC 28646  
[www.ymcaavery.org](http://www.ymcaavery.org) | • Various exercise and educational opportunities | Membership fees apply, financial assistance available simply stop by to pick up a Y-Access financial assistance application |
# Beaufort County Resources

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<td><strong>Beaufort County Cooperative Extension</strong> 252-946-0111 155-A Airport Rd., Washington, NC 27889 <a href="http://beaufort.ces.ncsu.edu">http://beaufort.ces.ncsu.edu</a></td>
<td>• Eat Smart, Move More, Weigh Less: 13-session program  • Dining with Diabetes  • Good Eats Academy: healthy cooking for people with disabilities, in partnership with Easter Seals  • Women Living Healthy, Women Living Well: class and interactive CD about women’s health topics</td>
<td>Eat Smart: $30  Dining: small fee  Good Eats: $10  Women Living: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Beaufort County Hospital: LifeStyles Medical Fitness Center</strong>  Hospital: 252-975-4100 628 East 12th St., Washington, NC 27889  LifeStyles Medical Fitness Center: 252-975-4236 1375 Cowell Farm Rd., Washington, NC 27889 <a href="http://www.beaufortregionalhealthsystem.org/">http://www.beaufortregionalhealthsystem.org/</a></td>
<td>• Freedom From Smoking: 7-weekly meetings, offered about once per year  • LEARN Weight Management Program: offered in January, 8-10 week program</td>
<td>Freedom: $50  LEARN: $25 for members, $50 for non-members</td>
</tr>
<tr>
<td><strong>Grace Martin Harwell Senior Center</strong> 252-975-9368 310 W Main St., Washington, N.C. 27889 <a href="http://www.washington-nc.com/recreation_seniors.aspx">http://www.washington-nc.com/recreation_seniors.aspx</a></td>
<td>• Variety of exercise activities including dance, yoga, walking program, aerobics, stretching, chair exercise, fitness room, etc.  • Monthly talks on healthy living habits and weight management  • Eat Smart, Move More, Weigh Less for Senior Adults: 13-session program, in partnership with Cooperative Extension</td>
<td><strong>Free</strong>  contributions are accepted  For adults 55+  Eat Smart: $20</td>
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| Albemarle Regional Health Services* (Albemarle District Health Department) | • Tobacco cessation classes  
• Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
• Dining With Diabetes | Call for cost and availability  
Locations vary |
| Bertie County Cooperative Extension | • Eat Smart, Move More, Weigh Less  
• Class on Diabetes and Heart Disease  
• Expanded Food and Nutrition Education Program: for parents/grandparents caring for children | Free |
| Bertie Memorial Hospital | • Diabetes Support Group: every Wednesday, must be followed by a visit with your doctor  
• Healthy Living: diabetes management program, in cooperation with Brody School of Medicine  
• Community Services: education, wellness, and prevention programs, screenings, health fairs, etc.  
• Freedom From Smoking classes  
• Diabetes Educator | Support group: Free  
Other programs: call for more info |
## Bertie County Resources

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</table>
| **Roanoke Chowan Community Health Center**<sup>*</sup>  
Corporate office: 252-209-0237  
113 Hertford County High Rd., Ahoskie, NC 27910  
Ahoskie office: 252-332-3548  
240 S. Academy St., Ahoskie, NC 27910  
Colerain office: 252-356-2404  
109 W. River St., Colerain, NC 27924  
Murfreesboro office: 252-398-3323  
305 Beechwood Blvd., Murfreesboro, NC 27855  
http://www.rcchc.org/ |  
- Diabetes Self-Management Education: individual and group sessions  
- Diabetes Support Group: meets monthly at ViQuest in Ahoskie  
- Diabetes Education in churches: available to churches in Gates County  
- Nutrition Education & Medical Nutrition Therapy: requires physician referral |  
- Diabetes Self-Mgmt.: sliding scale fee  
- Support Group: **Free**  
- Diabetes Ed.: **Free**  
- Nutrition Ed.: sliding scale fee |
| **Three Rivers Healthy Carolinians**<sup>*</sup>  
252-482-1199  
100 W. Freemason Circle, Edenton, NC 27932 |  
- Tobacco cessation  
- Physical activity programs  
- Diabetes support group: meets twice monthly  
- Body & Soul: nutrition program in African-American churches  
- Diabetes Day: March 2009 |  
- Call for more information |
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<th>Talk to…</th>
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| **Bladen County Cooperative Extension**  
910-862-4591  
450 Smith Circle Dr., Elizabethtown, NC 28337  
[http://bladen.ces.ncsu.edu/](http://bladen.ces.ncsu.edu/) | • Expanded Food and Nutrition Education Program: covers how to stretch your food dollars and healthy eating, must have children at home or help care for grandchildren to qualify  
• Eat Smart, Move More, Weigh Less: 15-week series, offered in partnership with Health Department | EFNEP: **Free**  
Eat Smart: $35 |
| **Rx**  
**Bladen County Hospital**  
Main: 910-862-5100  
Healthy Bladen: 910-862-1294  
501 Poplar St., Elizabethtown, NC 28337  
[http://www.bchn.org/about_us/index.htm](http://www.bchn.org/about_us/index.htm) | • Healthy Bladen: medication assistance program for under and uninsured adults | Call for more information |
| **Bladen County Parks and Recreation**  
910-862-6770  
803 King St., Elizabethtown, NC 28337  
• Adult Co-Ed Volleyball league | Locations and fees vary  
Volleyball: $25/person |
## Brunswick County Resources

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</table>
| **Brunswick County Cooperative Extension**  
910-253-2610  
25 Referendum Dr., Bolivia, NC 28422  
- Expanded Food and Nutrition Education Program: available to parents or grandparents with children living in their home | Location and fees vary  
EFNEP: **Free** |
| **Brunswick County Health Department**  
910-253-2250  
Government Complex, Bldg. A, 25 Courthouse Dr. NE, Bolivia, NC 28422  
| **Brunswick County Parks & Recreation**  
910-253-2670  
Building M, 69 Stamp Act Dr. NE, Bolivia, NC 28422  
- Fitness classes: dance, Zumba, Body Fusion, Cardio-Mix, water fitness, strength circuit, etc.  
- Parks: baseball/softball/soccer/football fields, basketball/tennis/volleyball courts, batting cages  
- Senior activities: golf tournaments, cheerleading, dance | Fees and locations vary  
Senior activities: for ages 55+ |
## Buncombe County Resources

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<tr>
<td><strong>Appalachian Sustainable Agriculture Project (ASAP)</strong>&lt;br&gt;828-236-1282&lt;br&gt;Asheville, NC&lt;br&gt;<a href="http://www.asapconnections.org/">http://www.asapconnections.org/</a>&lt;br&gt;</td>
<td>• Local Food Guide: listing of farmers markets and other local food sources</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Area Agency on Aging, Region B</strong>&lt;br&gt;828-251-7438&lt;br&gt;<a href="mailto:Rebecca@landofsky.org">Rebecca@landofsky.org</a>&lt;br&gt;Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806&lt;br&gt;<a href="http://www.landofsky.org/">http://www.landofsky.org/</a>&lt;br&gt;</td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Buncombe County Health Center (Health Department)</strong>&lt;br&gt;828-250-5000&lt;br&gt;35 Woodfin, Asheville, NC 28801&lt;br&gt;<a href="http://www.buncombecounty.org/governing/depts/Health/default.asp">http://www.buncombecounty.org/governing/depts/Health/default.asp</a>&lt;br&gt;</td>
<td>• Cooking for Your Health: TV cooking show produced by the Nutrition Department and Buncombe County TV, available online or on Charter Cable channel 2</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Council on Aging</strong>&lt;br&gt;828-277-8288&lt;br&gt;<a href="http://www.coabc.org/senior-dining">http://www.coabc.org/senior-dining</a>&lt;br&gt;</td>
<td>• Senior Dining: lunch, exercise, activities for age 60+</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
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## Buncombe County Resources

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| ![Explore Asheville](http://www.exploreasheville.com/active-getaways/index.aspx) | • Active Getaway: info about being active in Asheville  
• General physical activity information | Free |
| ![Healthy Buncombe](http://www.healthybuncombe.org/) | • Information about physical activity and nutrition | Free |
| ![Mission Hospital](http://www.missionhospitals.org/body.cfm?id=13) | • Nicotine Dependence Program  
  • Freedom From Smoking: 7-week program  
  • Smoking cessation counseling  
  • Information about getting smoking cessation medications at cost  
• Forever Fit: 8-week series offered every Monday and Wednesday, low-impact exercise class for senior women  
• Diabetes Education: 5-class series, includes individual education and group classes  
• Cornerstone: Diabetes support group, meets the second Thursday of each month from 4:30-6pm | Freedom: $25, scholarships available  
Smoking counseling: Free  
Forever Fit: $52  
Diabetes: fee varies, financial assistance available  
Cornerstone: Free  
Locations vary |
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| YWCA of Asheville  
Main: 828-254-7206  
Diabetes programs: 828-254-7206 x212  
185 S. French Broad Ave., Asheville, NC 28801  
http://www.ywca.org/site/pp.asp?c=gmKUJdNZJvF&b=269423 | - Diabetes Wellness Project: Designed for diabetics, project includes membership, monthly education sessions, fitness counseling, workout support groups, and cooking classes with a dietician  
- Diabetes Prevention Project: Designed for those at high risk of developing diabetes; includes all above plus monthly dinner  
- Both programs are annual programs and enroll new members quarterly  
- Programs require members to use gym at least twice a week | $10/month for 12 months |
## Burke County Resources

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<td><strong>Burke County Cooperative Extension</strong>  &lt;br&gt; 828-439-4460  &lt;br&gt; 130 Ammons Dr., Suite 2, Morganton, NC 28655  &lt;br&gt; <a href="http://burke.ces.ncsu.edu/">http://burke.ces.ncsu.edu/</a></td>
<td>• Programs on physical activity and/or nutrition may be available</td>
<td>Call for information</td>
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<tr>
<td><strong>Burke County Health Department</strong>  &lt;br&gt; 828-439-4400  &lt;br&gt; 700 East Parker Rd., Morganton, NC 28655  &lt;br&gt; <a href="http://co.burke.nc.us/departments/health/">http://co.burke.nc.us/departments/health/</a></td>
<td>• Eat Smart, Move More, Weigh Less: series of classes on diet/exercise for weight management  &lt;br&gt; • Freedom From Smoking: smoking cessation classes</td>
<td>Eat Smart: $20  &lt;br&gt; Freedom: about $20, call for cost</td>
</tr>
<tr>
<td><strong>Burke County Parks and Recreation</strong>  &lt;br&gt; 828-439-4370  &lt;br&gt; 700 South Main St., Drexel, NC 28619  &lt;br&gt; <a href="http://co.burke.nc.us/departments/parks-recreation/">http://co.burke.nc.us/departments/parks-recreation/</a></td>
<td>• Athletic programs: indoor and outdoor soccer, football, basketball, baseball, softball, cheerleading  &lt;br&gt; • Parks and athletic facilities available</td>
<td>Locations and fees vary</td>
</tr>
<tr>
<td><strong>Phifer Wellness Center</strong>  &lt;br&gt; <em>(part of Blue Ridge Healthcare)</em>  &lt;br&gt; Main: 828-580-6600  &lt;br&gt; Diabetes Support Group: 828-580-6784  &lt;br&gt; 2165 South Sterling St., Morganton, NC 28655  &lt;br&gt; <a href="http://www.blueridgehealth.org/phifer.html">http://www.blueridgehealth.org/phifer.html</a></td>
<td>• Diabetes Support Group: meets the fourth Thursday of each month from 7-8pm</td>
<td><strong>Free</strong></td>
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| Valdese Hospital & Grace Hospital (part of Blue Ridge Healthcare)  
Valdese Hospital: 828-874-2251  
720 Malcolm Blvd., Valdese, NC  
Grace Hospital: 828-580-5000  
Outpatient Department: 828-580-6782  
2201 South Sterling St., Morganton, NC 28655  
[http://www.blueridgehealthcare.org/grace-hospital.html](http://www.blueridgehealthcare.org/grace-hospital.html) | • Diabetes Education Classes: series of classes and nutritional counseling, requires doctor’s order  
• Diabetes Support Group: meets monthly | Education: fees vary, financial assistance may be available  
Support Group: **Free** |
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<tr>
<td><strong>Cabarrus County Cooperative Extension</strong> 704-920-3310 715 Cabarrus Ave. West, Concord, NC 28027 <a href="http://cabarrus.ces.ncsu.edu/">http://cabarrus.ces.ncsu.edu/</a></td>
<td>• Families Eating Smart and Moving More: 4-class series, meets in the evenings  • Steps to Health: 12-week program, covers nutrition and physical activity, for older adults  • Eating Smart: TV program on Channel 22 (Cabarrus County Government Channel)</td>
<td>Locations vary  <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Carolinas Medical Center – NorthEast: Cannon Heart Center</strong> Main: 704-403-3000 QuitSmart: 704-403-1275 or 800-842-6868 920 Church Street N., Concord, NC 28025</td>
<td>• QuitSmart Smoking Cessation Program: group sessions, tapes/CDs, manual, cigarette substitute</td>
<td>$150, financial assistance may be available</td>
</tr>
<tr>
<td><strong>Centralina Area Agency on Aging (Region F)</strong>* 704-372-2416 or 704-348-2712 <a href="mailto:Lmiller@centralina.org">Lmiller@centralina.org</a> Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235 <a href="http://www.centralinaaging.org/Consumers/ebhp.htm">http://www.centralinaaging.org/Consumers/ebhp.htm</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties  • Walk with Ease: helpful for older adults who find it difficult to maintain a regular exercise schedule</td>
<td><strong>Free</strong>  Locations vary</td>
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## Caldwell County Resources

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<thead>
<tr>
<th>Talk to...</th>
<th>What they offer......</th>
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</table>
| **Caldwell Memorial Hospital:**  
Quest 4 Life Wellness Center  
& Center for Diabetes Health  
Quest 4 Life: 828-758-8753  
Health Promotion Programs: 828-757-6217  
Diabetes Education: 828-757-6450  
1031 Morganton Blvd. SW, Lenoir, NC 28645  
http://www.caldwellmemorial.org/offices.php?oid=28 | • Health Promotion programs: topics include nutrition, exercise, etc.  
• Quest 4 Life: FreshStart smoking cessation classes  
• Diabetes Education and Self-Management Course: requires doctor’s referral, nutrition counseling available  
• Diabetes Support Group: meets quarterly | Health Promotion: usually free  
FreshStart: **Free**  
Diabetes Ed.: call for cost, may be free if referred from Helping Hands Clinic  
Support Group: **Free** |
| **Helping Hands Clinic of Caldwell County**  
Main: 828-754-8565  
Caldwell Health Access Program: 828-754-8566  
810 Harper Ave. NW, Lenoir, NC 28645  
http://www.helpinghandsclinic.org/ | • Caldwell Health Access Program (CHAP): case management for chronic illnesses (diabetes, heart disease, high blood pressure, etc.), includes diabetic, nutrition, and tobacco education as needed  
• Clinical Pharmacist Practitioner, Certified Diabetes Educator, and Wellness Coordinator on staff | In-clinic services: **Free** for uninsured Caldwell County residents  
CHAP: $5 copay/visit |
| **Northwest Tobacco Prevention Coalition**  
*  
828-264-4995  
126 Poplar Grove Connector, Boone, NC 28607  
http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php | • Information on tobacco cessation | **Free** |
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<tr>
<td>Satie &amp; J.E. Broyhill Caldwell Senior Center 828-758-2883 650-A Pennton Ave. SW, Lenoir, NC, 28645 <a href="http://caldwellseniorcenter.org/">http://caldwellseniorcenter.org/</a></td>
<td>• Variety of exercise and dance classes</td>
<td>Free Available to county residents ages 60+</td>
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# Camden County Resources

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<tr>
<th>Talk to…</th>
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</table>
| **Albemarle Regional Health Services**<sup>*</sup>  
(Albemarle District Health Department)  
Camden County: 252-338-4460  
160B Hwy 158 East, Camden, NC 27921  
[www.arhs-nc.org](http://www.arhs-nc.org) | • Tobacco cessation classes  
• Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
• Dining With Diabetes | Call for cost and availability  
Locations vary |
| **Camden County Cooperative Extension**  
252-338-1919 ext. 228 or 252-232-2261  
120 NC Highway 343 N, Camden, NC 27921  
[http://camden.ces.ncsu.edu/](http://camden.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less: 15-classes available in the fall | Eat Smart: $20 |
| **Healthy Carolinians of the Albemarle**<sup>*</sup>  
252-338-4440 or 252-232-1914  
711 Roanoke Ave., Elizabeth City, NC 27909 | • Know Your Numbers: training for Lay Health Advisors on cardiovascular health and stroke prevention  
• Albemarle We Can!: 8-week faith-based program for heart health and weight management education  
• GIS maps of neighborhoods | Free |
# Carteret County Resources

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<tr>
<th>Talk to…</th>
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<tr>
<td><strong>Area Agency on Aging, Region P</strong>&lt;br&gt;252-638-3185&lt;br&gt;<a href="mailto:jhardin@eccog.org">jhardin@eccog.org</a>&lt;br&gt;Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563&lt;br&gt;<a href="http://www.eccog.org/document.asp?document_name=aaa">http://www.eccog.org/document.asp?document_name=aaa</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free for ages 60+, small fee for those under 60&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Carteret County Cooperative Extension</strong>&lt;br&gt;252-222-6352&lt;br&gt;303 College Cir., Morehead City, NC 28557&lt;br&gt;<a href="http://carteret.ces.ncsu.edu/">http://carteret.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 15-classes&lt;br&gt;• Cook Smart, Eat Smart</td>
<td>Eat Smart: $40&lt;br&gt;Cook Smart: call for cost&lt;br&gt;Location vary</td>
</tr>
<tr>
<td><strong>Carteret County Health Department</strong>&lt;br&gt;252-728-8550&lt;br&gt;3820 Bridges St. #A, Morehead City, NC 28557&lt;br&gt;<a href="http://www.carteretcountyhealth.com/">http://www.carteretcountyhealth.com/</a></td>
<td>• Walking trail guide&lt;br&gt;• Lookout for Your Health: monthly TV show on Time Warner Cable channel 10, broadcast twice weekly, covers a variety of health topics</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Carteret General Hospital</strong>&lt;br&gt;Main: 252-808-6000&lt;br&gt;Diabetes Learning Center: 252-808-6689&lt;br&gt;Freedom From Smoking: 252-808-6611&lt;br&gt;3500 Arendell St., Morehead City, NC 28557&lt;br&gt;<a href="http://www.ccgh.org/community/support_ed_programs.shtml">http://www.ccgh.org/community/support_ed_programs.shtml</a></td>
<td>• Diabetes Support Group: call for availability&lt;br&gt;• Diabetes Education Program: requires doctor’s referral&lt;br&gt;• Freedom From Smoking: 7-week class</td>
<td>Support Group: Free&lt;br&gt;Diabetes Education: call for cost, reduced fee may be available&lt;br&gt;Freedom: $50</td>
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## Carteret County Resources

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</table>
| ![Apple](apple.png) **New Hanover Regional Medical Center**  
Main: 910-343-7000  
Weight Transitions: 910-343-7193  
2131 S. 17th St., Wilmington, NC 28401  
[http://www.nhhn.org/](http://www.nhhn.org/) | - Weight Transitions: 12-week weight management program for people with a BMI of 30+, group classes and supervised exercise sessions, includes one nutrition class | $145 (can be broken into three monthly payments: $65, $40, $40) |
## Caswell County Resources

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| Caswell County Cooperative Extension  
336-694-4158  
126 Court Square, Yanceyville, NC 27379  
[http://caswell.ces.ncsu.edu/](http://caswell.ces.ncsu.edu/) | - Dining with Diabetes  
- Eat Smart, Move More, Weigh Less  
- Families Eating Smart and Moving More  
- Women Living Healthy, Women Living Well  
- Give your Heart a Healthy Beat | Dining: small fee  
Eat Smart: $20  
Other programs: call for cost |
| Caswell County Senior Center  
336-694-7447  
142 Main St., Yanceyville, NC 27379  
- Exercise equipment room: treadmills, bicycles, weight machine | Free  
For ages 55+ |
| Prospect Hill Community Health Center  
336-562-3311  
140 Main St., Prospect Hill, NC 27314  
[http://www.piedmonthealth.org/english/prospecthillpage.htm](http://www.piedmonthealth.org/english/prospecthillpage.htm) | - Diabetes Education Classes: series of 4 classes, offered twice per month in English (offered once per month in Spanish), requires doctor’s referral  
- Medical Nutrition Therapy | Call for cost (free or sliding scale fee) |
| Caswell County Parks & Recreation Department  
336-694-4449  
[http://www.yanceyvillenc.gov/liv_leisure.htm](http://www.yanceyvillenc.gov/liv_leisure.htm)  
- Gatewood Memorial Park: walking trails, horseshoe pits, on Firetower Rd. in Yanceyville  
- Adult softball league | Park: Free  
Softball: $250 per team |
# Catawba County Resources

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| **Catawba County Cooperative Extension**  
828-465-8240  
1175 S. Brady Ave., Newton, NC 28658  
http://catawba.ces.ncsu.edu/ | • Take Charge of Your Diabetes: meets monthly on the second Tuesday of each month  
• Eating Smart at Home: 6-session course | Take Charge: **Free**  
Eating: $10 |
| **Catawba County Parks**  
828-256-9157 or 828-324-8461  
100 A South West Blvd., Newton, NC 28658  
http://www.catawbacountync.gov/depts/parks/ | • List and map of parks in Catawba County  
• Sports fields and courts, trails for hiking/leashed dog-walking/mountain biking (some paved), horseshoe pits, lake public access areas  
• Monthly guided hikes available | **Free** |
| **Frye Regional Medical Center**  
Main: 828-315-5000  
Diabetes Management: 828-322-6699  
FreshStart: 828-315-3530  
Spirit of Women: 828-315-5677  
420 N. Center St., Hickory, NC 28601  
http://www.fryemedctr.com/ | • Diabetes Management Support Group: meets on the third Monday of January, April, July, and October from 6:30-8pm  
• FreshStart Smoking Cessation Program  
• I Can Cope Cancer Series  
• Look Good Feel Better  
• Spirit of Women: programs available on diabetes, heart disease, and other topics | Diabetes: **Free**  
FreshStart: **Free**  
Cancer Series: **Free**  
Look Good: **Free**  
Spirit: price varies, approx. $5 - $10  
Locations vary, call for details |
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<tr>
<td><strong>Area Agency on Aging, Region J</strong>&lt;br&gt;919-638-2736&lt;br&gt;<a href="mailto:tsangster@tjcog.org">tsangster@tjcog.org</a>&lt;br&gt;Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703&lt;br&gt;<a href="http://www.tjaaa.org/">http://www.tjaaa.org/</a>&lt;br&gt;• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties&lt;br&gt;</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
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<td><strong>Chatham County Cooperative Extension</strong>&lt;br&gt;919-542-8202&lt;br&gt;45 South St., Pittsboro, NC 27312&lt;br&gt;<a href="http://chatham.ces.ncsu.edu/">http://chatham.ces.ncsu.edu/</a>&lt;br&gt;• Eat Smart, Move More, Weigh Less: 14-16 weeks&lt;br&gt;• Dining with Diabetes: 4-week course&lt;br&gt;</td>
<td><strong>Eat Smart</strong>: $20&lt;br&gt;<strong>Dining</strong>: $25-30</td>
<td></td>
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<tr>
<td><strong>Chatham County Council on Aging:</strong>&lt;br&gt;<strong>Senior Centers</strong>&lt;br&gt;Eastern Chatham Senior Center: 919-542-4512&lt;br&gt;365 Hwy 87 N, Pittsboro, NC 27312&lt;br&gt;Western Chatham Senior Center: 919-742-3975&lt;br&gt;112 Village Lake Rd., Siler City, NC 27344&lt;br&gt;<a href="http://chathamcouncilonaging.org/">http://chathamcouncilonaging.org/</a>&lt;br&gt;• Exercise and dance classes&lt;br&gt;• Fitness center with exercise equipment&lt;br&gt;• Diabetic Support Groups: meet monthly&lt;br&gt;• Nutrition speakers about once per month&lt;br&gt;</td>
<td><strong>Exercise classes</strong>: call for cost, scholarships available&lt;br&gt;<strong>Diabetic Support Group</strong>: <strong>Free</strong>&lt;br&gt;For ages 55+</td>
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<td>Talk to…</td>
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<tr>
<td><strong>Chatham County Public Health Department</strong> Community Health Promotion: 919-545-8510 Diabetes Program: 919-742-5641 or 919-545-8520 Pittsboro Clinic: 919-542-8220 80 East St., Pittsboro, NC 27312 Siler City Clinic: 919-742-5641 1000 South Tenth Ave., Siler City, NC 27344 <a href="http://www.chathamnc.org/publichealth">www.chathamnc.org/publichealth</a></td>
<td>• Diabetes Self Management Education Classes: requires doctor referral • Diabetes Support Group: meets on the second Monday of each month at 5:30pm</td>
<td>Diabetes: <em>Free</em> Locations vary</td>
</tr>
<tr>
<td><strong>Chatham County Parks and Recreation</strong> 919-545-8555 90 East St., Pittsboro, NC 27312 <a href="http://www.chathamnc.org/Index.aspx?page=150">http://www.chathamnc.org/Index.aspx?page=150</a></td>
<td>• Athletic teams/lessons: basketball, softball, volleyball, kickball, tennis • List of county parks and trails</td>
<td>Locations and fees vary</td>
</tr>
<tr>
<td><strong>Chatham Hospital</strong> Main: 919-799-4000 Diabetes Program: 919-663-2314 475 Progress Blvd., Siler City, NC 27344 <a href="http://www.chathamhospital.org/">http://www.chathamhospital.org/</a></td>
<td>• Diabetes Management Program: individual and group sessions, available in English and Spanish</td>
<td>Diabetes: fees vary, financial assistance may be available Locations vary</td>
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# Cherokee County County Resources

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<tr>
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<th>Other information…</th>
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</table>
| **Area Agency on Aging, Region A**<sup>+</sup>  
828-586-1962 ext. 217  
jeanne@regiona.org  
Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779  
http://www.regiona.org | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary |
| **Cherokee County Cooperative Extension**  
828-837-2917  
39 Peachtree St., Suite 103, Murphy, NC 28906  
http://cherokee.ces.ncsu.edu/ | • Dining with Diabetes: 8-week program  
• Eat Smart, Move More, Weigh Less: 15-19 week program  
• Senior Citizens' education: covers physical activity, nutrition, and other topics | Dining: **Free**  
Eat Smart: call for cost  
Senior: **Free** |
| **Cherokee County Health Department**  
Murphy: 828-837-7486  
228 Hilton St., Murphy, NC 28906  
Andrews: 828-321-4167  
84 Main St., Andrews, NC 28901  
http://www.cherokeecounty-nc.gov/departments/health/ | • Health Education: provided for individuals, community organizations, schools and clients within the county. | Call for more information |
| **Murphy Medical Center**  
828-837-8161  
3990 E. US Hwy. 64 Alt., Murphy, NC 28906  
http://www.murphymedical.org/ | • Smoking cessation counseling | Call for cost |
## Chowan County Resources

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| Albemarle Regional Health Services*<br>(Albemarle District Health Department)<br>Chowan County: 252-482-6003<br>100 West Freemason Circle, Edenton, NC 27932<br>www.arhs-nc.org | • Tobacco cessation classes  
• Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
• Dining With Diabetes | Call for cost and availability  
Locations vary |
| Chowan Hospital<br>Main: 252-482-8451<br>Diabetes Education: 252-482-6216<br>211 Virginia Rd., Edenton, NC 27932<br>http://www.uhseast.com/body.cfm?id=432 | • Diabetes Self-Management Program: individual and group sessions, requires doctor's referral  
• Diabetes Support Group: meets monthly | Program: fees vary, financial assistance may be available  
Support Group: **Free** |
| Three Rivers Healthy Carolinians*<br>252-482-1199<br>100 W. Freemason Circle, Edenton, NC 27932 | • Tobacco cessation  
• Physical activity programs  
• Body & Soul: nutrition program in African-American churches | Call for more information |
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<tr>
<td><strong>Area Agency on Aging, Region A</strong>&lt;br&gt;828-586-1962 ext. 217&lt;br&gt;<a href="mailto:jeanne@regiona.org">jeanne@regiona.org</a>&lt;br&gt;Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779&lt;br&gt;<a href="http://www.regiona.org">http://www.regiona.org</a>&lt;br&gt; ● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
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<td><strong>Clay County Cooperative Extension</strong>&lt;br&gt;828-389-6305&lt;br&gt;55 Riverside Cir., Ste. 108, Hayesville, NC 28904&lt;br&gt;<a href="http://clay.ces.ncsu.edu/">http://clay.ces.ncsu.edu/</a>&lt;br&gt; ● Eat Smart, Move More, Weigh Less: usually offered in January&lt;br&gt; ● Dining with Diabetes: cooking and meal planning classes&lt;br&gt; ● Move On Clay County: list of physical activity opportunities in the area</td>
<td>Eat Smart: $40&lt;br&gt;Dining: small fee</td>
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# Cleveland County Resources

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<td><strong>Cleveland County Health Department</strong></td>
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| Main: 704-484-5100 | • Search Your Heart: faith-based heart health program  
• Temple Initiative: faith-based heart health program  
• WIN Program (Wellness for Individuals Now): comprehensive health promotion program  
• Fit Together Initiative  
• Nutrition counseling  
• Diabetes Clinic & Classes  
• Carolina Community Health Partnership: diabetes case management | Call for availability and cost  
Locations vary |
| Health Education: 704-484-5139 |  |  |
| Temple Initiative: 704-669-3139 |  |  |
| Carolina Community Health Partnership: 704-484-5152 |  |  |
| 315 E. Grover St., Shelby, NC 28150 |  |  |
| **Cleveland Regional Medical Center** |  |  |
| Main: 980-487-3000 | • Diabetes Education Classes: offered three times per month  
• Diabetes Support Group: meets the second Tuesday of each month from 5:30-6:30pm (no meetings in July or December) | Classes: call for cost, financial assistance may be available  
Support Group: [Free](http://www.clevelandregional.org/KMH/) |
| Diabetes Center: 980-487-3953 |  |  |
| 201 E. Grover St., Shelby, NC 28150 |  |  |
| [http://www.clevelandregional.org/event_calendar/](http://www.clevelandregional.org/event_calendar/) |  |  |
| **Kings Mountain Hospital** |  |  |
| 980-487-5000 | • Diabetes Education Classes: offered three times per month  
• Fresh Start smoking cessation program: may be available | Call for more information  
Financial assistance may be available |
| 706 W. King St., Kings Mountain, NC 28086 |  |  |
## Cleveland County Resources

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| Shelby Parks and Recreation Department | • Aquatics Center: public swim, water aerobics classes, lap swim, open during the summer  
• Classes: aerobics, square dance, Seniors line dance  
• Softball, basketball, tennis  
• Recreational parks | Locations vary  
Aquatics: free or small fee  
Aerobics: fees vary  
Call for other costs |

Main: 704-484-6811  
Aquatics Center: 704-484-6826  
# Columbus County Resources

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| **Columbus County Cooperative Extension**  
910-640-6605  
45 Government Complex Rd., Suite A, Whiteville, NC 28472  
[http://columbus.ces.ncsu.edu/](http://columbus.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less: 19-week program | Small fee |
| **Columbus Regional Healthcare System**  
Main: 910-642-8011  
Diabetes: 910-641-8208 or 910-642-9454  
500 Jefferson St., Whiteville, NC 28472  
• Diabetes Support Group: meets monthly | Call for more information  
Support Group: **Free** |
# Craven County Resources

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</table>
| **Area Agency on Aging, Region P***  
252-638-3185  
[Email](mailto:jhardin@eccog.org)  
Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563  
[Website](http://www.eccog.org/document.asp?document_name=aaa) | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free** for ages 60+, small fee for those under 60  
Locations vary |
| **Coastal Carolina Health Care**  
252-514-6685  
New Bern, NC 28561  
[Website](http://www.cchealthcare.com/index.cfm/fuseaction/site.splash.cfm) | • Smoking Cessation Program | Call for cost |
| **Craven County Cooperative Extension**  
252-633-1477  
300 Industrial Dr., New Bern, NC 28562  
[Website](http://craven.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less: 15-week course  
• Senior Center: monthly program on health topics  
• Extension and Community Association: group for retirees, meets once monthly, various health topics programs | Eat Smart: $40 |
| **Craven County Health Department**  
252-636-4920  
2818 Neuse Blvd., New Bern, NC 28561  
[Website](http://www.crhmain.cfm) | • Fresh Start smoking cessation classes: available if enough people are interested  
• Various other educational programs available | Fresh Start: **Free**  
Call for costs of other programs |
# Craven County Resources

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| ![Craven County Parks and Recreation](http://www.cracvencounty.com/parks/) | • Classes: senior archery (for age 55+), tennis, golf, kayaking  
• Meet Me At the Park: organized tennis match play  
• Co-ed softball league  
• Hooked on Walking: group walking program  
• Twin Rivers Paddle Club: kayaking club for beginners, also organizes a senior paddle event | Senior Archery: **Free**  
Meet Me At the Park: **Free**  
Others: call for cost |
| ![Craven Regional Medical Center & Craven Regional Medical Center Foundation](http://www.cravenhealthcare.org/supportgroups.html) | • Diabetes Support Group: meets monthly  
• Healthy Living Takes A Conscious Effort: 4-week Diabetes education program, Thursdays 3:30-5:30pm | Support Group: **Free**  
Healthy Living: **Free**  
Locations vary |
# Cumberland County Resources

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<tr>
<th>Talk to…</th>
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</table>
| **Better Health of Cumberland County**  
910-483-7534  
1422 Bragg Blvd., Fayetteville, NC 28301  
• Exercise for diabetics  
• Take Charge of Diabetes: 7-week diabetes self-management course  
• Eat Smart, Move More: available upon request | **Free** |
| **Cape Fear Valley Medical Center**  
Main: 910-615-4000  
Passport to Health: 910-609-4600  
[http://www.capefearvalley.com/other_services/passport.html](http://www.capefearvalley.com/other_services/passport.html) | • Passport to Health: free health and wellness program for ages 50+, members can participate in free or discounted educational or health-related programs (ex: walking club, dance/exercise classes, workshops, special events, etc.) | Most activities are Free (some activities require a fee) |
| **The CARE Clinic**  
910-485-0555  
239 Robeson St., Fayetteville, NC 28301  
[http://www.thecareclinic.org/](http://www.thecareclinic.org/) | • Classes on nutrition, diabetes, smoking cessation may be available | **Free**  
Services available to CARE Clinic patients |
| **Cumberland County Health Department**  
Main: 910-433-3600  
Health Education: 910-433-3890  
227 Fountainhead Lane, Fayetteville, NC 28301  
[http://www.co.cumberland.nc.us/health/](http://www.co.cumberland.nc.us/health/) | • Healthy Connections: TV show on various health topics, Tuesdays at 7:30pm on Time Warner Cable channel 7 | Call for more information |
## Cumberland County Resources

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<tr>
<td><img src="http://www.fcpr.us/" alt="Fayetteville-Cumberland Parks &amp; Recreation" /> 910-433-1547 121 Lamon St., Fayetteville, NC 28301</td>
<td>• Parks and Recreation Centers, Senior Center  • Classes: dance, adult and senior aerobics, belly dancing, open gym access, fitness/weight rooms, karate, tae kwon do, basketball, tennis  • Athletics: co-ed volleyball, softball, bocce  • Walking 4 A Healthier U: free walking program for ages 50+</td>
<td>Locations and fees vary</td>
</tr>
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## Currituck County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer......</th>
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</table>
| **Albemarle Regional Health Services**<sup>+</sup>  
(Albemarle District Health Department)  
Currituck County: 252-232-2271  
2795 Caratoke Highway, Currituck, NC 27929  
www.arhs-nc.org | • Tobacco cessation classes  
• Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
• Dining With Diabetes | Call for cost and availability  
Locations vary |
| **Currituck County Cooperative Extension**  
252-232-2261  
120 Community Way, Barco, NC 27917  
http://currituck.ces.ncsu.edu/ | • Albemarle We Can: 8-week program, includes health screening and education on diabetes, heart health, physical activity, etc., sponsored by Healthy Carolinians of the Albemarle  
• Eat Smart, Move More, Weigh Less: 13-week series | Albemarle: **Free**  
Eat Smart: $10  
Locations vary |
| **Healthy Carolinians of the Albemarle**<sup>+</sup>  
252-338-4440 or 252-232-1914  
711 Roanoke Ave., Elizabeth City, NC 27909 | • Know Your Numbers: training for Lay Health Advisors on cardiovascular health and stroke prevention  
• Albemarle We Can!: 8-week faith-based program for heart health and weight management education  
• GIS maps of neighborhoods | **Free** |
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<td><strong>Dare County Cooperative Extension</strong>&lt;br&gt;252-473-4290&lt;br&gt;517 Budleigh St., Manteo, NC 27954&lt;br&gt;<a href="http://dare.ces.ncsu.edu/">http://dare.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 15-week program</td>
<td>$45</td>
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<tr>
<td><strong>Dare County Health Department</strong>&lt;br&gt;Manteo: 252-475-5003&lt;br&gt;109 Exeter St., Manteo, NC 27954&lt;br&gt;Buxton: 252-995-4404&lt;br&gt;47017 Buxton Back Rd., Buxton, NC 27920&lt;br&gt;<a href="http://www.darenc.com/depts/health/index.htm">http://www.darenc.com/depts/health/index.htm</a></td>
<td>• Women’s health screenings, educational information available</td>
<td><strong>Free</strong></td>
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<tr>
<td><strong>Dare County Parks &amp; Recreation</strong>&lt;br&gt;Family Recreation Park: 252-475-5920&lt;br&gt;602 Mustian St., Kill Devil Hills, NC 27948&lt;br&gt;The Fessenden Center: 252-475-5650&lt;br&gt;46830 Hwy 12, Buxton, NC 27920&lt;br&gt;Lions Club Center: 252-475-5910&lt;br&gt;1000 Westcott Park Rd., Manteo, NC 27954&lt;br&gt;<a href="http://www.darenc.com/depts/Parks_Rec/">http://www.darenc.com/depts/Parks_Rec/</a></td>
<td>• Variety of fitness classes available to the public</td>
<td>Locations and costs vary</td>
</tr>
<tr>
<td><strong>Outer Banks Hospital</strong>&lt;br&gt;252-449-4500 or 877-359-9179&lt;br&gt;4800 S. Croatan Hwy., Nags Head, NC 27959&lt;br&gt;<a href="http://www.theouterbankshospital.com/">http://www.theouterbankshospital.com/</a></td>
<td>• Cancer Resource Center: Tobacco cessation classes&lt;br&gt;• Nutrition consults available</td>
<td>Call for more information</td>
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</table>
# Davidson County Resources

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| **Davidson County Cooperative Extension**  
336-242-2080  
301 E Center St., Lexington, NC 27292  
[http://davidson.ces.ncsu.edu/](http://davidson.ces.ncsu.edu/) | ● Eat Smart, Move More, Weigh Less  
● Dining with Diabetes: 3-class series | Eat Smart: $15  
Dining: $20 |
| **Davidson County Parks and Recreation**  
336-242-2285  
Cecil School Bldg., 301 E. Center St., Lexington, NC 27292  
| **Lexington Memorial Hospital**  
Main: 336-248-5161  
Education Center: 336-238-4409  
250 Hospital Dr., Lexington, NC 27292  
● Smoking Cessation Classes: available upon request | Call for cost information  
Financial assistance may be available |
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<th>Talk to…</th>
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<tr>
<td><strong>Area Agency on Aging, Region I</strong>*&lt;br&gt;336-761-2111&lt;br&gt;<a href="mailto:dburgess@nwpcog.org">dburgess@nwpcog.org</a>&lt;br&gt;Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101&lt;br&gt;<a href="http://www.nwpcog.org/">http://www.nwpcog.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;For adults 60+&lt;br&gt;(call to see if room for anyone under 60)</td>
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<tr>
<td><strong>Davie County Cooperative Extension</strong>&lt;br&gt;336-753-6100&lt;br&gt;180 S Main St., Mocksville, NC 27028&lt;br&gt;<a href="http://davie.ces.ncsu.edu/">http://davie.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 8-10 weeks</td>
<td>Eat Smart: about $25</td>
</tr>
<tr>
<td><strong>Davie County Health Department</strong>&lt;br&gt;336-751-8700&lt;br&gt;210 Hospital St., Mocksville, NC 27028&lt;br&gt;<a href="http://www.co.davie.nc.us/Departments/Health/health.htm">http://www.co.davie.nc.us/Departments/Health/health.htm</a></td>
<td>• Individual nutritional education for diabetes&lt;br&gt;• Fresh Start smoking cessation: available if a group of 8 or more is interested</td>
<td>Nutrition Education: sliding scale&lt;br&gt;Fresh Start: <strong>Free</strong></td>
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<tr>
<td><strong>Davie Family YMCA</strong>&lt;br&gt;336-751-9622&lt;br&gt;215 Cemetery St., Mocksville, NC 27028&lt;br&gt;<a href="http://davie.ymcanwnc.org/">http://davie.ymcanwnc.org/</a></td>
<td>• Variety of exercise activities&lt;br&gt;• Y-Weigh program: 12-week weight management program that includes 3 nutrition lectures and weekly group exercise&lt;br&gt;• Destination Fitness (see Davie Senior Services)</td>
<td>Membership required (financial assistance available)&lt;br&gt;Y-Weigh: $60 members, $190 non-members, financial assistance available</td>
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## Davie County Resources

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<tr>
<td><strong>Davie Senior Services</strong></td>
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<tr>
<td>Mocksville site: 336-753-6230</td>
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<tr>
<td>278 Meroney St., Mocksville, NC 27028</td>
<td>Exercise activities &amp; exercise room available</td>
<td>All activities for adults age 55 and up</td>
</tr>
<tr>
<td>Farmington site: 336-998-3730</td>
<td>• Destination Fitness Program: Incentive physical activity program (in partnership with YMCA, Parks &amp; Rec., Davie Hospital), includes prizes for meeting goals, monthly educational seminars on various topics including diabetes, nutrition, weight control.</td>
<td><strong>Free</strong></td>
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<tr>
<td>1723 Farmington Rd., Mocksville, NC 27028</td>
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<td><a href="http://www.co.davie.nc.us/departments/senior%20services/seniorserve.htm">http://www.co.davie.nc.us/departments/senior%20services/seniorserve.htm</a></td>
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<tr>
<td><strong>Area Agency on Aging, Region P</strong>*&lt;br&gt;252-638-3185&lt;br&gt;<a href="mailto:jhardin@eccog.org">jhardin@eccog.org</a>&lt;br&gt;Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563&lt;br&gt;<a href="http://www.eccog.org/document.asp?document_name=aaa">http://www.eccog.org/document.asp?document_name=aaa</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free for ages 60+, small fee for those under 60&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Duplin County Health Department</strong>&lt;br&gt;910-296-2130&lt;br&gt;340 Seminary St., Kenansville, NC 28349&lt;br&gt;<a href="http://www.duplincounty.org/dchealth.htm">http://www.duplincounty.org/dchealth.htm</a></td>
<td>• Smoking Cessation Classes: available upon request&lt;br&gt;• Diabetes Education Classes: about 8-week program&lt;br&gt;• Walking track and fitness equipment available to the public</td>
<td>Free&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Duplin General Hospital</strong>&lt;br&gt;910-296-0941&lt;br&gt;401 North Main St., Kenansville, NC 28349&lt;br&gt;<a href="http://www.uhseast.com/body.cfm?id=1426&amp;oTopID=1426">http://www.uhseast.com/body.cfm?id=1426&amp;oTopID=1426</a></td>
<td>• Part of Duplin Partners for Health: educational forums and special events on health topics (nutrition and physical activity)&lt;br&gt;• Diabetes Education Classes: call for availability</td>
<td>Call for more information</td>
</tr>
<tr>
<td><strong>Pope Wellness Center at Mount Olive College</strong>*&lt;br&gt;919-635-3773&lt;br&gt;562 Henderson St., Mount Olive, NC 28365&lt;br&gt;To enroll contact local county health department: Duplin 910-296-2130</td>
<td>• Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income</td>
<td>Free</td>
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<td>Durham County Resources</td>
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| **Area Agency on Aging, Region J*** | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | Free
Locations vary |
| 919-638-2736 | tsangster@tjcog.org | 
Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 | http://www.tjaaa.org/ |
| **Durham County Cooperative Extension** | • Eat Smart, Move More, Weigh Less: 13-week series | Weigh Less: $15
Women Living Healthy: Free |
| 919-560-0525 | 721 Foster St., Durham, NC 27701 | http://durham.ces.ncsu.edu/ |
| **Durham County Health Department** | • Nutrition counseling: referral required for special diets such as diabetes | Nutrition: sliding scale fees
Fresh Start: Free |
| Main: 919-560-7600 | 414 East Main Street, Durham, NC 27701 | http://www.durhamcountync.gov/departments/phty/Teen_and_Adult_Servi.html |
| Fresh Start: 919-560-7765 | 
http://www.durhamcountync.gov/departments/phty/Teen_and_Adult_Servi.html | |
| **Duke University Health System** | • Diabetes Support Group | Free
Most activities located at Teer House |
| 4019 N. Roxboro Road Durham, NC 27704 | | |
## Edgecombe County Resources

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<tr>
<td><strong>Area Agency on Aging, Region L</strong> 252-234-5965 Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894 <a href="http://www.ucpcog.org/">http://www.ucpcog.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong> Locations vary For ages 55+</td>
</tr>
<tr>
<td><strong>Edgecombe County Cooperative Extension</strong> 252-641-7827 201 Saint Andrews St., Tarboro, NC 27886 <a href="http://edgecombe.ces.ncsu.edu/">http://edgecombe.ces.ncsu.edu/</a></td>
<td>• Various programs on physical activity and nutrition available upon request</td>
<td>Call for cost</td>
</tr>
<tr>
<td><strong>Edgecombe County Health Department</strong> Tarboro: 252-641-7511 2909 Main St., Tarboro, NC 27886 Rocky Mount: 252-985-4100 107 Atlantic Ave., Rocky Mount, NC 27801 <a href="http://www.edgecombecountync.gov/health/community.aspx">http://www.edgecombecountync.gov/health/community.aspx</a></td>
<td>• Various educational programs on nutrition, physical activity, and smoking cessation</td>
<td>Call for costs Locations vary</td>
</tr>
<tr>
<td><strong>Rocky Mount Parks and Recreation</strong> 252-972-1151 <a href="http://www.rockymountnc.gov/parks/">http://www.rockymountnc.gov/parks/</a></td>
<td>• Adult athletic leagues, parks, paddle and walking trails, outdoor excursions, gym, community centers, sports complex, pool, classes and workshops • Booker T. Washington Community Center: aerobics classes, Diabetes Seminar, exercise facilities • South Rocky Mount Community Center: walking track, indoor gym, exercise class for seniors</td>
<td>Pool: $2 Diabetes Seminar: <strong>Free</strong> Costs and locations vary</td>
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<tr>
<td><strong>Rocky Mount Senior Center</strong>*&lt;br&gt;252-972-1152&lt;br&gt;427 South Church St., Rocky Mount, NC 27804&lt;br&gt;<a href="http://www.rockymountnc.gov/parks/senior.html">http://www.rockymountnc.gov/parks/senior.html</a></td>
<td>• For adults 55+&lt;br&gt;• Gym Walkers program: indoor walking area&lt;br&gt;• Outdoor track: 1 mile track available&lt;br&gt;• Open Swim: available at select times&lt;br&gt;• Variety of physical activity classes available: water aerobics, Senior Stretch, yoga, tai chi, etc.&lt;br&gt;• Diabetes workshops: offered quarterly, must pre-register&lt;br&gt;• Fitness Center: variety of exercise equipment available for a monthly fee</td>
<td>Gym Walkers: <em>Free</em>&lt;br&gt;Outdoor track: <em>Free</em>&lt;br&gt;Open Swim: $2&lt;br&gt;Classes: costs vary&lt;br&gt;Diabetes: <em>Free</em>&lt;br&gt;Fitness Center: $10/month for city-resident, $12.50/month for non-residents</td>
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## Forsyth County Resources

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<tr>
<td><strong>Area Agency on Aging, Region I</strong>&lt;br&gt;336-761-2111&lt;br&gt;<a href="mailto:dburgess@nwpcog.org">dburgess@nwpcog.org</a>&lt;br&gt;Northwest Piedmont Council of Governments,&lt;br&gt;400 W Fourth St., Suite 400, Winston-Salem, NC 27101&lt;br&gt;<a href="http://www.nwpcog.org/">http://www.nwpcog.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;For adults 60+&lt;br&gt;(call to see if room for anyone under 60)</td>
</tr>
<tr>
<td><strong>Forsyth County Cooperative Extension</strong>&lt;br&gt;336-703-2850&lt;br&gt;1450 Fairchild Rd., Winston-Salem, NC 27105&lt;br&gt;<a href="http://www.forsyth.cc/CES/">http://www.forsyth.cc/CES/</a></td>
<td>• Programs on nutrition and other health topics available</td>
<td>Call for more information</td>
</tr>
<tr>
<td><strong>Forsyth County Health Department</strong>&lt;br&gt;336-703-3100 or 336-703-3219&lt;br&gt;799 N. Highland Ave., Winston-Salem, NC 27102&lt;br&gt;<a href="http://www.co.forsyth.nc.us/PublicHealth/">http://www.co.forsyth.nc.us/PublicHealth/</a></td>
<td>• Diabetes Support Group&lt;br&gt;• HEALTHWISE: exercise classes for older adults&lt;br&gt;• Keep Control Diabetes Classes&lt;br&gt;• Step Up Forsyth! walking program&lt;br&gt;• Weight-Wise: 10-16 week weight management program and research study&lt;br&gt;• List of local smoking cessation programs available</td>
<td><strong>Free</strong>&lt;br&gt;Activity locations vary</td>
</tr>
<tr>
<td><strong>Wake Forest University Baptist Medical Center</strong>&lt;br&gt;BestHealth: 336-765-8804&lt;br&gt;<a href="http://www.wfubmc.edu/patientsandvisitors/ClinicalServiceSub.aspx?id=5930">http://www.wfubmc.edu/patientsandvisitors/ClinicalServiceSub.aspx?id=5930</a></td>
<td>• BestHealth: located in Hanes Mall, events on a variety of health topics</td>
<td>Lifetime membership: $15 per person or $25 per couple</td>
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## Forsyth County Resources

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<tr>
<td>YWCA Winston-Salem Glade Street branch: 336-722-0597 1031 Highland Ave., Winston-Salem, NC 27101 Gateway Center: 336-354-1589 1300 South Main St., Winston-Salem, NC 27127 <a href="http://www.ywcaws.org">http://www.ywcaws.org</a></td>
<td>• Variety of fitness equipment and programs available  • Winner's Circle: weight loss program, 8-week program, includes exercise sessions at the YWCA (Gateway branch)</td>
<td>Call for more information  Financial assistance available</td>
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# Franklin County Resources

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| Franklin County Health Department & Frankly Healthy  
919-496-2533  
107 Industrial Dr., Suite C, Louisburg, NC 27549  
www.franklincohealth.org | • RaY of HoPe: faith-based educational program with info on heart disease, nutrition, diabetes, cancer, and physical activity  
• Main Street Diabetes Project: church-based education about diabetes | Free |
| Franklin County Parks and Recreation  
919-496-6624  
62 West River Rd., Louisburg, NC 27549  
http://www.co.franklin.nc.us/docs/parks/programs.html | • Adult athletic leagues  
• Open gym  
• Parks: sports fields, walking trails | Open gym: $2  
Costs and locations vary |
# Gaston County Resources

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<tr>
<th>Talk to...</th>
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| **Centralina Area Agency on Aging (Region F)**
  704-372-2416 or 704-348-2712
  Lmiller@centralina.org
  Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235
  [http://www.centralina.org/aaadefault.htm](http://www.centralina.org/aaadefault.htm) | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**
|  |  | Locations vary |
| **Gaston County Fitness and Nutrition Council**
  [http://www.gastonhealthcare.info/fitness/home.htm](http://www.gastonhealthcare.info/fitness/home.htm) | • ABLE: All Bodies Like Exercise: TV exercise program (Monday, Wednesday, and Friday at 9am and 7pm on Time Warner Cable channel 16)
  • Information on community walking tracks | **Free** |
| **Gaston County Health Department**
  Main: 704-853-5000
  Health Education: 704-853-5118
  Gaston Diabetes Center: 704-862-5310
  Gaston Family Health Services: 704-853-5079
  991 W. Hudson Blvd., Gastonia, NC 28052
  [http://www.co.gaston.nc.us/healthdept/](http://www.co.gaston.nc.us/healthdept/)
  [http://www.co.gaston.nc.us/diabetescenter/](http://www.co.gaston.nc.us/diabetescenter/) | • Health Services Directory available
  • Gaston Diabetes Center: Diabetes education classes and self-management program, available in English or Spanish
  • Gaston Family Health Services: Diabetes and nutrition services | Diabetes Center: costs vary, financial assistance available
  Family Health Services: sliding scale fees |
| **Gaston County Parks and Recreation**
  704-922-2160
  [http://www.co.gaston.nc.us/ParksAndRec/SeniorPrograms.HTM](http://www.co.gaston.nc.us/ParksAndRec/SeniorPrograms.HTM) | • Senior Programs: exercise and dance classes available to seniors 60+ | **Free**
|  |  | Locations vary |
## Gaston County Resources

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| **Gastonia Parks and Recreation**  
Main: 704-866-6839  
Adult Recreation Center: 704-866-6848  
519 W. Franklin Blvd., Gastonia, NC 28052  
[http://www.cityofgastonia.com/city_serv/parks/index.cfm](http://www.cityofgastonia.com/city_serv/parks/index.cfm) | • Community recreation centers: gyms, activity rooms, ball parks, tennis courts, basketball courts, etc.  
• Adult Recreation Center: activity classes (dance, fitness, yoga, Zumba, etc.) | Classes: small fee  
Locations and costs vary |
| **Kings Mountain Hospital**  
980-487-5000  
706 W. King St., Kings Mountain, NC 28086  
[http://www.clevelandregional.org/KMH/](http://www.clevelandregional.org/KMH/) | • Diabetes Education Classes: offered three times per month  
• Fresh Start smoking cessation program may be available | Call for more information  
Financial assistance may be available |
# Gates County Resources

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<tr>
<th>Talk to...</th>
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<th>Other information...</th>
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</thead>
</table>
| **Albemarle Regional Health Services***  
(Albemarle District Health Department)  
Gates County: 252-357-1380  
29 Medical Center Rd., Gates, NC 27937  
[www.arhs-nc.org](http://www.arhs-nc.org) | • Tobacco cessation classes  
• Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
• Dining With Diabetes | Call for cost and availability  
Locations vary |

| **Roanoke Chowan Community Health Center***  
Corporate office: 252-209-0237  
113 Hertford County High Rd., Ahoskie, NC 27910  
Ahoskie office: 252-332-3548  
240 S. Academy St., Ahoskie, NC 27910  
Colerain office: 252-356-2404  
109 W. River St., Colerain, NC 27924  
Murfreesboro office: 252-398-3323  
305 Beechwood Blvd., Murfreesboro, NC 27855  
[http://www.rcchc.org/](http://www.rcchc.org/) | • Diabetes Self-Management Education: individual and group sessions  
• Diabetes Support Group: meets monthly at ViQuest in Ahoskie  
• Diabetes Education in churches: available to churches in Gates County  
• Nutrition Education & Medical Nutrition Therapy: requires physician referral | Diabetes Self-Mgmt.: sliding scale fee  
Support Group: **Free**  
Diabetes Ed.: **Free**  
Nutrition Ed.: sliding scale fee  
Locations vary |
### Graham County Resources

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<tr>
<th>Talk to…</th>
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<tbody>
<tr>
<td><strong>Area Agency on Aging, Region A</strong>&lt;br&gt;828-586-1962 ext. 217&lt;br&gt;<a href="mailto:jeanne@regiona.org">jeanne@regiona.org</a>&lt;br&gt;Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779&lt;br&gt;<a href="http://www.ncdhhs.gov/aging/livinghealthy/livinghealty.htm">http://www.ncdhhs.gov/aging/livinghealthy/livinghealty.htm</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Graham County Cooperative Extension</strong>&lt;br&gt;828-479-7979&lt;br&gt;39 S Main St., Smith Howell Building, Robbinsville, NC 28771</td>
<td>• Eat Smart, Move More, Weigh Less: 19-session series&lt;br&gt;• Families Eating Smart and Moving More&lt;br&gt;• Active For Life&lt;br&gt;• Empowerment: Facilitating a Path to Personal Self Care (for diabetes care)</td>
<td>Free or small fee</td>
</tr>
<tr>
<td><strong>Graham County Health Department</strong>&lt;br&gt;828-479-7900&lt;br&gt;113 Moose Branch Rd., Robbinsville, N.C. 28771&lt;br&gt;<a href="http://www.grahamcounty.org/grahamcounty_departments_health.html">http://www.grahamcounty.org/grahamcounty_departments_health.html</a></td>
<td>• Individual smoking cessation counseling available</td>
<td>Call for more information</td>
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</table>
## Granville County Resources

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<th>Talk to…</th>
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<tbody>
<tr>
<td><strong>Granville County Cooperative Extension</strong>&lt;br&gt; 919-603-1350&lt;br&gt; 208 Wall St., Oxford, NC 27565&lt;br&gt; <a href="http://granville.ces.ncsu.edu/">http://granville.ces.ncsu.edu/</a></td>
<td>• New Leaf: offered once or twice per year&lt;br&gt; • Families Eating Smart and Moving More&lt;br&gt; • Cooking Classes</td>
<td>Small fee</td>
</tr>
<tr>
<td><strong>Granville Medical Center</strong>&lt;br&gt; Main: 919-690-3000&lt;br&gt; Meal and More Classes: 919-690-2159&lt;br&gt; 1010 College St., Oxford, NC 27565&lt;br&gt; <a href="http://www.granvillemedical.com/GMC.htm">http://www.granvillemedical.com/GMC.htm</a></td>
<td>• Diabetes Self-Management Classes&lt;br&gt; • Meal and More Classes: covers a different health topic each month</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Granville Vance Health Department</strong>&lt;br&gt; Granville: 919-693-2141&lt;br&gt; 101 Hunt Dr., Oxford, NC 27565&lt;br&gt; Vance: 252-492-7915&lt;br&gt; 125 Charles Rollins Rd., Henderson, NC 27536&lt;br&gt; <a href="http://www.gvdhd.org">http://www.gvdhd.org</a></td>
<td>• Nutrition counseling&lt;br&gt; • Pedometers&lt;br&gt; • Diabetes Education Classes: offered about twice per year in each county (location alternates between Vance and Granville counties)</td>
<td>Nutrition: <strong>Free</strong>&lt;br&gt; Pedometers: $15&lt;br&gt; Diabetes Ed: <strong>Free</strong></td>
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# Greene County Resources

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</table>
| **Area Agency on Aging, Region P***  
252-638-3185  
jhardin@eccog.org  
Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563  
http://www.eccog.org/document.asp?document_name=aaa | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | Free for ages 60+, small fee for those under 60  
Locations vary |
| **Greene County Cooperative Extension**  
252-747-5831  
229 Kingold Blvd, Suite E, Snow Hill, NC 28580  
http://greene.ces.ncsu.edu/ | • Eat Smart, Move More: 12-week program  
• Nutrition and Diabetes Program: 12-month program, meets once monthly  
• Steps to Health: 10-week program, for age 55+ | Eat Smart: $15  
Nutrition and Diabetes: Free  
Steps to Health: Free |
| **Greene County Health Department & Healthy Greene**  
252-747-8181  
227 Kingold Blvd, Suite B, Snow Hill, NC 28580  
http://www.co.greene.nc.us/Departments_Health.aspx | • Nutrition and Diabetes classes: offered once a month, in partnership with Greene County Health Care and Cooperative Extension  
• Kayak rentals: by the day or weekend  
• Eat Smart, Move More, Weigh Less classes  
• Freedom From Smoking classes | Nutrition: Free  
Kayak: call for cost  
Eat Smart: $10  
Freedom: Free  
Locations vary |
| **Greene County Senior Center**  
252-747-5436  
104 Greenridge Rd., Snow Hill, NC 28580  
http://www.co.greene.nc.us/Departments_SeniorServices.aspx | • Exercise room with variety of equipment  
• Exercise classes  
• Health education classes: topics include diabetes and nutrition, in partnership with Cooperative Extension | Free  
Age 55+ |
# Guilford County Resources

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</table>
| **Allen Jay Recreation Center**  
336-883-3509  
1073 E. Springfield Rd, High Point, NC 27263  
[http://www.high-point.net/pr/allenj.cfm](http://www.high-point.net/pr/allenj.cfm) | • AHOY Senior Exercise: exercise featuring chair aerobics; a great total body workout without leaving your chair; offered Mondays & Wednesdays  
• Jay Walkers: composed of adults age 50+ that walk indoors for fun and exercise; offered Monday-Friday | **Free** |
| **Deep River Recreation Center**  
336-883-3407  
1529 Skeet Club Rd., High Point, NC 27265  
[http://www.high-point.net/pr/deepriver.cfm](http://www.high-point.net/pr/deepriver.cfm) | • AHOY-Silver Strides: group exercise for seniors; offered Mondays & Wednesdays  
• Zumba: fast and slow Latin dance moves that help burn calories, improve endurance and tone muscles | **AHOY: Free**  
Zumba: $5 per class |
| **Guilford County Cooperative Extension**  
336-375-5876  
3309 Burlington Rd., Greensboro, NC 27405  
[http://guilford.ces.ncsu.edu/](http://guilford.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less: 10 week program | **Eat Smart: $25** |
| **Guilford County Health Department**  
Main: 336-641-7777  
1203 Maple St., Greensboro, NC 27405  
Health Education: 336-845-7720 or 336-845-7722  
501 E Green Dr., High Point, NC 27260  
[http://www.co.guilford.nc.us/publichealth/](http://www.co.guilford.nc.us/publichealth/) | • Healthyguilford.com – on-line health information, walking routes, and more  
• Reach For Health | Call for more information |
# Guilford County Resources

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</table>
| **Moses H. Cone Memorial Hospital**  
Main: 336-832-7000  
Stop Smoking: 336-832-2953  
Diabetes Program: 336-832-8000  
1200 N. Elm St., Greensboro, NC 27401  
http://www.mosescone.com/body.cfm?xyzpqabc =0&id=1551&registration=true&action=detail&ref=51 | • Stop Smoking: learn about the benefits of quitting, approaches to quitting, emotional preparation, and medication and nicotine-replacement products  
• Diabetes – Myths and Facts: educational class | **Free** |
| **Nathanael S. Morehead Recreation Center**  
336-883-3506  
101 Price St, High Point, NC 27260  
http://www.high-point.net/pr/morehead.cfm | • AHoy Exercise Program: video instructed seated and standing aerobics; offered Tuesdays & Thursdays  
• Walkers Club: seniors encouraged to come out and walk in air conditioned gym; 18 laps = 1 mile; available Tuesdays & Thursdays | **Free** |
| **Oakview Recreation Center**  
336-883-3508  
503 James Rd, High Point, NC 27265  
http://www.high-point.net/pr/oakview.cfm | • AHoy Exercise: basic fitness classes offered to seniors ages 56+, to improve health and fitness; offered Tuesdays & Thursdays  
• Motown Style Ballroom Dancing: fun, energetic class to build fitness and meet new people; offered 3 times a year | AHoy: **Free**  
Dance: $8 per class |
### Guilford County Resources

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| Roy B. Culler, Jr. Senior Center  
336-883-3584  
600 N. Hamilton St, High Point, NC 27262  
http://www.high-point.net/pr/srctr.cfm | • AHOY Adult Exercise: Exercises appropriate for Seniors to include gentle stretching, range of motion and light cardio movement/low impact aerobics; offered Mondays, Wednesdays, & Fridays  
• Blood Pressure Screenings: available every Monday  
• Bowling: join in on the fun every Monday  
• Cooking Classes: learn how to cook wonderful, light meals using simple recipes; each session last 4 weeks and is offered twice a year  
• Line Dancing: various line dances taught every Tuesday  
• Softball: seasonal softball games from April to July for those 55+ years old  
• Water Exercise: increases strength, endurance, balance, and flexibility; no need to get your hair wet; offered Mondays & Wednesdays  
• Boot Camp Exercise  
• Ballroom Dancing  
• Yoga | Must be 55+ years of age or older  
Blood Pressure: **Free**  
Bowling: $1 (fee includes shoes)  
Cooking: $24  
Water Exercise: $15 per month |
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</table>
| **Women's Hospital of Greensboro**  
Main: 336-832-6500  
To register: 336-832-8000  
801 Green Valley Rd., Greensboro, NC 27408  
http://www.mosescone.com/body.cfm?xyzpdqabc=0&id=1551&registration=true&action=detail&ref=894 | • Red Hot Mamas: bimonthly educational programs related to menopause and other midlife issues (including weight and exercise) | **Free**  
Meets in Classrooms 5 and 6 |
| **YWCA of Greensboro**  
336-273-3461  
1 YWCA Place, Greensboro, NC 27401  
http://www.ywca.org/site/pp.asp?c=imKWJdNXJtF&b=409233 | • Variety of exercise classes available (most require membership) | Membership fees apply, financial assistance available |
## Halifax County Resources

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</table>
| **Area Agency on Aging, Region L***  
252-234-5965  
Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894  
http://www.ucpcog.org/ | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary  
For ages 55+ |
| **Halifax County Cooperative Extension**  
252-583-5161  
359 Ferrell Lane, Halifax, NC 27839  
http://halifax.ces.ncsu.edu/ | • Women Living Healthy, Women Living Well  
• Give Your Heart a Healthy Beat: 4-6 weeks  
• Families Eating Smart and Moving More: 4-sessions  
• Dining with Diabetes: 4 weeks | Give your Heart: $10  
Dining: $10  
Others: Free  
Locations: Free |
| **Halifax County Health Department & Healthy Halifax Partners**  
252-583-5021  
19 North Dobbs St., Halifax, NC, 27839  
http://www.halifaxnc.com/healthdept.cfm | • Healthy Halifax Partners: resources for physical activity, nutrition, diabetes, and tobacco cessation  
• Diabetes Support Group Classes: offered monthly at 4 locations  
• Weight management classes  
• Eat Smart, Move More, Weigh Less  
• Monthly nutrition and health education presentations  
• Blood pressure screenings | **Free**  
Call for availability  
Locations vary |
# Halifax County Resources

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| **Halifax Regional Medical Center:**  
Halifax Health Link  
Medical Center: 252-535-8011  
250 Smith Church Rd., Roanoke Rapids, NC 27870  
Halifax HealthLink: 252-535-4334  
Becker Village Mall, 1620 East 10th St., Suite 129, Roanoke Rapids, NC 27870  
[http://www.halifaxmedicalcenter.org/healthlink.html](http://www.halifaxmedicalcenter.org/healthlink.html) | • Halifax HealthLink:  
• Gentle Fitness exercise class  
• Diabetes support groups: both meet monthly (252-535-8276 for more info), one presented by Rural Health Group and the Health Department (252-536-5000 for more info)  
• Special events on health topics | Gentle Fitness: **Free**  
Diabetes groups: **Free** |
| **Jo Story Senior Center**  
Sr. Center: 252-533-2849  
TOPS: 252-537-4015  
701 Jackson St., Roanoke Rapids, NC 27870  
[http://www.roanokerapidsnc.com/parkrec/jostory.html](http://www.roanokerapidsnc.com/parkrec/jostory.html) | • Exercise classes, bowling, mall walking, weight loss support group  
• Health education sessions offered periodically  
• TOPS Club – weight loss support group meets weekly on Wednesday mornings | **Free**  
For adults 55+ |
## Halifax County Resources

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| 🏊 Roanoke Rapids Parks and Recreation Department  
252-533-2847  
- Aquatic Center: swimming lessons, fitness classes, open or lap swim  
- Recreation centers: exercise classes, ping pong, basketball, Walkercise  
- Senior centers  
- City parks: open space for activities, tennis court, basketball court, baseball/softball fields, horseshoe pits, walking trails | Fees and locations vary |
| 🏥 Rural Health Group*  
Lake Gaston: 252-586-5411  
108 North Mosby Ave., Littleton, NC 27850  
Roanoke Rapids: 252-536-5000  
2066 Hwy 125, Roanoke Rapids, NC 27870  
Scotland Neck: 252-826-3143  
919 Jr. High School Rd., Scotland Neck, NC 27874  
Twin County: 252-586-5151  
204 Evans Rd., Hollister, NC 27844  
[http://www.rhgnc.org](http://www.rhgnc.org) | - Self-Management Education for pre-diabetes, diabetes, hypertension, obesity, etc.  
- Monthly support groups: on various topics, offered in partnership with the Health Department in some counties | Free  
Locations vary |
# Harnett County Resources

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<tr>
<td><strong>Angier Parks and Recreation</strong>&lt;br&gt;919-639-6567&lt;br&gt;245 East Williams St., Angier, NC 27501&lt;br&gt;<a href="http://www.angier.org/parkrec/">http://www.angier.org/parkrec/</a></td>
<td>• Angier Community Walking Program: info on walking trails, Community Walking Logs&lt;br&gt;• Parks, disk golf course, multi-purpose field, ball fields</td>
<td>Walking Program: <a href="#">Free</a></td>
</tr>
<tr>
<td><strong>Betsy Johnson Regional Hospital</strong>&lt;br&gt;Main: 910-892-1000&lt;br&gt;Freedom From Smoking: ext. 4111&lt;br&gt;800 Tilghman Drive, Dunn, NC 28334&lt;br&gt;<a href="http://www.bjrh.org/freedom_smoking.php">http://www.bjrh.org/freedom_smoking.php</a></td>
<td>• Community education and outreach on tobacco&lt;br&gt;• Freedom From Smoking: smoking cessation classes, eight one-hour sessions</td>
<td>Freedom: $40, location may vary</td>
</tr>
<tr>
<td><strong>Harnett County Cooperative Extension</strong>&lt;br&gt;910-893-7530&lt;br&gt;126 Alexander Dr., Lillington, NC 27546-1089&lt;br&gt;<a href="http://harnett.ces.ncsu.edu/">http://harnett.ces.ncsu.edu/</a></td>
<td>• Faithful Families: nutrition program for churches</td>
<td><a href="#">Free</a></td>
</tr>
<tr>
<td><strong>Harnett County Health Department</strong>&lt;br&gt;Main: 910-893-7550&lt;br&gt;Health Education: 910-814-6198&lt;br&gt;307 W Cornelius Harnett Blvd., Lillington, NC 27546&lt;br&gt;<a href="http://www.harnett.org/health/">http://www.harnett.org/health/</a></td>
<td>• Freshstart Stop Smoking Program: 4-class series&lt;br&gt;• Info on walking trails</td>
<td>Freshstart: <a href="#">Free</a> call for availability</td>
</tr>
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</table>
# Haywood County Resources

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<tr>
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</table>
| **Area Agency on Aging, Region A**  
828-586-1962 ext. 217  
[jeanne@regiona.org](mailto:jeanne@regiona.org)  
Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779  
[http://www.regiona.org](http://www.regiona.org) | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions | **Free**  
Locations vary |
| **Haywood County Cooperative Extension**  
828-456-3575  
589 Raccoon Rd., Suite 118, Waynesville, NC 28786  
[http://haywood.ces.ncsu.edu/](http://haywood.ces.ncsu.edu/) | • Nutrition programs available for groups upon request  
• Post-holiday program: to help people return to healthy habits after the holidays, offered annually | Nutrition programs: **Free**  
Post-holiday program: $15 |
| **Haywood County Health Department & Healthy Haywood**  
828-452-6675  
2177 Asheville Rd., Waynesville, NC 28786  
[http://www.healthyhaywood.org/](http://www.healthyhaywood.org/) | • Fitness Finder booklets: list of fitness resources  
• Haywood County Fitness Challenge: 8-week challenge, takes place annually in the Spring, cost includes use of several fitness centers, includes nutrition information sessions | Booklets: **Free**  
Fitness Challenge: $10 |
## Haywood County Resources

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</table>
| Haywood Regional Medical Center: Health & Fitness Center  
828-452-8080 or 828-456-7311  
262 Leroy George Dr., Clyde, NC 28721  
[http://www.haymed.org/](http://www.haymed.org/) | - Freedom From Smoking classes: 6-week class, offered about 3 times per year  
- Real Life Weight Management: 8-week class  
- Diabetes Support Group: meets monthly  
- Fitness Center: fitness equipment, group classes  
- Wellness Presentations: offered monthly at the Fitness Center, topics include nutrition, weight loss, disease prevention, stress management, etc. | Freedom: $25  
Real Life: $85  
Support Group: [Free](#)  
Fitness Center: sliding scale fee  
Wellness Presentations: [Free](#) |
## Henderson County Resources

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<tr>
<td><strong>Area Agency on Aging, Region B</strong>*&lt;br&gt;828-251-7438&lt;br&gt;<a href="mailto:Rebecca@landofsky.org">Rebecca@landofsky.org</a>&lt;br&gt;Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806&lt;br&gt;<a href="http://www.landofsky.org/">http://www.landofsky.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Henderson County Cooperative Extension</strong>&lt;br&gt;828-697-4891&lt;br&gt;740 Glover St., Henderson County Center, Hendersonville, NC 28792&lt;br&gt;<a href="http://henderson.ces.ncsu.edu/">http://henderson.ces.ncsu.edu/</a></td>
<td>• My Pyramid education&lt;br&gt;• Families Eating Smart and Moving More&lt;br&gt;• Women Living Healthy, Women Living Well&lt;br&gt;• Eat Smart, Move More, Weigh Less&lt;br&gt;• Dining with Diabetes</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Henderson County Health Department</strong>&lt;br&gt;828-692-4223&lt;br&gt;1200 Spartanburg Hwy., Suite 100, Hendersonville, NC 28792&lt;br&gt;<a href="http://www.hendersoncountync.org/health/">http://www.hendersoncountync.org/health/</a></td>
<td>• Diabetes classes</td>
<td>Call for more information</td>
</tr>
<tr>
<td><strong>Henderson County Parks and Recreation</strong>&lt;br&gt;828-697-4884&lt;br&gt;801 Glover St., Hendersonville, NC 28792&lt;br&gt;<a href="http://www.hendersoncountync.org/rec/index.html">http://www.hendersoncountync.org/rec/index.html</a></td>
<td>• Parks and Activity Centers: trails, sports fields and courts</td>
<td>Call for more information</td>
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# Henderson County Resources

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| **The Free Clinics**  
828-697-8422  
506 Park Hill Court, Hendersonville, NC 28740  
[http://www.thefreeclinics.org/](http://www.thefreeclinics.org/) | • Diabetes education: 4-classes over several weeks  
• Diabetic Life Management Program: must be referred by PCP, usually 6 month program | **Free** |
| **Pardee Hospital**  
Main: 828-696-1000  
800 North Justice St., Hendersonville, NC 28791  
Pardee Health Education Center: 828-692-4600  
Blue Ridge Mall, Hendersonville, NC  
• Diabetes Support Group: meets the first and third Wednesday of each month | Fitness classes: small fee  
Diabetes Group: **Free**  
Locations vary |
| **Western Carolina Community Action***  
Henderson county: 828-693-1711 or 866-670-WCCA (9222)  
220 King Creek Blvd., Hendersonville, NC 28793  
Transylvania county: 828-884-3219  
Community Services Building, 203 E Morgan St., Brevard, NC 28712  
[http://www.wcca.net/](http://www.wcca.net/) | • Gardens Program: seeds, plants, and fertilizer available from WCCA for low-income families and individuals | **Free** |
# Hertford County Resources

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| **Hertford County Cooperative Extension**  
252-358-7822  
301 W Tryon St., Winton, NC 27986  
[http://hertford.ces.ncsu.edu/](http://hertford.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less  
• Families Eating Smart and Moving More  
• Steps to Health | Small fee |
| **Hertford County Public Health Authority**  
(Health Department)  
Winton office: 252-358-7833  
801 North King St., Winton, NC 27986  
Ahoskie office: 252-862-4054  
828 South Academy St., Ahoskie, NC 27910  
• Northeastern Carolina Diabetes Self-Management Center: individual/group counseling and support groups  
• Medical Nutrition Therapy | Call for more information |
| **Roanoke Chowan Community Health Center**  
Corporate office: 252-209-0237  
113 Hertford County High Rd., Ahoskie, NC 27910  
Ahoskie office: 252-332-3548  
240 S. Academy St., Ahoskie, NC 27910  
Colerain office: 252-356-2404  
109 W. River St., Colerain, NC 27924  
Murfreesboro office: 252-398-3323  
305 Beechwood Blvd., Murfreesboro, NC 27855  
[http://www.rcchc.org/](http://www.rcchc.org/) | • Diabetes Self-Management Education: individual and group sessions  
• Diabetes Support Group: meets monthly at ViQuest in Ahoskie  
• Diabetes Education in churches: available to churches in Gates County  
• Nutrition Education & Medical Nutrition Therapy: requires physician referral | Diabetes Self-Mgmt.: sliding scale fee  
Support Group: Free  
Diabetes Ed.: Free  
Nutrition Ed.: Free  
Locations vary |
<table>
<thead>
<tr>
<th>Hoke County Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Talk to…</strong></td>
</tr>
<tr>
<td>FirstHealth of the Carolinas*&lt;br&gt;Community Health: 877-342-2255&lt;br&gt;Diabetes Education: 910-255-3694&lt;br&gt;Support Groups: 910-715-5266&lt;br&gt;<a href="http://www.firsthealth.org/Health%20Services/Community%20Health">http://www.firsthealth.org/Health%20Services/Community%20Health</a>&lt;br&gt;<a href="http://www.firsthealth.org/health_services/diabetes">http://www.firsthealth.org/health_services/diabetes</a></td>
</tr>
<tr>
<td>Hoke County Cooperative Extension&lt;br&gt;910-875-3461&lt;br&gt;116 W Prospect Ave., Raeford, NC 28376&lt;br&gt;<a href="http://hoke.ces.ncsu.edu/">http://hoke.ces.ncsu.edu/</a></td>
</tr>
<tr>
<td>Hoke Parks and Recreation&lt;br&gt;910-875-4035&lt;br&gt;423 E. Central Ave., Raeford, NC 28376&lt;br&gt;<a href="http://www.hokecounty.org/parksandrec.htm">http://www.hokecounty.org/parksandrec.htm</a></td>
</tr>
</tbody>
</table>
## Hyde County Resources

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<thead>
<tr>
<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="http://hyde.ces.ncsu.edu/" alt="Hyde County Cooperative Extension" /></td>
<td>Eat Smart, Move More, Weigh Less</td>
<td>Call for cost</td>
</tr>
</tbody>
</table>
| **Hyde County Cooperative Extension**  
252-926-4486  
30 Oyster Creek Rd., Hyde County Government Center, Swan Quarter, NC 27885  
[http://hyde.ces.ncsu.edu/](http://hyde.ces.ncsu.edu/) | | |
| ![Hyde County Health Department](http://www.hydehealth.com/) | Educational materials available on a variety of topics | Free |
| **Hyde County Health Department**  
252-926-4399 or 252-926-4200  
1151 Main St., Swan Quarter, NC 27885  
<table>
<thead>
<tr>
<th>Talk to…</th>
<th>What they offer......</th>
<th>Other information...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ada Jenkins Center</strong>*&lt;br&gt;704-896-0471&lt;br&gt;212 Gamble St., Davidson, NC&lt;br&gt;<a href="http://www.adajenkins.org/">http://www.adajenkins.org/</a></td>
<td>• Free Clinic of Our Towns: materials, education, and screening provided by Community Health Nurse&lt;br&gt;• Community Nurse Ministry: health education and counseling</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Centralina Area Agency on Aging (Region F)</strong>&lt;br&gt;704-372-2416 or 704-348-2712&lt;br&gt;<a href="mailto:Lmiller@centralina.org">Lmiller@centralina.org</a>&lt;br&gt;Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235&lt;br&gt;<a href="http://www.centralina.org/aaadefault.htm">http://www.centralina.org/aaadefault.htm</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Iredell County Cooperative Extension</strong>&lt;br&gt;704-873-0507&lt;br&gt;444 Bristol Dr., Room 110, Statesville, NC 28677&lt;br&gt;<a href="http://iredell.ces.ncsu.edu/">http://iredell.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 12 weekly classes&lt;br&gt;• Eat Smart, Move More, Stay Well: focused on managing chronic conditions, 3-hour workshop or two 1 1/2 hour sessions&lt;br&gt;• Eating Smart with Diabetes: 3-hour workshop or two 1 1/2 hour sessions&lt;br&gt;• Dining with Diabetes: 3-class series&lt;br&gt;• Living Healthy with Chronic Conditions: in partnership with the Centralina Area Agency on Aging&lt;br&gt;• Families Eating Smart and Moving More: 4 modules, offered alone or in series</td>
<td>Eat Smart: $12&lt;br&gt;Dining with Diabetes: $10&lt;br&gt;All others: Free</td>
</tr>
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</table>
# Iredell County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer…</th>
<th>Other information…</th>
</tr>
</thead>
</table>
| **Iredell County Health Department**  
Statesville office: 704-878-5300  
318 Turnersburg Highway, Statesville, NC 28625  
Mooresville office: 704-664-5281  
610 East Center Ave., Mooresville, NC 28115  
[http://www.co.iredell.nc.us/Departments/Health/health.asp](http://www.co.iredell.nc.us/Departments/Health/health.asp) | • Fresh Start smoking cessation classes | **Free** |
| **Iredell Health System**  
Main: 704-873-5661  
Diabetes Program: 704-878-4556  
Spirit of Women: 704-878-7447  
557 Brookdale Dr, Statesville, NC 28677  
[http://www.iredellmemorial.org/default.aspx](http://www.iredellmemorial.org/default.aspx)  
Spirit of Women: [http://www.iredellmemorial.org/SpiritofWomen](http://www.iredellmemorial.org/SpiritofWomen) | • Diabetes Programs: helping patients understand diabetes, adjust emotionally, and maintain good nutrition  
• Spirit of Women: programs available on diabetes, heart disease, and other topics | Diabetes: Financial assistance for those who qualify  
Spirit: price varies |
| **Lake Norman Regional Medical Center**  
Main: 704-660-4000  
Diabetic and Smoking programs: 704-660-4859  
171 Fairview Rd., Mooresville, NC 28117  
[http://www.lnrmc.com](http://www.lnrmc.com) | • Diabetic Support Group: meets on the fourth Tuesday of each month at noon  
• Smoking Cessation Classes: offered periodically | Locations vary |
# Iredell County Resources

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<tr>
<th>Talk to…</th>
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<tbody>
<tr>
<td><strong>Mooresville Recreation Department</strong>&lt;br&gt;704-663-7026&lt;br&gt;220 North Maple Street, Mooresville, NC 28115&lt;br&gt;<a href="http://www.ci.mooresville.nc.us/recreation/index.html">http://www.ci.mooresville.nc.us/recreation/index.html</a></td>
<td>• Variety of exercise/dance/sports activities available</td>
<td>Free or small fee&lt;br&gt;Activity locations vary</td>
</tr>
<tr>
<td><strong>YMCA of Iredell County</strong>&lt;br&gt;YMCA of Iredell County: 704-873-9622&lt;br&gt;828 Wesley Dr., Statesville, NC 28677&lt;br&gt;YMCA of Barium Springs: 704-883-0780&lt;br&gt;122 Grannis Lane, Statesville, NC 28677&lt;br&gt;<a href="http://www.ymcairedell.org/">http://www.ymcairedell.org/</a></td>
<td>• Fitness and nutrition classes available</td>
<td>Fees vary, financial assistance available</td>
</tr>
</tbody>
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| 85 |
# Jackson County Resources

<table>
<thead>
<tr>
<th>Area Agency on Aging, Region A*</th>
<th>What they offer......</th>
<th>Other information...</th>
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</thead>
<tbody>
<tr>
<td><strong>Talk to...</strong></td>
<td><strong>What they offer......</strong></td>
<td><strong>Other information...</strong></td>
</tr>
<tr>
<td><strong>Area Agency on Aging, Region A</strong>*</td>
<td>Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free Locations vary</td>
</tr>
<tr>
<td>828-586-1962 ext. 217 <a href="mailto:jeanne@regiona.org">jeanne@regiona.org</a> Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 <a href="http://www.regiona.org">http://www.regiona.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Harris Regional Hospital</strong></td>
<td>Diabetes Education Classes: 3 hr diabetes education classes offered twice a month</td>
<td>Call for cost</td>
</tr>
<tr>
<td>Main: 828-586-7000 Diabetes Education: 828-586-7734 68 Hospital Rd, Sylva, NC 28779</td>
<td></td>
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</tr>
<tr>
<td><strong>Highlands-Cashiers Hospital</strong>*</td>
<td>Health Tracks:</td>
<td>Exercise: $8-10/class Freedom: $50 Locations vary</td>
</tr>
<tr>
<td>Main: 828-526-1200 Health Tracks: 828-526-1FIT (526-1348) 190 Hospital Dr., Highlands, NC 28741 <a href="http://highlandscashiershospital.org/healthtracks.htm">http://highlandscashiershospital.org/healthtracks.htm</a></td>
<td>- Exercise and tobacco cessation classes available to members and the public - Freedom From Smoking: offered in Spring and Summer, weekly meetings in 2 month sessions</td>
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## Jackson County Resources

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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Jackson County Cooperative Extension</strong>&lt;br&gt;828-586-4009&lt;br&gt;538 Scotts Creek Rd., Suite 205, Sylva, NC 28779&lt;br&gt;<a href="http://jackson.ces.ncsu.edu/">http://jackson.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 12-15 week series&lt;br&gt;• Families Eating Smart and Moving More: 1-4 sessions&lt;br&gt;• Women Living Healthy, Women Living Well: 1 session&lt;br&gt;• Dining with Diabetes: 4 sessions, offered in partnership with the Health Department&lt;br&gt;• The Healthy Diabetes Plate: 3-4 sessions, offered in partnership with the Health Department</td>
<td>Eat Smart: $10&lt;br&gt;Dining with Diabetes: about $5&lt;br&gt;Healthy Diabetes Plate: about $5&lt;br&gt;All others: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Jackson County Health Department</strong>&lt;br&gt;828-586-8994&lt;br&gt;538 Scotts Creek Road, Suite 100, Sylva, NC 28779&lt;br&gt;<a href="http://health.jacksonnc.org/">http://health.jacksonnc.org/</a></td>
<td>• Medical Nutrition Therapy (MNT): Nutrition consultations for medical conditions or weight management&lt;br&gt;• Life Savor’s-Diabetes Self-Management Education (DSME)&lt;br&gt;• NC ADA Recognition Program: year long program</td>
<td>Sliding scale fees</td>
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## Johnston County Resources

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<thead>
<tr>
<th>Talk to…</th>
<th>What they offer……</th>
<th>Other information…</th>
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<tbody>
<tr>
<td><strong>Area Agency on Aging, Region J</strong>*</td>
<td>● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly</td>
<td><em>Free</em></td>
</tr>
<tr>
<td>919-558-9341</td>
<td>sessions, in partnership with the Health Departments in some counties</td>
<td>Locations vary</td>
</tr>
<tr>
<td>Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110</td>
<td></td>
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<tr>
<td>(Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703</td>
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</tr>
<tr>
<td><strong>Johnston County Cooperative Extension</strong></td>
<td>● Eat Smart, Move More, Weigh Less: 15 weekly classes, then monthly maintenance classes</td>
<td>Eat Smart: $25</td>
</tr>
<tr>
<td>919-989-5380</td>
<td>● Take Charge of Your Diabetes: 5 weekly sessions</td>
<td>Take Charge: $10</td>
</tr>
<tr>
<td>2736 NC 210 Hwy, Smithfield, NC 27577</td>
<td></td>
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</tr>
<tr>
<td><a href="http://johnston.ces.ncsu.edu/">http://johnston.ces.ncsu.edu/</a></td>
<td></td>
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</tr>
<tr>
<td><strong>Johnston County Health Department</strong> &amp; <strong>Living Well Partnership of</strong></td>
<td>● Fresh Start: series of 4 smoking cessation classes, each 1 hour in length</td>
<td><em>Free</em></td>
</tr>
<tr>
<td>Johnston County**</td>
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<tr>
<td>919-989-5200</td>
<td></td>
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<tr>
<td>517 N. Brightleaf Blvd., Smithfield, NC 27577</td>
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## Jones County Resources

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<tr>
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</thead>
<tbody>
<tr>
<td><strong>Area Agency on Aging, Region P</strong>*&lt;br&gt;252-638-3185&lt;br&gt;<a href="mailto:jhardin@eccog.org">jhardin@eccog.org</a>&lt;br&gt;Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563&lt;br&gt;<a href="http://www.eccog.org/document.asp?document_name=aaa">http://www.eccog.org/document.asp?document_name=aaa</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free for ages 60+, small fee for those under 60&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Jones County Cooperative Extension</strong>&lt;br&gt;252-448-9621&lt;br&gt;110 S Market St., Trenton, NC 28585&lt;br&gt;<a href="http://jones.ces.ncsu.edu/">http://jones.ces.ncsu.edu/</a></td>
<td>• Nutrition education programs: available upon request</td>
<td>Free or small fee</td>
</tr>
<tr>
<td><strong>Jones County Health Department</strong>&lt;br&gt;252-448-9111&lt;br&gt;418 Hwy 58 North, Trenton, NC 28585&lt;br&gt;<a href="http://www.jonescountyhealth.com/">http://www.jonescountyhealth.com/</a></td>
<td>• MIRACLE: Diabetes education program, includes individual sessions for people with Diabetes or at risk for diabetes&lt;br&gt;• Smoking cessation classes</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Jones County Recreation</strong>&lt;br&gt;<a href="http://www.co.jones.nc.us/recreation.htm">http://www.co.jones.nc.us/recreation.htm</a></td>
<td>• Information about recreational activities in Jones County</td>
<td>Free website</td>
</tr>
</tbody>
</table>
# Lee County Resources

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<thead>
<tr>
<th>Talk to…</th>
<th>What they offer……</th>
<th>Other information…</th>
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</thead>
<tbody>
<tr>
<td><strong>Area Agency on Aging, Region J</strong>*&lt;br&gt;919-558-9341&lt;br&gt;Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703&lt;br&gt;<a href="http://www.tjaaa.org/">http://www.tjaaa.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Central Carolina Hospital</strong>&lt;br&gt;The Enrichment Center: 919-776-0501&lt;br&gt;1615 South 3rd St., Sanford, NC 27330</td>
<td>• Diabetes Support Group: meets the first Wednesday of each month at the Enrichment Center</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Lee County Cooperative Extension</strong>&lt;br&gt;919-775-5624&lt;br&gt;2420 Tramway Rd., Sanford, NC 27332&lt;br&gt;<a href="http://lee.ces.ncsu.edu/">http://lee.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 13 wkly weight management classes, offered once per year</td>
<td>Cost varies</td>
</tr>
<tr>
<td><strong>Lee County Enrichment Center</strong>&lt;br&gt;919-776-0504 ext. 201&lt;br&gt;1615 S. Third St., Sanford, NC 27330&lt;br&gt;<a href="http://www.leecountync.gov/departments/senior-services/">http://www.leecountync.gov/departments/senior-services/</a></td>
<td>• Fitness room&lt;br&gt;• Yoga class: offered twice weekly&lt;br&gt;• Low impact aerobics: class offered 4 times weekly&lt;br&gt;• Diabetes Support Group</td>
<td>Fitness room: $1/day&lt;br&gt;Yoga: $15/month&lt;br&gt;Aerobics: $10/month&lt;br&gt;For seniors only</td>
</tr>
<tr>
<td><strong>Lee County Health Department</strong>&lt;br&gt;919-718-4640&lt;br&gt;106 Hillcrest Dr., Sanford, NC 27331&lt;br&gt;<a href="http://www.leecountync.gov">http://www.leecountync.gov</a></td>
<td>• Health education presentations available</td>
<td>Call for more information</td>
</tr>
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</table>
# Lenoir County Resources

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<thead>
<tr>
<th>Talk to…</th>
<th>What they offer……</th>
<th>Other information…</th>
</tr>
</thead>
</table>
| **Area Agency on Aging, Region P***  
252-638-3185  
jhardin@eccog.org  
Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563  
http://www.eccog.org/document.asp?document_name=aaa | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | Free for ages 60+, small fee for those under 60  
Locations vary |
| **Lenoir County Cooperative Extension**  
252-527-2191  
1791 NC Highway 11 55, Kinston, NC 28504  
http://lenoir.ces.ncsu.edu/ | • Eat Smart, Move More, Weigh Less  
• Adult Expanded Food and Nutrition Education Program | **Free** |
| **Lenoir Memorial Hospital**  
Main: 252-522-7000  
Minges Wellness Center: 252.522.7014  
Diabetes Center: 252-522-7616  
Diabetes Support Group: 252-523-1593  
100 Airport Rd., Kinston, NC 28501  
http://www.lenoirmemorial.com/ | • Wellness Talks: held periodically on a variety of topics  
• QuitSmart Smoking Cessation  
• Community Diabetes Nutrition Series: offered monthly  
• Diabetes Support Group: meets on the third Thursday of each month | QuitSmart: $50, partial scholarships available  
Diabetes Series and Support Group: **Free** |
| **Kinston / Lenoir County Parks and Recreation Department**  
252-939-3332  
http://www.kinstonrec.com/ | • Facilities: parks, pool, gymnastics center, tennis courts, volleyball courts, ball fields, basketball courts, weight room, etc.  
• Variety of fitness classes available | Costs and locations vary |
## Lincoln County Resources

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<tr>
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<tr>
<td><strong>Centralina Area Agency on Aging (Region F)</strong>&lt;br&gt;704-372-2416 or 704-348-2712&lt;br&gt;<a href="mailto:Lmiller@centralina.org">Lmiller@centralina.org</a>&lt;br&gt;Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235&lt;br&gt;<a href="http://www.centralinaaging.org/Consumers/ebhp.htm">http://www.centralinaaging.org/Consumers/ebhp.htm</a>&lt;br&gt;&lt;br&gt;Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties&lt;br&gt;Walk with Ease: helpful for older adults who find it difficult to maintain a regular exercise schedule</td>
<td>Free&lt;br&gt;Locations vary</td>
<td></td>
</tr>
<tr>
<td><strong>Lincoln County Cooperative Extension</strong>&lt;br&gt;704-736-8452&lt;br&gt;115 W Main St., Lincolnton, NC 28092&lt;br&gt;<a href="http://lincoln.ces.ncsu.edu/">http://lincoln.ces.ncsu.edu/</a>&lt;br&gt;&lt;br&gt;Eat Smart, Move, More, Weigh Less: 12-week program&lt;br&gt;Cook Smart, Eat Smart: 4-session series, nutrition information and hands-on demonstration&lt;br&gt;Programs dealing with diabetes, heart health, etc.</td>
<td>Eat Smart: $10&lt;br&gt;Cook Smart: Free&lt;br&gt;Diabetes: $5</td>
<td></td>
</tr>
<tr>
<td><strong>Lincoln County Health Department</strong>&lt;br&gt;704-735-3001&lt;br&gt;151 Sigmon Rd., Lincolnton, NC 28092&lt;br&gt;<a href="http://www.lincolncounty.org/">http://www.lincolncounty.org/</a>&lt;br&gt;&lt;br&gt;Chronic disease care (diabetes, hypertension, high cholesterol, etc.): includes education and clinical follow up</td>
<td>Chronic disease care: sliding scale fee</td>
<td></td>
</tr>
<tr>
<td><strong>Lincoln County Parks and Recreation Department</strong>&lt;br&gt;704-748-1518&lt;br&gt;105A East Court Square, Lincolnton, NC 28092&lt;br&gt;<a href="http://www.co.lincoln.nc.us/index.aspx?nid=129">http://www.co.lincoln.nc.us/index.aspx?nid=129</a>&lt;br&gt;&lt;br&gt;Variety of sports/dance/exercise/walking activities available at several locations</td>
<td>Free or small fee</td>
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# Macon County Resources

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<th>Talk to…</th>
<th>What they offer…</th>
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<tr>
<td><strong>Angel Medical Center</strong>&lt;br&gt;Main: 828-524-8411&lt;br&gt;Smoking Cessation &amp; Diabetes Support: 828-369-4181&lt;br&gt;Diabetes Management: 828-369-4166&lt;br&gt;120 Riverview Street, Franklin, NC 28734&lt;br&gt;<a href="http://www.angelmed.org/classes-groups.asp">http://www.angelmed.org/classes-groups.asp</a></td>
<td>• Freedom from Smoking Program&lt;br&gt;• Diabetes Management Services&lt;br&gt;• Diabetes Support Group: 4th Monday of each month&lt;br&gt;• Cancer Support Group: 2nd Thursday of each month</td>
<td>Call for cost and availability</td>
</tr>
<tr>
<td><strong>Area Agency on Aging, Region A</strong>&lt;br&gt;828-586-1962 ext. 217&lt;br&gt;<a href="mailto:jeanne@regiona.org">jeanne@regiona.org</a>&lt;br&gt;Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779&lt;br&gt;<a href="http://www.regiona.org">http://www.regiona.org</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Highlands-Cashiers Hospital</strong>&lt;br&gt;Main: 828-526-1200&lt;br&gt;Health Tracks: 828-526-1FIT (526-1348)&lt;br&gt;190 Hospital Dr., Highlands, NC 28741&lt;br&gt;<a href="http://highlandscashiershospital.org/healthtracks.htm">http://highlandscashiershospital.org/healthtracks.htm</a></td>
<td>• Health Tracks:&lt;br&gt;  • Exercise and tobacco cessation classes available to members and the public&lt;br&gt;  • Freedom From Smoking: offered in Spring and Summer, weekly meetings in 2 month sessions</td>
<td>Exercise: $8-10/class&lt;br&gt;Freedom: $50&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Macon County Cooperative Extension</strong>&lt;br&gt;828-349-2046&lt;br&gt;193 Thomas Heights Rd., Franklin, NC 28734&lt;br&gt;<a href="http://macon.ces.ncsu.edu/">http://macon.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less&lt;br&gt;• Dining with Diabetes: available to groups upon request</td>
<td>Eat Smart: $5</td>
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## Macon County Resources

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<th>Talk to…</th>
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| ![Macon County Health Department](image)  | - Educational materials available  
- Counseling for individual clients and programs for groups | Ed. materials: Free  
Counseling: varies  
Smoke-free list: Free |
| **Macon County Health Department**         |                                                                                      |                                     |
| Franklin or Highlands: 828-349-2081         |                                                                                      |                                     |
| Nantahala: 828-321-5961                     |                                                                                      |                                     |
| 1830 Lakeside Drive, Franklin, NC 28734    |                                                                                      |                                     |
| [http://www.maconnc.org/healthdept/nutrition.html](http://www.maconnc.org/healthdept/nutrition.html) |                                                                                      |                                     |
| ![Macon County Parks and Recreation Department](image) | - Sports fields, pool, tennis courts, walking trails, volleyball court, horseshoe areas, shuffleboard courts, multi-use fields, greenway  
- Activities: dance, badminton, table tennis, bowling | Call for locations and costs |
| **Macon County Parks and Recreation Department** |                                                                                      |                                     |
| 828-349-2090                                |                                                                                      |                                     |
| 1288 Georgia Rd., Franklin, NC 28734       |                                                                                      |                                     |
| [http://www.maconnc.org/parks](http://www.maconnc.org/parks) |                                                                                      |                                     |
## Madison County Resources

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<tr>
<th>Talk to…</th>
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<tr>
<td><strong>Area Agency on Aging, Region B</strong>&lt;br&gt;828-251-7438&lt;br&gt;<a href="mailto:Rebecca@landofsky.org">Rebecca@landofsky.org</a>&lt;br&gt;Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806&lt;br&gt;<a href="http://www.landofsky.org/">http://www.landofsky.org/</a></td>
<td>● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Madison County Cooperative Extension</strong>&lt;br&gt;828-649-2411&lt;br&gt;258 Carolina Lane, Marshall, NC 28753&lt;br&gt;<a href="http://madison.ces.ncsu.edu/">http://madison.ces.ncsu.edu/</a></td>
<td>● Eat Smart, Move More, Weigh Less&lt;br&gt;● Women Living Healthy, Women Living Well&lt;br&gt;● Families Eat Smart and Moving More</td>
<td>Eat Smart: <strong>$25</strong>&lt;br&gt;Others: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Madison County Health Department</strong>&lt;br&gt;828-649-3531&lt;br&gt;493 Medical Park Dr., Marshall, NC 28753&lt;br&gt;<a href="http://www.madisoncountync.org/-health.html">http://www.madisoncountync.org/-health.html</a></td>
<td>● Living Healthy: Chronic Disease Self Management Program, 6-week course, offered twice per year, for anyone with a chronic condition such as diabetes&lt;br&gt;● Smoking cessation counseling available</td>
<td>Living Healthy: <strong>Free</strong>&lt;br&gt;Smoking counseling: sliding scale fee</td>
</tr>
<tr>
<td><strong>Madison County Parks and Recreation</strong>&lt;br&gt;828-649-3635&lt;br&gt;5707 Hwy 25/70, Suite E, Room 15, Marshall, NC 28753&lt;br&gt;Wellness Center: 5738 Hwy 25/70, Marshall, NC 28753&lt;br&gt;Beech Glen Community Center: 2936 Beech Glen Rd., Mars Hill, NC 28754&lt;br&gt;<a href="http://www.madisoncountync.org/-parks.html">http://www.madisoncountync.org/-parks.html</a></td>
<td>● Wellness Center: walking program, open gym times&lt;br&gt;● Family basketball at Beech Glen Community Center: Fridays at 6:30pm, for adults and children age 6+&lt;br&gt;● Walking trails, parks, community centers, sports fields/courts</td>
<td>Wellness Center: <strong>Free</strong>&lt;br&gt;Family basketball: $1/child, $2/adult&lt;br&gt;Locations vary</td>
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## Madison County Resources

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</table>
- Open swim for the public: Mon/Wed 6-8pm  
- Water aerobics: Tue/Thu 10-11am, Mon/Wed 11am-12pm, Tue/Thu 6-7pm | Open swim: $3  
Water aerobics: fees vary |
# Martin County Resources

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<tr>
<td><strong>Martin County Cooperative Extension</strong> 252-789-4370 104 Kehukee Park Rd., Williamston, NC 27892 <a href="http://martin.ces.ncsu.edu/">http://martin.ces.ncsu.edu/</a></td>
<td>• Women Living Healthy, Women Living Well: interactive CD with 5 sessions  • Eat Smart, Move More, Weigh Less: 10-12 week program</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Martin General Hospital</strong> 252-809-6300 310 S McCaskey Rd., Williamston, NC 27892 <a href="http://www.martingeneral.com/">http://www.martingeneral.com/</a></td>
<td>• Diabetes Education: offered once per month</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Martin-Tyrrell-Washington District Health Department</strong>* Main: 252-793-1619 Smoking Cessation: 252-791-3139 210 West Liberty St., Williamston, NC 27892 <a href="http://www.mtwdistricthealth.org/healtheducation.htm">http://www.mtwdistricthealth.org/healtheducation.htm</a></td>
<td>• Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested  • Programs may be available for physical activity, nutrition, or diabetes</td>
<td>Call for more information  Locations vary</td>
</tr>
<tr>
<td><strong>Town of Williamston Parks and Recreation</strong> 252-792-7042 <a href="http://www.townofwilliamston.com/NewSite/Government/Rec%20Dept_Facilities.asp">http://www.townofwilliamston.com/NewSite/Government/Rec%20Dept_Facilities.asp</a></td>
<td>• Facilities: parks, sports fields, tennis courts, paved walking/biking trail, basketball courts, boardwalk and boat landing  • Gaylord Perry Center: indoor gym and fitness rooms</td>
<td>Costs and locations vary</td>
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## McDowell County Resources

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| **McDowell County Cooperative Extension** 828-652-7874 60 E Court St., Marion, NC 28752 [http://mcdowell.ces.ncsu.edu/](http://mcdowell.ces.ncsu.edu/) | • Programs on physical activity and nutrition available  
• Information available about Diabetes | Call for more information |
• Recreation Center: outdoor swimming pool, skate park, gym  
• Parks: walking trails, sports fields and courts, batting cages | Call for more information |
| **McDowell Hospital** 828-659-5000 Nutrition Services Department: 828-659-5157 430 Rankin Dr., Marion, NC 28752 [http://www.mcdhospital.org/](http://www.mcdhospital.org/) | • Diabetes education: individual counseling and monthly group classes  
• Medical nutrition therapy | Call for cost information |
| **Rutherford-Polk-McDowell District Health Department***  
McDowell: 828-652-6811 140 Spaulding Rd., Marion, NC 28752  
Polk: 828-894-8271 161 Walker St., Columbus, NC 28722  
Rutherford: 828-287-6101  
221 Callahan-Koon Rd., Spindale, NC 28160 [http://www.rpmhd.org/](http://www.rpmhd.org/) | • Smoking cessation classes: meets weekly for 6 weeks, offered twice a year (McDowell) | Free |

*Please note: Rutherford-Polk-McDowell District Health Department is responsible for smoking cessation classes in McDowell County.
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| Ada Jenkins Center*  
704-896-0471  
212 Gamble St., Davidson, NC  
http://www.adajenkins.org/ | • Free Clinic of Our Towns: materials, education, and screening provided by Community Health Nurse  
• Community Nurse Ministry: health education and counseling | Free  
ID required |
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| **Carolinas Medical Center University**  
LiveWELL Carolinas!: 704-494-2237  
Mall Walkers Club: 1-800-456-7488  
6801 Northlake Mall Drive, Lower Level, near Entry 3, Charlotte, NC 28216  
http://www.cmc-university.org/body.cfm?id=67 | • Mall Walkers Club and Seminars (Northlake Mall and South Park Mall): monthly health seminar with guest speaker (both locations), free T-shirt and pedometer at first meeting (at Northlake)  
• Diabetes Management Series (Northlake Mall): series addresses a variety of topics related to diabetes management – from nutrition to healthy cooking and exercise  
• Grocery Store Tour with the Dietitian: available monthly at Trader Joe’s at 1820 E. Arbors Drive; learn to read labels and identify healthy foods  
• Healthy Cooking Demos  
• Variety of group exercise and nutrition classes  
• *Weight Loss for Life: 6 month series designed to modify lifestyles to help reach and maintain weight loss goals  
• *Weight Loss Counseling: work with a Registered Dietitian to help you achieve your goals, available every Monday by appointment | Most Programs: **Free**  
*Weight Loss for Life & Weight Loss Counseling: fees apply  
Locations vary |
## Mecklenburg County Resources

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<tr>
<td><strong>Centralina Area Agency on Aging (Region F)</strong>&lt;br&gt;704-372-2416 or 704-348-2712&lt;br&gt;<a href="mailto:Lmiller@centralina.org">Lmiller@centralina.org</a>&lt;br&gt;Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235&lt;br&gt;<a href="http://www.centralina.org/aaadefault.htm">http://www.centralina.org/aaadefault.htm</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Mecklenburg County Health Department</strong>&lt;br&gt;704-336–4700&lt;br&gt;249 Billingsley Rd., Charlotte, NC 28211&lt;br&gt;704-336–6400&lt;br&gt;2845 Beatties Ford Rd., Charlotte, NC 28216&lt;br&gt;<a href="http://www.charmeck.org/Departments/Health+Department/DoNotMigrate/Home.htm">http://www.charmeck.org/Departments/Health+Department/DoNotMigrate/Home.htm</a></td>
<td>• Variety of individual and group education on exercise, nutrition, tobacco, and diabetes</td>
<td>Call for cost and availability</td>
</tr>
<tr>
<td><strong>SupportWorks</strong>&lt;br&gt;704-331–9500&lt;br&gt;<a href="http://www.supportworks.org/">http://www.supportworks.org/</a></td>
<td>• List of support groups in Charlotte and surrounding area, available online or by phone&lt;br&gt;• For Overeaters Anonymous info for Charlotte and surrounding area: 704-331-9500 access # 742</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>YWCA Central Carolinas</strong>&lt;br&gt;704-525–5770&lt;br&gt;3420 Park Rd., Charlotte, NC 28209&lt;br&gt;<a href="http://www.ywcacentralcarolinas.org/">http://www.ywcacentralcarolinas.org/</a></td>
<td>• Variety of exercise classes available</td>
<td>Call for costs, financial assistance available</td>
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## Mitchell County Resources

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<tr>
<td><strong>Blue Ridge Regional Hospital</strong>*&lt;br&gt;Nutrition: 828-766-1860 fax: 828-765-0824&lt;br&gt;125 Hospital Dr., Spruce Pine, NC 28777&lt;br&gt;Fitness Center: 828-678-3488&lt;br&gt;155 Love Fox Rd., Burnsville, NC 28714</td>
<td>• Nutrition consultations: for diabetes or weight management&lt;br&gt;• Fitness Center: fitness equipment and classes</td>
<td>Nutrition: call for cost&lt;br&gt;Physician referral required&lt;br&gt;Fitness Center:&lt;br&gt;$10 daily walk-in fee,&lt;br&gt;$7 classes,&lt;br&gt;$20 walking club</td>
</tr>
<tr>
<td><strong>Mitchell County Cooperative Extension</strong>&lt;br&gt;Contact: Beverly Nelson 828-688-4811&lt;br&gt;10 S Mitchell Ave., Bakersville, NC 28705&lt;br&gt;<a href="http://mitchell.ces.ncsu.edu/">http://mitchell.ces.ncsu.edu/</a></td>
<td>• Group classes available in on a variety of health topics, including diabetes prevention, weight loss, diet, blood pressure, understanding cholesterol, reducing cancer risk through diet, and depression and anxiety</td>
<td>Free</td>
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## Montgomery County Resources

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| **FirstHealth of the Carolinas***     | • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups  
  • FirstQuit Support Group: weekly (Moore county)  
  • Healthy Living in the Mid-Carolinas:  
    • Active Living Every Day: 14-20 weekly sessions  
    • Healthy Eating Every Day: 14-20 weekly sessions  
  • Diabetes Education (Montgomery county) | FirstQuit: sliding scale fee (up to $50)  
  All others: **Free**  
  Locations vary |
| Community Health: 877-342-2255        |                                           |                                |
| Diabetes Education: 910-255-3694      |                                           |                                |
| Support Groups: 910-715-5266          |                                           |                                |
| [http://www.firsthealth.org/Health%20Services/Community%20Health](http://www.firsthealth.org/Health%20Services/Community%20Health) |                                           |                                |
| [http://www.firsthealth.org/health_services/diabetes](http://www.firsthealth.org/health_services/diabetes) |                                           |                                |
| **Montgomery County Health Department** | • Health Education: individual and group classes available on a variety of topics | Call for more information |
| 910-572-1393                          |                                           |                                |
| 217 South Main St., Troy, NC 27371    |                                           |                                |
| [http://www.montgomerycountync.com/health_department.html](http://www.montgomerycountync.com/health_department.html) |                                           |                                |
| **Montgomery County Parks and Recreation & Town of Biscoe Parks & Recreation** | • Parks, swimming pool, tennis courts, basketball goals, lighted walking trail, volleyball courts, horseshoe pits, baseball fields | Parks: **Free**  
  Pool: $2 |
| 910-428-4112                          |                                           |                                |
| Mill St., Troy, N.C. 27371            |                                           |                                |
## Moore County Resources

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<tr>
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| **Area Agency on Aging, Region J***  
919-638-2736  
tsangster@tjcog.org  
Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703  
http://www.tjaaa.org/ | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary |
| **FirstHealth of the Carolinas***  
Community Health: 877-342-2255  
Diabetes Education: 910-255-3694  
Support Groups: 910-715-5266  
http://www.firsthealth.org/Health%20Services/Community%20Health  
http://www.firsthealth.org/health%20services/diabetes | • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups  
• FirstQuit Support Group: weekly (Moore county)  
• Healthy Living in the Mid-Carolinas:  
  • Active Living Every Day: 14-20 weekly sessions  
  • Healthy Eating Every Day: 14-20 weekly sessions  
• Diabetes Support Group: monthly (Moore county) | FirstQuit: sliding scale fee (up to $50)  
All others: **Free**  
Locations vary |
## Nash County Resources

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| **Area Agency on Aging, Region L**<sup>*</sup>  
252-234-5965  
Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894  
[http://www.ucpcog.org/](http://www.ucpcog.org/) | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary  
For ages 55+ |
| **Nash County Health Department**  
Nashville office: 252-459-9819  
214 S. Barnes St., Nashville, NC 27856  
Rocky Mount branch: 252-446-0027  
322 S. Franklin St., Rocky Mount, NC 27804  
[http://www.health.co.nash.nc.us/Hed_Topics.htm](http://www.health.co.nash.nc.us/Hed_Topics.htm) | • Diabetes Self-Management Program  
• Nutrition consultation with Dietitian  
• Education on smoking cessation, exercise, nutrition, and diabetes available on request | Free or sliding scale fee |
| **Nash General Hospital**  
Main: 252-443-8000  
To register for classes: 252-443-8891  
2460 Curtis Ellis Dr., Rocky Mount, NC 27804  
[http://www.nhcs.org/](http://www.nhcs.org/) | • Educational classes on nutrition and diabetes  
• Smoking cessation classes: 6-week session | Educational classes: **Free**  
Smoking cessation: **$50** |
| **Rocky Mount Parks and Recreation**<sup>*</sup>  
252-972-1151  
[http://www.rockymountnc.gov/parks/](http://www.rockymountnc.gov/parks/) | • Adult athletic leagues, parks, paddle and walking trails, outdoor excursions, gym, community centers, sports complex, pool, classes and workshops  
• Booker T. Washington Community Center: aerobics classes, Diabetes Seminar, exercise facilities  
• South Rocky Mount Community Center: walking track, indoor gym, exercise class for seniors | Pool: **$2**  
Diabetes Seminar: **Free**  
Costs and locations vary |
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<tr>
<td>Rocky Mount Senior Center*  252-972-1152  427 South Church St., Rocky Mount, NC 27804  <a href="http://www.rockymountnc.gov/parks/senior.html">http://www.rockymountnc.gov/parks/senior.html</a></td>
<td>- Gym Walkers program: indoor walking area  - Outdoor track: 1 mile track available  - Open Swim: available at select times  - Variety of physical activity classes available: water aerobics, Senior Stretch, yoga, tai chi, etc.  - Diabetes workshops: offered quarterly, must pre-register  - Fitness Center: variety of exercise equipment available for a monthly fee  - For adults 55+</td>
<td>Gym Walkers: <strong>Free</strong>  Outdoor track: <strong>Free</strong>  Open Swim: $2  Classes: costs vary  Diabetes: <strong>Free</strong>  Fitness Center: $10/month for city-resident, $12.50/month for non-residents</td>
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# New Hanover County Resources

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<td><strong>Boxing &amp; Physical Fitness Center</strong>&lt;br&gt;910-341-7872&lt;br&gt;302 S. 10th Street, Wilmington, NC&lt;br&gt;<a href="http://www.wilmingtonnc.gov/boxing/tabid/211/Default.aspx">http://www.wilmingtonnc.gov/boxing/tabid/211/Default.aspx</a></td>
<td>• Variety of exercise classes and activities available: requires membership</td>
<td>$50 annual membership for city residents ($85 non-city residents)</td>
</tr>
<tr>
<td><strong>Cape Fear Healthy Carolinians</strong>&lt;br&gt;<a href="http://www.capefearhealthycarolinians.org/opi_tools.php">http://www.capefearhealthycarolinians.org/opi_tools.php</a></td>
<td>• Wilmington Walks: info about current Wilmington walking trails and how to coordinate a new one in your neighborhood</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>New Hanover County Cooperative Extension</strong>&lt;br&gt;910-798-7660&lt;br&gt;6206 Oleander Dr., Wilmington, NC 28403&lt;br&gt;<a href="http://newhanover.ces.ncsu.edu/">http://newhanover.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 12-week program</td>
<td>Location and fees vary</td>
</tr>
<tr>
<td><strong>New Hanover County Health Department</strong>&lt;br&gt;Main: 910-798-6500&lt;br&gt;Diabetes info: 910-798-6773&lt;br&gt;2029 South 17th St., Wilmington, NC 28401&lt;br&gt;<a href="http://www.nhcgov.com/AgnAndDpt/HLTH">http://www.nhcgov.com/AgnAndDpt/HLTH</a></td>
<td>• Better Living with Diabetes: Diabetes Education and Support Group, meets 3rd Wednesday of each month from 10am-12pm&lt;br&gt;• Information about walking paths</td>
<td><strong>Free</strong></td>
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<tr>
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| **NHC Senior Resource Center**  
Main: 910-798-6400  
2222 South College Rd, Wilmington, NC 28403  
http://www.nhcgov.com/AgnAndDpt/AGNG/Pages/Home.aspx  
| • Variety of exercise and dance classes available | Call for cost of classes  
For ages 55+ |
| **Wilmington Family YMCA**  
910-251-9622  
2710 Market St., Wilmington, NC 28403  
http://www.wilmingtonfamilyymca.org/  
| • Variety of classes available, some require membership | Price varies: $30-$50  
financial assistance available for those in need |
| **YWCA of Lower Cape Fear**  
910-799-6820  
2815 South College Rd., Wilmington, NC 28412  
http://www.ywca.org/site/pp.asp?c=drLSK0PFLuF&b=448085  
| • Variety of classes available, some require membership | Call for cost, financial assistance available |
## Northampton County Resources

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<tr>
<td><strong>Area Agency on Aging, Region L</strong>*&lt;br&gt;252-234-5965&lt;br&gt;Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894&lt;br&gt;<a href="http://www.ucpcog.org/">http://www.ucpcog.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><em>Free</em>&lt;br&gt;Locations vary&lt;br&gt;For ages 55+</td>
</tr>
<tr>
<td><strong>Northampton County Cooperative Extension</strong>&lt;br&gt;252-534-2831&lt;br&gt;9495 NC 305 Hwy, Jackson, NC 27845&lt;br&gt;<a href="http://northampton.ces.ncsu.edu/">http://northampton.ces.ncsu.edu/</a></td>
<td>• Dining with Diabetes: 4-session series&lt;br&gt;• Eat Smart, Move More: 4-part series on nutrition and physical activity for adults&lt;br&gt;• Eat Smart, Move More, Weigh Less: 16-session series on weight management and physical activity&lt;br&gt;• Supplemental Nutrition Assistance Program (SNAP) Education: 12-class series on nutrition and physical activity, for older adults</td>
<td><em>Free</em></td>
</tr>
<tr>
<td><strong>Northampton County Health Department</strong>&lt;br&gt;252-534-5841&lt;br&gt;9495 NC 305 Hwy, Jackson, NC 27845&lt;br&gt;<a href="http://www.northamptonhd.com/">http://www.northamptonhd.com/</a></td>
<td>• Healthy Carolinians Cooking and Education Classes</td>
<td>Classes: <em>Free</em></td>
</tr>
<tr>
<td><strong>Rural Health Group</strong>*&lt;br&gt;Jackson: 252-534-1661&lt;br&gt;9425 NC Hwy 305, Jackson, NC 27845&lt;br&gt;Rich Square: 252-539-2082&lt;br&gt;200 South Main St., Rich Square, NC 27869&lt;br&gt;<a href="http://www.rhgn.org">http://www.rhgn.org</a></td>
<td>• Self-Management Education for pre-diabetes, diabetes, hypertension, obesity, etc.&lt;br&gt;• Monthly support groups: on various topics, offered in partnership with the Health Department in some counties</td>
<td><em>Free</em>&lt;br&gt;Locations vary</td>
</tr>
</tbody>
</table>
# Onslow County Resources

<table>
<thead>
<tr>
<th>Talk to…</th>
<th>What they offer......</th>
<th>Other information…</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Area Agency on Aging, Region P</strong>*&lt;br&gt;252-638-3185&lt;br&gt;<a href="mailto:jhardin@eccog.org">jhardin@eccog.org</a>&lt;br&gt;Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563&lt;br&gt;<a href="http://www.eccog.org/document.asp?document_name=aaa">http://www.eccog.org/document.asp?document_name=aaa</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free for ages 60+, small fee for those under 60&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Onslow CHIP (Community Health Improvement Process)</strong>&lt;br&gt;910-355-2447&lt;br&gt;241 New River Dr., Jacksonville, NC 28540&lt;br&gt;<a href="http://www.onslowchip.org">http://www.onslowchip.org</a></td>
<td>• Variety of events including health education</td>
<td>Call for cost</td>
</tr>
<tr>
<td><strong>Onslow County Cooperative Extension</strong>&lt;br&gt;910-455-5873&lt;br&gt;4024 Richlands Hwy, Jacksonville, NC 28540&lt;br&gt;<a href="http://onslow.ces.ncsu.edu/">http://onslow.ces.ncsu.edu/</a></td>
<td>• Programs on various health topics available</td>
<td>Call for more information</td>
</tr>
<tr>
<td><strong>Onslow County Health Department</strong>&lt;br&gt;910-347-2154&lt;br&gt;612 College St., Jacksonville, NC 28540&lt;br&gt;<a href="http://www.co.onslow.nc.us/health/default.aspx">http://www.co.onslow.nc.us/health/default.aspx</a></td>
<td>• Diabetes Self-Management Classes: requires physician referral&lt;br&gt;• Weight loss program: 6-session program, requires physician referral</td>
<td>Diabetes Class: sliding scale fee&lt;br&gt;Weight loss: $10 per session</td>
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<tr>
<td>Talk to…</td>
<td>What they offer......</td>
<td>Other information…</td>
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<tr>
<td><img src="image" alt="Icon" /> <strong>Onslow County Parks and Recreation Department</strong>&lt;br&gt;910-347-5332&lt;br&gt;1244 Onslow Pines Rd., Jacksonville, NC 28540&lt;br&gt;<a href="http://onslowcountync.gov/parks">http://onslowcountync.gov/parks</a></td>
<td>• Athletics leagues, walking program, instructional classes, senior games, special events</td>
<td>Free or small fee</td>
</tr>
<tr>
<td><img src="image" alt="Icon" /> <strong>Tobacco Awareness Project (TAP)</strong>&lt;br&gt;910-340-7045&lt;br&gt;<a href="http://www.onslowchip.org">http://www.onslowchip.org</a> click on 'TAP'</td>
<td>• Smoking Cessation Classes: meets weekly for 6 weeks, must attend all 6 classes, based on Freedom From Smoking program</td>
<td><strong>Free</strong></td>
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</table>
# Orange County Resources

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<tr>
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</table>
| **Area Agency on Aging, Region J**  
919-638-2736  
tsongster@tjcog.org  
Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703  
http://www.tjaaa.org/ | ● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary |
| **Orange County Cooperative Extension**  
919-245-2050  
306-E Revere Rd., Hillsborough, NC 27278  
http://orange.ces.ncsu.edu/ | ● Programs on physical activity, nutrition, and diabetes may be available | Call for more information |
| **Orange County Council on Aging**  
919-542-8202 or 919-968-2070  
Seymour Center, 2551 Homestead Rd., Chapel Hill, NC 27514  
http://orange.ces.ncsu.edu/index.php?page=events&event_id=13326 | ● Chronic Disease Self-Management Program: 6-week program, appropriate for Diabetics | **Free** |
| **University of North Carolina - Chapel Hill**  
To make appointment: 919-966-0211  
For more info: 919-843-1521 or 919-843-3013  
UNC Family Medicine Center, 590 Manning Drive, Chapel Hill, NC  
www.ndp.unc.edu | ● Nicotine Dependence Clinic: includes follow-up phone calls, office visits, and a weekly group meeting | Copay for first visit (other visits free), reduced cost available to uninsured |
# Pamlico County Resources

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<tr>
<th>Talk to…</th>
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<tbody>
<tr>
<td><strong>Area Agency on Aging, Region P</strong>*&lt;br&gt;252-638-3185&lt;br&gt;<a href="mailto:jhardin@eccog.org">jhardin@eccog.org</a>&lt;br&gt;Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563&lt;br&gt;<a href="http://www.eccog.org/document.asp?document_name=aaa">http://www.eccog.org/document.asp?document_name=aaa</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free for ages 60+, small fee for those under 60&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Hope Clinic</strong>&lt;br&gt;252-745-5760&lt;br&gt;Pamlico County Health Department Building, 203 North St., Bayboro, NC 28515&lt;br&gt;<a href="http://www.hopeclinicnc.org/">http://www.hopeclinicnc.org/</a></td>
<td>• Diabetes Classes: 4-class series, covers diet, exercise, nutrition, etc.</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Pamlico County Health Department</strong>&lt;br&gt;252-745-5111&lt;br&gt;203 North St., Bayboro, NC 28515&lt;br&gt;<a href="http://www.co.pamlico.nc.us/Departments_HealthDepartment.aspx">http://www.co.pamlico.nc.us/Departments_HealthDepartment.aspx</a></td>
<td>• Diabetes Management Education&lt;br&gt;• Smoking Cessation&lt;br&gt;• Blood Pressure Monitoring</td>
<td>Free</td>
</tr>
<tr>
<td><strong>Pamlico County Parks and Recreation Department</strong>&lt;br&gt;252-745-4240&lt;br&gt;202 Main St., Bayboro, NC 28515&lt;br&gt;<a href="http://www.co.pamlico.nc.us/Departments_ParksRecreation.aspx">http://www.co.pamlico.nc.us/Departments_ParksRecreation.aspx</a></td>
<td>• Adult athletics: coed softball, women’s volleyball, basketball</td>
<td>Call for more information</td>
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<tr>
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| Pamlico County Senior Services  
252-745-7196  
800 Main St, Alliance, NC 28509  
Senior Services:  
http://www.co.pamlico.nc.us/Departments_SeniorServices.aspx  
TOPS:  www.tops.org | • TOPS (Taking Off Pounds Sensibly): weekly weight loss support group; regular health lectures and periodic exercise; offered Tuesday evenings  
• Prescription Drug Assistance for those 60+ yrs of age  
• Senior Games: bowling, cycling, swimming, golf and more for those 55+ year  
• Health screenings and exercise classes offered | National dues: $26 per year  
Local dues: $5 per month  
Call for more information |
# Pasquotank County Resources

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<tr>
<th>Talk to…</th>
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</table>
| **Albemarle Regional Health Services* (Albemarle District Health Department)**  
Pasquotank County: 252-338-4404  
711 Roanoke Ave., Elizabeth City, NC 27907  
www.arhs-nc.org | • Tobacco cessation classes  
• Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
• Dining With Diabetes | Call for cost and availability  
Locations vary |
| **Healthy Carolinians of the Albemarle***  
252-338-4440 or 252-232-1914  
711 Roanoke Ave., Elizabeth City, NC 27909  
http://www.healthycarolinians.org/counties/camden_county.htm | • Know Your Numbers: training for Lay Health Advisors on cardiovascular health and stroke prevention  
• Albemarle We Can!: 8-week faith-based program for heart health and weight management education  
• GIS maps of neighborhoods | Free |
| **Pasquotank County Cooperative Extension**  
252-338-3954  
1209 McPherson St., Elizabeth City, NC 27909  
http://pasquotank.ces.ncsu.edu/ | • Eat Smart, Move More, Weigh Less  
• Dining with Diabetes | Eat Smart: $4.50 for book  
Dining: $10 |
| **Pasquotank County Parks and Recreation Department**  
252-337-6600  
983 Simpson Ditch Rd., Elizabeth City, NC 27909  
http://www.co.pasquotank.nc.us/ParksRec.html | • Maps of walking distances in neighborhoods around the county | Free |
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<th>Pender County Resources</th>
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<tbody>
<tr>
<td><strong>Talk to...</strong></td>
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</table>
| Pender Adult Services, Inc.  
910-259-0422  
903 South Walker St., Burgaw, NC 28425  
http://yourfitnessfusion.com/  | • Fitness Fusion: variety of exercise classes | Monthly membership fee, call for current cost |
| Pender County Health Department  
& Healthy Carolinians of Pender  
Main: 910-259-1230  
Healthy Carolinians of Pender: 910-259-1450  
Health Education: 910-259-1416  
803 S. Walker St., Burgaw, NC 28425  
http://www.penderhealthdept.com/  | • Healthy Carolinians of Pender: Activity for Health Program (nutritional and physical activity) | Activity for Health: *Free* |
| Pender Memorial Hospital  
Main: 910-259-5451  
Diabetes Programs: ext. 306  
507 E Fremont St., Burgaw, NC 28425  
• Diabetes Self-Management education: requires physician referral  
• Medical Nutrition Therapy  
• Educational workshops on nutrition: offered quarterly in cooperation with Healthy Carolinians of Pender County | Support Group: *Free*  
Self-Mgmt.: call for cost  
Nutrition Therapy: call for cost  
Ed. workshops: *Free* |
## Perquimans County Resources

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<tr>
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| **Albemarle Regional Health Services* (Albemarle District Health Department)**  
Perquimans County: 252-426-2100  
103 ARPDC St., Hertford, NC 27944  
www.arhs-nc.org  
- Freedom from Smoking: tobacco cessation classes for adults  
- Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides  
- Dining With Diabetes  
- Eat Smart Move More Weigh Less  
- Families Eating Smart & Moving More  
- Community health presentations on obesity, heart disease, diabetes, and cancer | Call for cost and availability  
Locations vary |
| **Healthy Carolinians of the Albemarle***  
252-338-4440 or 252-232-1914  
711 Roanoke Ave., Elizabeth City, NC 27909  
http://www.arhs-nc.org/services/health/promotion/hcota/announcements.html  
Walking trails:  
http://www.co.pasquotank.nc.us/departments/park/walkingtrails.cfm  
- Know Your Numbers: 2 ½ hr training for Lay Health Advisors on cardiovascular health and stroke prevention  
- Albemarle We Can!: 8-week faith-based program for heart health and weight management education  
- Search Your Heart: American Heart Association 9-wk program about stroke, nutrition, and physical activity  
- Maps of neighborhood walking trails | Free |
## Perquimans County Resources

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<tr>
<th>Talk to…</th>
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</table>
| **Perquimans County Cooperative Extension**  
252-426-5428  
601-A S. Edenton Road St., Hertford, NC 27944  
http://perquimans.ces.ncsu.edu/ |  
- Partners in Wellness: nutrition program for older adults  
- Eat Smart, Move More  
- Women Living Healthy, Women Living Well: class and CD-rom to take home  
- Families Eating Smart and Moving More: 4 sessions  
- Dining with Diabetes: 3 sessions |  
Dining with Diabetes: $10-$15  
All others: **Free** |
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<tr>
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| **Person County Cooperative Extension** | • Give Your Heart a Healthy Beat: 6 evening sessions, cost includes cholesterol and blood pressure screening at beginning and end, offered annually in the Fall/Spring, in partnership with the Health Department and Person Memorial Hospital  
• Families Eating Smart and Moving More: 4 sessions, presented in a group setting (church group, etc.)  
• Women Living Healthy, Women Living Well: presented in a group setting (church group, etc.) | Give your Heart: $15  
Families: varies based on needs of group (usually $5-20 per person)  
Women Living Healthy: **Free**  
Locations vary |
| 336-599-1195  
304 S Morgan St., Room 123, Roxboro, NC 27573  
[http://person.ces.ncsu.edu/](http://person.ces.ncsu.edu/) | | |
| **Person County Health Department & Healthy Personians** | • Resources lists:  
  • Community Health Resource Guide  
  • Places for free physical activity  
• Give Your Heart a Healthy Beat: 14 weekly lunch and learn sessions, cost includes cholesterol and blood pressure screening at beginning and end, offered annually in the Winter/Spring, in partnership with Cooperative Extension and Person Memorial Hospital | Resource lists: **Free**  
Give your Heart: $40 |
| 336-597-2204  
355-A South Madison Blvd., Roxboro, NC 27573  
[http://health.personcounty.net/pchd/](http://health.personcounty.net/pchd/) | | |
| **Person Memorial Hospital**            | • Give Your Heart a Healthy Beat: 14 weekly lunch and learn sessions, cost includes cholesterol and blood pressure screening at beginning and end, offered annually in the Winter/Spring, in partnership with Cooperative Extension and Health Department | Give your Heart: $40 |
| 336-599-2121  
615 Ridge Rd., Roxboro, NC 27573  
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<tr>
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</table>
| Person County Recreation Arts and Parks Department  
336-597-1755  
425 Long Ave., Roxboro, NC 27573  
Mayo Park: 336-597-7806  
599 Neals Store Rd., Roxboro, NC 27574  
http://recreation.personcounty.net/ | - Facilities: lighted walking tracks, parks, fields  
- Classes/lessons: Pilates, aerobics, karate, tennis  
- Events: canoe/kayak days, hikes at Mayo Park, trails  
- Women’s volleyball, co-ed kickball | Fees and locations vary  
Financial assistance available |
## Pitt County Resources

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<tr>
<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
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</table>
| Greenville Recreation and Parks Department  
Office: 252-329-4567  
2000 Cedar Lane, Greenville, NC 27858  
Aquatics and Fitness Center: 252-329-4041  
921 Staton Rd., Greenville, NC 27858  
http://www.greenvillenc.gov/departments/rec_parks_dept/ | • Variety of athletic and recreational activities  
• Parks and recreational facilities: gyms, community centers, swimming pools, sports fields/courts, greenway, nature trails  
• Aquatics and Fitness Center: fitness classes and equipment, wellness programs, indoor pool, swim lessons, etc. | Locations and fees vary  
Aquatics/Fitness Center: membership fee charged, but some programs open to the public |
| Pitt County Cooperative Extension  
252-902-1700  
403 Government Circle, Suite 2, Greenville, NC 27834  
http://pitt.ces.ncsu.edu/ | • Eat Smart, Move More, Weigh Less | Cost varies |
| Pitt County Health Department  
Main: 252-902-2305  
Health Education: 252-902-2426  
Diabetes: 252-902-2388  
201 Government Circle, Greenville, NC 27834  
http://www.co.pitt.nc.us/depts/health/  
http://www.pittcountync.gov/depts/health/ | • Smoking cessation classes: available upon request  
• Diabetes CARE Project  
• Diabetes Self-Management Program | Smoking cessation: call for cost and availability  
Diabetes: **Free** |
## Polk County Resources

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<tr>
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<tr>
<td>Polk County Cooperative Extension 828-894-8218 &lt;br&gt; 60 Gibson St., Columbus, NC 28722 &lt;br&gt; <a href="http://polk.ces.ncsu.edu/">http://polk.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less</td>
<td>Free</td>
</tr>
<tr>
<td>Polk County Recreation Department 828-894-8199 &lt;br&gt; 105 N Peak St., Columbus NC 28722 &lt;br&gt; <a href="http://www.polknc.org/departments/recreation/index.php">http://www.polknc.org/departments/recreation/index.php</a></td>
<td>• Facilities: gym, park, pool, recreation complex  &lt;br&gt; • Programs: walking program, yoga, adult softball, adult dodge ball</td>
<td>Call for more information</td>
</tr>
<tr>
<td>St. Luke's Hospital  &lt;br&gt; Main: 828-894-3311  &lt;br&gt; Smoking Cessation: 828-894-2408  &lt;br&gt; 101 Hospital Dr., Columbus, NC 28722 &lt;br&gt; <a href="http://www.saintlukeshospital.com/">http://www.saintlukeshospital.com/</a></td>
<td>• Freedom from Smoking: 8-week program as needed</td>
<td>$25</td>
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# Randolph County Resources

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<tr>
<th>Talk to…</th>
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<th>Other information...</th>
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</table>
| **Randolph County Cooperative Extension**  
  336-318-6000  
  112 West Walker Ave., Asheboro, NC 27203  
  [http://randolph.ces.ncsu.edu/](http://randolph.ces.ncsu.edu/) | - Eat Smart, Move More, Weigh Less: 12-week program, in partnership with Health Department  
  - Dining with Diabetes: 4-week program, includes a meal at each meeting | Eat Smart: $30  
  Dining: $30 |
| **Randolph County Health Department**  
  Asheboro: 336-318-6200, 336-318-6196  
  Archdale/High Point/Trinity: 336-819-3200  
  Greensboro/Liberty: 336-218-4200  
  Ira McDowell Center, 2222B South Fayetteville St., Asheboro, NC 27205  
  - Get Fit Randolph: exercise incentive program, in partnership with Parks & Recreation | Eat Smart: $30  
  Get Fit: **Free** |
| **Randolph County Parks and Recreation Department**  
  336-626-1240  
  123-B Davis Street, Asheboro, NC 27204  
  [http://www.getfitrandolph.org](http://www.getfitrandolph.org) | - Get Fit Randolph: exercise incentive program, in partnership with Health Department  
  - Downtown walking trails: map available with lengths of trails | **Free** |
| **Randolph Hospital**  
  Main: 336-625-5151  
  Cardiopulmonary Department: 336-629-8836  
  364 White Oak St., Asheboro, NC 27203  
  [http://www.randolphhospital.org](http://www.randolphhospital.org) | - QuitSmart: smoking cessation program | **Free** |
## Richmond County Resources

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<th>Talk to…</th>
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</table>
| **FirstHealth of the Carolinas***<br>Community Health: 877-342-2255<br>Diabetes Education: 910-255-3694<br>Support Groups: 910-715-5266<br>[http://www.firsthealth.org/Health%20Services/Community%20Health](http://www.firsthealth.org/Health%20Services/Community%20Health)<br>[http://www.firsthealth.org/health%20services/diabetes](http://www.firsthealth.org/health%20services/diabetes) | • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups  
• Healthy Living in the Mid-Carolinab:  
  • Active Living Every Day: 14-20 weekly sessions  
  • Healthy Eating Every Day: 14-20 weekly sessions | FirstQuit: sliding scale fee (up to $50)<br>All others: **Free**<br>Locations vary |
<p>| <strong>Richmond County Cooperative Extension</strong>&lt;br&gt;910-997-8255&lt;br&gt;123 Caroline St., Suite 100, Rockingham, NC 28379&lt;br&gt;<a href="http://richmond.ces.ncsu.edu/">http://richmond.ces.ncsu.edu/</a> | • Health and Wellness classes | Call for more information |
| <strong>Richmond County Health Department</strong>&lt;br&gt;910-997-8300&lt;br&gt;127 Caroline St., Rockingham, NC 28379&lt;br&gt;<a href="http://publichealth.southernregionalahaec.org/Richmond/">http://publichealth.southernregionalahaec.org/Richmond/</a> | • Diabetes education available | Call for more information |</p>
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<th>Talk to…</th>
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| **Community Health Education Center (CHEC Center) of Biggs Park Mall**  
910-671-9393  
2800 North Elm St., Lumberton, NC 28358 | • Blood pressure & weight machine available Monday-Friday 7:30am-5:30pm  
• Mall Walking Program: Monday-Friday 6:30am-10:00am; 5 times around mall equals 1 mile | **Free** |
| **Community Health Services/Diabetes Community Center**  
910-671-5830  
4300 Fayetteville Rd., Lumberton, NC 28358 | • Diabetes Self-Management Training Program (DSMT): 10-hr education ADA recognized program offers group classes on meal planning, exercise, and prescriptions. Individualized one-on-one sessions offered by certified diabetes educators | **Free**  
Physician referral required |
| **Robeson County Cooperative Extension**  
910-671-3276  
O.P. Owens Agriculture Center, 455 Caton Rd., Lumberton, NC 28360  
[http://robeson.ces.ncsu.edu/](http://robeson.ces.ncsu.edu/) | • Various programs on physical activity, nutrition, and diabetes available | Call for more information |
| **Robeson County Health Department**  
910-671-3200  
460 Country Club Rd., Lumberton, NC 28360  
[http://publichealth.southernregionalahec.org/Robeson/index_files/Page673.htm](http://publichealth.southernregionalahec.org/Robeson/index_files/Page673.htm) | • Diabetes Self Management Education & Diabetes Today in faith based communities  
• Nutrition consultations  
• Physical activity, nutrition, and smoking cessation resources/programs available upon request  
• Wellness Programs & Events  
• 10,000 Steps Program | Diabetes Ed.: sliding scale fee  
Nutrition consult.: sliding scale fee  
Resources/Programs: **Free** |
## Robeson County Resources

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<td><strong>Robeson County Parks and Recreation Department</strong>&lt;br&gt;910-671-3090&lt;br&gt;2830 Kenny Biggs Rd., Lumberton, NC 28358&lt;br&gt;<a href="http://www.co.robeson.nc.us/parkrec.htm">http://www.co.robeson.nc.us/parkrec.htm</a></td>
<td>• Senior Center&lt;br&gt;• County parks</td>
<td>Call for more information</td>
</tr>
<tr>
<td><strong>Southeast Regional Medical Center</strong>&lt;br&gt;Main: 910-671-5000&lt;br&gt;Diabetes: 910-671-5595&lt;br&gt;Happy Hearts: 910-671-5067&lt;br&gt;Nicotine Anonymous: 910-272-3030&lt;br&gt;300 W. 27th St., Lumberton, NC 28358&lt;br&gt;<a href="http://www.srmc.org">http://www.srmc.org</a></td>
<td>• Diabetes Community Center: monthly diabetes support group&lt;br&gt;• Happy Hearts Cardiac Support Group: for people with heart disease, meets quarterly&lt;br&gt;• Nicotine Anonymous: meets weekly</td>
<td>Call for availability</td>
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## Rockingham County Resources

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<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annie Penn Hospital</strong>&lt;br&gt;336-951-4000&lt;br&gt;618 S. Main St., Reidsville, NC 27320&lt;br&gt;<a href="http://www.mosescone.com/body.cfm?id=1551">http://www.mosescone.com/body.cfm?id=1551</a></td>
<td>• Diabetes Group Classes&lt;br&gt;• Stop Smoking Program: weekly class, must register</td>
<td>Free for Rockingham county residents</td>
</tr>
<tr>
<td><strong>Rockingham County Cooperative Extension</strong>&lt;br&gt;336-342-8230&lt;br&gt;525 NC Hwy 65, Ste 200, Reidsville, NC 27320&lt;br&gt;<a href="http://rockingham.ces.ncsu.edu/">http://rockingham.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less&lt;br&gt;• Dining with Diabetes</td>
<td>Small fee</td>
</tr>
<tr>
<td><strong>Rockingham County Department of Public Health</strong>&lt;br&gt;336-342-8140&lt;br&gt;371 NC Hwy 65, Wentworth, NC 27375&lt;br&gt;<a href="http://www.co.rockingham.nc.us/Publichealth/">http://www.co.rockingham.nc.us/Publichealth/</a></td>
<td>• Information about walking groups&lt;br&gt;• Other programs may be available</td>
<td>Call for more information</td>
</tr>
</tbody>
</table>
## Rowan County Resources

<table>
<thead>
<tr>
<th>Talk to…</th>
<th>What they offer......</th>
<th>Other information…</th>
</tr>
</thead>
</table>
| **Centralina Area Agency on Aging (Region F)***  
704-372-2416 or 704-348-2712  
Lmiller@centralina.org  
Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235  
http://www.centralina.org/aaadefault.htm | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
Locations vary |
| **Rowan County Cooperative Extension**  
704-216-8970  
2727-A Old Concord Rd., Salisbury, NC 28146  
http://rowan.ces.ncsu.edu/ | • Families Eating Smart and Moving More: 4 sessions  
• Eat Smart, Move More, Weigh Less: 15-week series  
• Dining With Diabetes | Families: **Free**  
Eat Smart: small fee  
Dining: **Free** |
| **Rowan Regional Medical Center**  
704-210-5000  
Diabetes Support Group: 704-210-5771  
Cardiovascular Class: 704-210-5412  
Respiratory Care: 704-202-5343  
612 Mocksville Ave., Salisbury, NC 28144  
http://www.rowan.org | • Diabetes Support Groups: meet the first Tuesday of each month at 2pm and 6pm  
• Cardiovascular Health Education Class: offered monthly, covers risk factors for heart disease and other health info  
• Smoking Cessation Classes: offered at different times throughout the year | **Free**  
Smoking Cessation: call for cost and availability |
## Rowan County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer……</th>
<th>Other information…</th>
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</table>
| Rufty-Holmes Senior Center  
704-216-7714  
1120 S. Martin Luther King, Jr. Ave., Salisbury, NC 28144  
http://www.ruftyholmes.org/ | - Variety of exercise classes available  
- Walk with Ease: daily walking program; helpful for older adults who find it difficult to maintain a regular exercise schedule  
- Exercise center with fitness equipment available  
- Living Healthy Class  
- Arthritis Foundation Aquatic Program  
- Fit & Strong  
- Support groups and health education resources available | Exercise classes: $10-$20 per month  
For ages 55+ |
# Rutherford County Resources

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<thead>
<tr>
<th>Talk to…</th>
<th>What they offer......</th>
<th>Other information…</th>
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<tbody>
<tr>
<td>Carolina Community Health Partnership*</td>
<td>• Diabetes case management</td>
<td>Call for availability and cost&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td>Rutherford County Cooperative Extension</td>
<td>• Eat Smart, Move More, Weigh Less&lt;br&gt;• Cook Smart, Eat Smart</td>
<td>Call for costs and availability</td>
</tr>
<tr>
<td>Rutherford County Parks and Recreation</td>
<td>• County parks: tennis courts, basketball courts, open fields, baseball/softball fields, gym&lt;br&gt;• Community centers</td>
<td>Call for more information</td>
</tr>
<tr>
<td>828-287-6035&lt;br&gt;141 West 3rd St., Rutherfordton, NC 28139&lt;br&gt;<a href="http://www.rutherfordcountync.gov/dept/recreation/Main.php">http://www.rutherfordcountync.gov/dept/recreation/Main.php</a></td>
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<tr>
<td>Rutherford Hospital</td>
<td>• Freedom from Smoking classes available&lt;br&gt;• Diabetes Support Group: meets once every three months&lt;br&gt;• Living With Diabetes Program</td>
<td>Freedom: <strong>Free</strong>&lt;br&gt;Diabetes Support Group: <strong>Free</strong>&lt;br&gt;Living with Diabetes: call for cost, financial assistance available</td>
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</table>
## Sampson County Resources

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<tr>
<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
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</table>
| **Pope Wellness Center at Mount Olive College**<sup>*</sup>  
919-635-3773  
562 Henderson St., Mount Olive, NC 28365  
To enroll contact local county health department: Sampson 910-592-1131 | • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income | **Free** |
| **Sampson County Cooperative Extension**  
910-592-7161  
55 Agriculture Pl., Clinton, NC 28328  
[http://sampson.ces.ncsu.edu/](http://sampson.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less | About $15, call for exact cost |
| **Sampson County Health Department**  
910-592-1131  
360 County Complex Rd., Clinton, NC 28328  
• Smoking cessation | Call for more information |
| **Sampson County Parks and Recreation**  
910-299-0924  
369 Rowan Rd., Clinton, NC 28328  
• Various recreational facilities available | Call for more information |
## Scotland County Resources

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<tr>
<th>Talk to…</th>
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<tr>
<td><strong>Scotland County Cooperative Extension</strong>&lt;br&gt;910-277-2422&lt;br&gt;231 E Cronly St., Ste. 800, Laurinburg, NC 28352&lt;br&gt;<a href="http://scotland.ces.ncsu.edu/">http://scotland.ces.ncsu.edu/</a>&lt;br&gt;</td>
<td>• Adult Expanded Food and Nutrition Education Program: series of classes, participants learn about nutrition on a limited budget and increasing physical activity</td>
<td><strong>Free</strong>&lt;br&gt;Must have children living at home to be eligible</td>
</tr>
<tr>
<td><strong>Scotland County Health Department &amp; Scotland County Healthy Carolinians</strong>&lt;br&gt;910-277-2440&lt;br&gt;1405 West Blvd., Laurinburg, NC 28353&lt;br&gt;<a href="http://www.scotlandcountyhealth.org/cs_healthypromo.htm">http://www.scotlandcountyhealth.org/cs_healthypromo.htm</a></td>
<td>• Community Diabetes Support Group: meets on the third Tuesday of each month from 5:30-6:30pm at Scotland Memorial Hospital&lt;br&gt;• Lunch and Learn Health and Weight loss Support Program: meets on the last Monday of each month at noon&lt;br&gt;• Great Ex-STEP-tations Walking Promotion Program: includes 2 promotional programs per year, participants can purchase pedometers</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Scotland Memorial Hospital</strong>&lt;br&gt;Main: 910-291-7000&lt;br&gt;Education Department: 910-291-7316&lt;br&gt;500 Lauchwood Dr., Laurinburg, NC 28352&lt;br&gt;<a href="http://www.scotlandhealth.org/index_flash.php">http://www.scotlandhealth.org/index_flash.php</a></td>
<td>• Community Diabetes Support Group: meets on the third Tuesday of each month from 5:30-6:30pm, in partnership with the Health Department</td>
<td><strong>Free</strong></td>
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</table>
# Stanly County Resources

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<tr>
<th>Talk to…</th>
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</table>
| **Centralina Area Agency on Aging (Region F)**<sup>*</sup>  
704-372-2416 or 704-348-2712  
Lmiller@centralina.org  
Centralina Council of Government, 1300 Baxter St., Suite #450, Charlotte, NC 28235  
http://www.centralinaaging.org/Consumers/ebhp.htm | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties  
• Walk with Ease: helpful for older adults who find it difficult to maintain a regular exercise schedule | **Free**  
Locations vary |
| **Stanly County Cooperative Extension**  
704-983-3987  
26032-E Newt Rd., Albemarle, NC 28001  
http://stanly.ces.ncsu.edu/ | • Eat Smart, Move More, Weigh Less: offered in partnership with Health Department | **$15** |
| **Stanly County Health Department**  
704-982-9171  
1000 North First St., Ste. 3, Albemarle, NC 28001  
http://health.co.stanly.nc.us/ | • Eat Smart, Move More, Weigh Less: offered in partnership with Cooperative Extension | **$15** |
| **Stanly Regional Medical Center**  
704-984-4000  
301 Yadkin Street, Albemarle, NC 28002  
http://www.stanly.org/wellness_center.cfm | • Healthy Directions Weight Management Program: 8-week program  
• Diabetes Self-Management Program: 8-week program, requires physician referral  
• Diabetes support group  
• Diabetes Prevention Program: 6-week program, for people with pre-diabetes  
• Medical Nutrition Therapy | Healthy Dir.: **$123**  
Diabetes Self-Mgmt.: sliding scale  
Support group: **Free**  
Diabetes Prevention: **$150**  
Nutrition Therapy: sliding scale |
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<tr>
<th>Talk to…</th>
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<tr>
<td><strong>Area Agency on Aging, Region I</strong>&lt;br&gt;336-761-2111&lt;br&gt;<a href="mailto:dburgess@nwpcog.org">dburgess@nwpcog.org</a>&lt;br&gt;Northwest Piedmont Council of Governments,&lt;br&gt;400 W Fourth St., Suite 400, Winston-Salem, NC&lt;br&gt;27101&lt;br&gt;<a href="http://www.nwpcog.org/">http://www.nwpcog.org/</a></td>
<td>● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;For adults 60+&lt;br&gt;(call to see if room for anyone under 60)</td>
</tr>
<tr>
<td><strong>Stokes County Cooperative Extension</strong>&lt;br&gt;336-593-8179&lt;br&gt;700 N Main St., Danbury, NC 27016-0460&lt;br&gt;<a href="http://stokes.ces.ncsu.edu/">http://stokes.ces.ncsu.edu/</a></td>
<td>● Eat Smart, Move More, Weigh Less: 11-week session, offered in partnership with Health Department&lt;br&gt;● Dining with Diabetes: 3-week session, includes food tastings</td>
<td>Eat Smart: $20&lt;br&gt;Dining: $20</td>
</tr>
<tr>
<td><strong>Stokes Family Health Center</strong>&lt;br&gt;(Health Department)&lt;br&gt;Danbury office: 336-593-2400&lt;br&gt;1009 Main St., Danbury, NC 27016&lt;br&gt;King office: 336-985-2727&lt;br&gt;102 Hartgrove Rd., King, NC 27021&lt;br&gt;<a href="http://www.co.stokes.nc.us/health/">http://www.co.stokes.nc.us/health/</a></td>
<td>● Eat Smart, Move More, Weigh Less: 11-week session, offered in partnership with Cooperative Extension</td>
<td>$20</td>
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## Surry County Resources

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<tr>
<th><strong>Talk to...</strong></th>
<th><strong>What they offer......</strong></th>
<th><strong>Other information...</strong></th>
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<tbody>
<tr>
<td><strong>Area Agency on Aging, Region I</strong>&lt;br&gt;336-608-3568&lt;br&gt;<a href="mailto:dburgess@nwpcog.org">dburgess@nwpcog.org</a>&lt;br&gt;Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101&lt;br&gt;<a href="http://www.nwpcog.org/">http://www.nwpcog.org/</a></td>
<td>● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;For adults 60+&lt;br&gt;(call to see if room for anyone under 60)</td>
</tr>
<tr>
<td><strong>Reeves Community Center</strong>&lt;br&gt;336-786-8313&lt;br&gt;113 Renfro St., Mount Airy, NC 27030&lt;br&gt;<a href="http://www.reevescommunitycenter.com/schedanbservice.html">http://www.reevescommunitycenter.com/schedanbservice.html</a></td>
<td>● Losing for Life: 12-week exercise and nutrition program offered in partnership with Surry County Health &amp; Nutrition Center; offered 4 times a year</td>
<td>Free for members&lt;br&gt;Adults: $28 per month&lt;br&gt;Seniors (55+): $20 per month</td>
</tr>
<tr>
<td><strong>Surry County Cooperative Extension</strong>&lt;br&gt;336-401-8025&lt;br&gt;210 N Main St., Dobson, NC 27017&lt;br&gt;<a href="http://surry.ces.ncsu.edu/">http://surry.ces.ncsu.edu/</a></td>
<td>● You, Me, &amp; Diabetes: Diabetes community classes, in partnership with Health Department&lt;br&gt;● Healthy Families: covers nutrition, etc.&lt;br&gt;● Families Eating Smart and Moving More: available upon request</td>
<td><strong>Free</strong></td>
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</table>
# Surry County Resources

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<tr>
<th>Talk to…</th>
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<th>Other information…</th>
</tr>
</thead>
</table>
| **Surry County Health and Nutrition Center (Health Department)**  
336-401-8400  
118 Hamby Rd., Dobson, NC 27017  
• Smoking cessation classes  
• Diabetes Self-Management training: group and individual classes  
• You, Me, & Diabetes: Diabetes community classes, in partnership with Cooperative Extension  
• Medical Nutrition Therapy | Walking: **Free**  
Smoking: call for cost  
Diabetes Self-Mgmt.: sliding scale fee  
Diabetes class: **Free**  
Nutrition therapy: sliding scale fee |
# Swain County Resources

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<tr>
<th>Talk to…</th>
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<tr>
<td><strong>Area Agency on Aging, Region A</strong>&lt;br&gt;828-586-1962 ext. 217&lt;br&gt;<a href="mailto:jeanne@regiona.org">jeanne@regiona.org</a>&lt;br&gt;Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779&lt;br&gt;<a href="http://www.regiona.org">http://www.regiona.org</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Swain County Cooperative Extension</strong>&lt;br&gt;828-488-3848&lt;br&gt;60 Almond School Rd., Bryson City, NC 28713&lt;br&gt;<a href="http://swain.ces.ncsu.edu/">http://swain.ces.ncsu.edu/</a></td>
<td>• Eat Smart, Move More, Weigh Less: 15-week series, in partnership with Health Department&lt;br&gt;• Programs on exercise and nutrition</td>
<td>Eat Smart: $25&lt;br&gt;Programs: Free or small fee</td>
</tr>
<tr>
<td><strong>Swain County Hospital</strong>&lt;br&gt;Main:  828-586-4710&lt;br&gt;Diabetes Education:  828-586-7734&lt;br&gt;132 East Sylva Circle, Sylva, NC 28779</td>
<td>• Diabetes Education Classes: 3 hr diabetes education classes offered monthly</td>
<td>Call for cost</td>
</tr>
<tr>
<td><strong>Swain County Recreation Department</strong>&lt;br&gt;828-488-6159&lt;br&gt;30 Rec Park Dr., Bryson City, NC 28713&lt;br&gt;<a href="http://www.swaincountync.gov/recreation.html">http://www.swaincountync.gov/recreation.html</a></td>
<td>• Recreation facilities: basketball, soccer, football, tennis, free weights, swimming pool, skateboarding, baseball&lt;br&gt;• Senior games program</td>
<td>Call for more information&lt;br&gt;Locations vary</td>
</tr>
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# Transylvania County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer......</th>
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<tr>
<td>Area Agency on Aging, Region B* 828-251-7438 <a href="http://www.landofsky.org/">Rebecca@landofsky.org</a> Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806</td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td>Free  Locations vary</td>
</tr>
<tr>
<td>New Leaf Program 828-885-7233 <a href="http://newleafprogram.org/">http://newleafprogram.org/</a></td>
<td>• Workshops: topics include health and nutrition, gardening, quit smoking, etc.  • Gardening class in partnership with Western Carolina Community Action</td>
<td>Free</td>
</tr>
<tr>
<td>Transylvania County Parks and Recreation Department 828-884-3156 1078 Ecusta Rd., Brevard, NC 28712 [<a href="http://rec.transylvania">http://rec.transylvania</a> county.org/](<a href="http://rec.transylvania">http://rec.transylvania</a> county.org/)</td>
<td>• Transylvania Activity Center: gym, athletics courts, sports fields, horseshoe courts, shuffleboard courts, multi-purpose fields  • Parks: sports fields/courts, walking/nature trails, swimming pool, river access</td>
<td>Call for cost and location info</td>
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# Tyrrell County Resources

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<th>Talk to…</th>
<th>What they offer……</th>
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</table>
| **Martin-Tyrrell-Washington District Health Department***  
Martin: 252-793-1619  
210 West Liberty St., Williamston, NC 27892  
Tyrrell: 252-793-1750  
408 Bridge St., Columbia, NC 27925  
Washington: 252-793-3023  
198 NC Hwy. 45 N, Plymouth, NC 27962  
[http://mtwdistricthealth.org/](http://mtwdistricthealth.org/) | • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested  
• Programs may be available for physical activity, nutrition, or diabetes | Call for more information  
Locations vary |
| **Tyrrell County Cooperative Extension**  
252-796-1581  
407 Martha St., Columbia, NC 27925  
• Give Your Heart a Healthy Beat: 12-week series  
• Health and wellness programs at Tyrrell Senior Citizens Center: offered monthly | Eat Smart: $30  
Heart: **Free**  
Health & Wellness: call for cost |
| **Tyrrell Senior Center**  
252-796-0365  
406 Bridge St., Columbia, NC 27925 | • Health and wellness programs (nutrition, diabetes, etc.) offered monthly  
• Exercise equipment available | For ages 55+  
**Free** |
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<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
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<tbody>
<tr>
<td><strong>Carolinas Medical Center – Union</strong></td>
<td>• Active Women: 24-hr access by phone to a registered nurse to answer health-related</td>
<td>Active Women: <strong>Free</strong></td>
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<td>questions; health screenings; e-Health newsletters; online seminars and podcasts</td>
<td>Look Good: <strong>Free</strong></td>
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<tr>
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<td>about health issues</td>
<td>Grocery Store Tours: <strong>Free</strong></td>
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<td>• Look Good, Feel Better: bi-monthly support group for women undergoing chemotherapy</td>
<td>Diabetes Wellness: <strong>Free</strong></td>
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<td>or radiation</td>
<td>Diabetes Self-Management: Call for cost and</td>
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<td>• Grocery Store Tours (Diabetes Education): learn about heart healthy food choices,</td>
<td>availability</td>
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<td>carbohydrate counting, quick and easy meal ideas, and how to make good food choices</td>
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<td>on a budget</td>
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<td>• Diabetes Wellness Group: monthly support group for adults with diabetes</td>
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<td></td>
<td>• Diabetes Self-Management Education: one-on-one and group diabetes education to help</td>
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<td>patients better understand diabetes and its effects on the body, requires physician</td>
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<td>referral</td>
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<tr>
<td><strong>Centralina Area Agency on Aging (Region F)</strong></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic</td>
<td><strong>Free</strong></td>
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<td>condition, 6 weekly sessions, in partnership with the Health Departments in some</td>
<td>Locations vary</td>
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<td>counties</td>
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## Union County Resources

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<th>Talk to…</th>
<th>What they offer……</th>
<th>Other information…</th>
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</table>
| **Union County Cooperative Extension**  
704-283-3732  
3230-D Presson Rd., Monroe, NC 28112  
[http://union.ces.ncsu.edu/](http://union.ces.ncsu.edu/) | • Eat Smart, Move More, Weigh Less: 12-week weight management program, offered about twice per year | $25  
Locations vary |
| **Union County Health Department**  
Main: 704-296-4800  
Health Education: 704-296-4806 or 704-296-4838  
1224 W. Roosevelt Blvd., Monroe, NC 28110  
[http://www.co.union.nc.us/HumanServices/Health Department/tabid/298/Default.aspx](http://www.co.union.nc.us/HumanServices/Health Department/tabid/298/Default.aspx) | • Variety of education available on nutrition, physical activity, and tobacco  
• WIC diabetes program available | Call for more information |
# Vance County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer……</th>
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| **Granville Vance Health Department***  
Granville: 919-693-2141  
101 Hunt Dr., Oxford, NC 27565  
Vance: 252-492-7915  
125 Charles Rollins Rd., Henderson, NC 27536  
[http://www.gvdhd.org](http://www.gvdhd.org) | • Nutrition counseling  
• Pedometers  
• Diabetes Education Classes: offered about twice per year in each county (location alternates between Vance and Granville counties)  
• Eat Smart Move More Weigh Less Challenge: 10 wk web based weight loss challenge | Nutrition: **Free**  
Pedometers: **$15**  
Diabetes Ed: **Free**  
Eat Smart: **Free** |
| **Henderson Family YMCA**  
Phone: 252-438-2144  
380 Ruin Creek Rd., Henderson, NC 27536  
[http://www.ymca.net/maps/profile.aspx?assn=4561&address=27536](http://www.ymca.net/maps/profile.aspx?assn=4561&address=27536) | • Walking Trails | **Free** |
| **Henderson-Vance Parks and Recreation Department**  
Aycock Recreation Center: 252-492-9400  
307 Carey Chapel Rd., Henderson, NC 27537  
[http://www.ci.henderson.nc.us/parks_recreation/Default.asp](http://www.ci.henderson.nc.us/parks_recreation/Default.asp) | • Aycock Recreation Center: indoor pool, fitness room, indoor track, gymnasium, walking program, kickboxing class, senior dance (includes a live band and refreshments, offered quarterly)  
• Parks: sports fields/courts, nature trails | Aycock: small fee to use the center  
Free Walking Trail  
Kickboxing: **$2.50 per class**  
Senior Dance: **$3/person, $5/couple** |
## Vance County Resources

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</thead>
</table>
| **Maria Parham Medical Center**  
Main: 252-438-4143  
Education: 252-436-1129  
566 Ruin Creek Road, Henderson, NC 27536  
[http://www.mphosp.org/departments/20](http://www.mphosp.org/departments/20) | • Diabetes Education Program | Call for cost information |
<table>
<thead>
<tr>
<th><strong>Talk to…</strong></th>
<th><strong>What they offer……</strong></th>
<th><strong>Other information…</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Area Agency on Aging, Region J</strong>&lt;br&gt;919-638-2736&lt;br&gt;<a href="mailto:tsangster@tjcog.org">tsangster@tjcog.org</a>&lt;br&gt;Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703&lt;br&gt;<a href="http://www.tjaaa.org/">http://www.tjaaa.org/</a></td>
<td>• Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary</td>
</tr>
<tr>
<td><strong>Riley Hill Family Life Center</strong>&lt;br&gt;919-365-6780&lt;br&gt;5901 Riley Hill Rd., Wendell, NC 27591&lt;br&gt;<a href="http://www.rhflc.org">http://www.rhflc.org</a></td>
<td>• Project SELF 2 For U: includes exercise classes, support groups, educational workshops, cooking classes, etc.&lt;br&gt;• Exercise program for women, offered twice weekly</td>
<td>SELF 2 4 U: call for more info&lt;br&gt;Exercise program: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Wake County Health and Human Services</strong>&lt;br&gt;919-856-6540&lt;br&gt;219 S. East St., Raleigh, NC&lt;br&gt;<a href="http://www.wakegov.com/humanservices/health/adults/diabetes.htm">http://www.wakegov.com/humanservices/health/adults/diabetes.htm</a></td>
<td>• Project DIRECT (Diabetes Intervention Reaching &amp; Educating Communities Together): Diabetes management classes, nutrition education, walking programs, health assessments for African-American faith communities</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Wake County Parks, Recreation, and Open Space</strong>&lt;br&gt;919-856-6679&lt;br&gt;Office: 2112 County Park Dr., New Hill, NC 27562&lt;br&gt;<a href="http://www.wakegov.com/parks/default.htm">http://www.wakegov.com/parks/default.htm</a></td>
<td>• Variety of activities available in several parks and open spaces: hiking/walking trails, canoeing, sand volleyball court, play fields, disc golf course</td>
<td>Free or small fee</td>
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</tbody>
</table>
# Wake County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer......</th>
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</table>
| **YWCA of the Greater Triangle**  
919-834-7386  
554 E. Hargett Street, Raleigh, NC 27601  
http://www.ywcatriangle.org/wellness.php | - Variety of fitness classes available  
- HeartPlus: heart health education and screening  
- Silver Aged Yoga: for ages 55+, must register  
- Strong Living: 12-week program for ages 40+, must register, must have doctor's clearance  
- Walking Clubs  
- Freedom From Smoking: 8-week program | HeartPlus: **Free**  
Silver: **Free**  
Strong: **Free**  
Walking Clubs: $10/month for members, $20/month for non-members  
Freedom: $60 |
## Warren County Resources

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<thead>
<tr>
<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
</tr>
</thead>
</table>
| **Rural Health Group**<sup>*</sup>  
252-456-2009  
110 Division St., Norlina, NC 27563  
http://www.rhgncc.org | • Self-Management Education for pre-diabetes, diabetes, hypertension, obesity, etc.  
• Monthly support groups: on various topics, offered in partnership with the Health Department in some counties | **Free**  
Locations vary |
| **Warren County Cooperative Extension**  
252-257-3640  
158 Rafters Lane, Warrenton, NC 27589  
http://warren.ces.ncsu.edu/ | • Programs on healthy lifestyles, nutrition, physical activity, and diabetes may be available | Call for cost |
| **Warren County Health Department**  
252-257-1185  
544 West Ridgeway St., Warrenton, NC 27589  
http://www.warrencountync.com/HealthDepartment.aspx | • Diabetes support group  
• Fresh Start tobacco cessation  
• List of walking trails available | **Free** |
| **Warren County Parks and Recreation Department**  
252-257-2272  
115 Wilcox St., Warrenton, NC 27589  
http://www.warrencountync.com/Recreation.aspx | • Recreational parks (outdoor basketball courts, tennis courts, swimming pool), gym, indoor walking trail  
• Adult sports leagues: softball, basketball | Costs and locations vary |
# Washington County Resources

<table>
<thead>
<tr>
<th>Talk to...</th>
<th>What they offer......</th>
<th>Other information...</th>
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</thead>
</table>
| **Martin-Tyrrell-Washington District Health Department**<sup>*</sup>  
Martin: 252-793-1619  
210 West Liberty St., Williamston, NC 27892  
Tyrrell: 252-793-1750  
408 Bridge St., Columbia, NC 27925  
Washington: 252-793-3023  
198 NC Hwy. 45 N, Plymouth, NC 27962  
[http://mtwdistricthealth.org/](http://mtwdistricthealth.org/) | • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested  
• Programs may be available for physical activity, nutrition, or diabetes | Call for more information  
Locations vary |
| **Washington County Parks & Recreation**  
Office: 252-975-9367  
310 W Main St., Washington, NC 27889  
Moore Aquatics & Fitness Center: 252-948-9420  
101 Airport Road, Washington, NC 27889  
[http://www.ci.washington.nc.us/recreation.aspx](http://www.ci.washington.nc.us/recreation.aspx) | • Moore Aquatics & Fitness Center: daily open swim, fitness room, activity programs  
• Use of entire facility for members  
• Open swim for non-members  
• Adult sports programs available periodically  
• Parks: sports fields/courts, open activity fields | Open swim: small fee for non-members  
Locations and fees vary |
# Watauga County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer……</th>
<th>Other information…</th>
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</table>
| **App Health***  
District Office: 828-264-4995  
126 Poplar Grove Connector, Boone, NC 28607  
[http://www.apphealth.com/](http://www.apphealth.com/) | • Information on outdoor physical activity opportunities, chronic disease, and nutrition  
• Community directory for the Appalachian region | **Free** |
| **Northwest Tobacco Prevention Coalition***  
828-264-4995  
126 Poplar Grove Connector, Boone, NC 28607  
[http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php](http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php) | • Information on tobacco cessation | **Free** |
| **Watauga County Cooperative Extension**  
828-264-3061  
971 W King St., Boone, NC 28607  
[http://watauga.ces.ncsu.edu/content/HealthInformationandLinks&source=cherokee](http://watauga.ces.ncsu.edu/content/HealthInformationandLinks&source=cherokee) | • Taking Charge of Your Diabetes: 4-day workshop, includes lunch each day  
• Give Your Heart a Healthy Beat: diet and exercise program | Taking Charge: $35, scholarships available  
Healthy Beat: **Free** |
| **Watauga County Health Department**  
(part of Appalachian District Health Department)  
828-264-6635  
Contact: Jennifer Bryan- Greene  
126 Poplar Grove Connector, Boone, NC 28607  
• Variety of nutrition and physical activity programs and resources available | Eat Smart: **Free** |
## Watauga County Resources

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<tr>
<th>Talk to…</th>
<th>What they offer……</th>
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<tbody>
<tr>
<td><strong>Watauga County Parks and Recreation</strong></td>
<td>- Facilities: gym, multi-purpose athletic fields, parks,</td>
<td></td>
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<tr>
<td>Main Office: 828-264-9511</td>
<td>tennis courts, basketball courts, indoor pool, outdoor</td>
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<tr>
<td>Swim Complex: 828-264-0270</td>
<td>pool</td>
<td></td>
</tr>
<tr>
<td>231 Complex Dr., Boone, NC 28607</td>
<td>Adult sports leagues</td>
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<tr>
<td><a href="http://www.wataugacounty.org/parks/index.html">http://www.wataugacounty.org/parks/index.html</a></td>
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<td></td>
<td>Locations vary</td>
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</table>
# Wayne County Resources

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<tr>
<th>Talk to…</th>
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<th>Other information…</th>
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</table>
| **Area Agency on Aging, Region P**<sup>*</sup>  
252-638-3185  
jhardin@eccog.org  
Eastern Carolina Council of Governments, 233 Middle St., New Bern, NC 28563  
http://www.eccog.org/document.asp?document_name=aaa | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | Free for ages 60+, small fee for those under 60  
Locations vary |
| **Pope Wellness Center at Mount Olive College**<sup>*</sup>  
919-635-3773  
562 Henderson St., Mount Olive, NC 28365  
To enroll contact local county health department: Wayne 919-731-1000, Mount Olive residents should contact the Mount Olive Family Medical Center 919-658-4954  
http://www.moc.edu/?outreach/Pope%20Wellness%20Center | • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income | Fitness By Design:  
**Free**  
Membership: $35 per month |
| **Wayne Action Teams for Community Health (WATCH)**  
Call 919-222-4450 to make appointment and become a WATCH patient  
www.getwatch.org | • Quit Smart: individual and group sessions for smoking cessation available to WATCH patients  
• YMCA access: free YMCA access during certain times 4 days/week  
• Essentials of Diabetes Self Care: 2-hour condensed version of the WADEC "Essentials of Self Care" diabetes program | **Free**  
Must be a Wayne county resident and be uninsured to qualify |
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<tr>
<th>Wayne County Resources</th>
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<tr>
<td><strong>Talk to...</strong></td>
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<tr>
<td>Wayne Area Diabetes and Education Center (WADEC) 919-731-6508 <a href="http://www.waynehealth.org/body.cfm?id=29&amp;action=detail&amp;ref=6">http://www.waynehealth.org/body.cfm?id=29&amp;action=detail&amp;ref=6</a></td>
</tr>
</tbody>
</table>
| Wayne County Cooperative Extension 919-731-1525 [http://wayne.ces.ncsu.edu/](http://wayne.ces.ncsu.edu/) | • Cooking with Heart and Soul: cooking sessions delivered to African-American congregations  
• Eat Smart, Move More, Weigh Less: 15 one-hour sessions  
• Supplemental Nutrition Assistance Program (SNAP-ED): 14-week program targeting nutrition, physical activity, food safety, and food budgeting  
• What's on Your Plate: 1-hour program  
• Women Living Healthy, Women Living Well: CD-ROM program focused on healthy eating, physical nutrition, and women's health issues | Call for cost  
Locations vary |
| Wayne County Health Department Main: 919-731-1000  
Health Promotion Coordinator: 919-731-1235  
Minority Health Education: 919-731-1288  
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<tr>
<th>Talk to…</th>
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| **Wayne Memorial Hospital**  
919-736-1110  
2700 Wayne Memorial Dr., Goldsboro, NC 27533  
http://www.waynehealth.org/body.cfm?id=81 | • Diabetes Support Group: support and education for people with diabetes and their families  
• Mended Hearts: support and education for people/families with heart disease  
• Overeaters Anonymous: 12-step program for people with eating problems  
• Weight & Exercise Support Group: for anyone wishing to exercise in a group to lose weight | **Free** |
### Wilkes County Resources

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<tr>
<th>Talk to…</th>
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<tr>
<td><strong>Northwest Tobacco Prevention Coalition</strong>*&lt;br&gt;828-264-4995&lt;br&gt;126 Poplar Grove Connector, Boone, NC 28607&lt;br&gt;<a href="http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php">http://www.apphealth.com/Ashe/Health_Promotion/Northwest_Tobacco_Prevention_Coalition.php</a></td>
<td>• Information on tobacco cessation</td>
<td><strong>Free</strong></td>
</tr>
<tr>
<td><strong>Wilkes County Cooperative Extension</strong>&lt;br&gt;336-651-7331&lt;br&gt;201 Curtis Bridge Rd., Suite A, Wilkesboro, NC 28697&lt;br&gt;<a href="http://wilkes.ces.ncsu.edu/">http://wilkes.ces.ncsu.edu/</a></td>
<td>• Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with the Health Department and Wilkes Regional Medical Center</td>
<td>Support Group: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Wilkes County Health Department</strong>&lt;br&gt;336-651-7450&lt;br&gt;306 College St., Wilkesboro, NC 28697&lt;br&gt;<a href="http://www.wilkeshealth.com">http://www.wilkeshealth.com</a></td>
<td>• List of fitness resources and smoke-free dining&lt;br&gt;• Diabetes education and diet instruction&lt;br&gt;• Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with Wilkes Regional Medical Center and Cooperative Extension&lt;br&gt;• Eat Smart, Move More, Weigh Less: 15-week program&lt;br&gt;• Fresh Start: 2-week smoking cessation program</td>
<td>Diabetes Ed.: sliding scale fee&lt;br&gt;Support Group: <strong>Free</strong>&lt;br&gt;Eat Smart: $10&lt;br&gt;Fresh Start: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Wilkes County Parks and Recreation</strong>&lt;br&gt;336-651-7355&lt;br&gt;1803 Industrial Dr., Wilkesboro, NC 28697&lt;br&gt;<a href="http://www.wilkescounty.net/">http://www.wilkescounty.net/</a></td>
<td>• Athletics: softball, flag football, basketball, soccer</td>
<td>Call for more information&lt;br&gt;Locations vary</td>
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<tr>
<td>Talk to…</td>
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<td>Other information…</td>
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<tr>
<td><strong>Wilkes Regional Medical Center</strong> 336-651-8100 or 336-651-7449 1370 West D St., North Wilkesboro, NC 28659 <a href="http://www.wilkesregional.com">http://www.wilkesregional.com</a></td>
<td>• Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with Health Department and Cooperative Extension</td>
<td>Support Group: <strong>Free</strong></td>
</tr>
<tr>
<td><strong>Wilkes Senior Center</strong> 336-667-5281 228 Fairplains School Rd., North Wilkesboro, NC 28659 <a href="http://www.wilkesseniorcenter.org/">http://www.wilkesseniorcenter.org/</a></td>
<td>• Recreation and wellness activities: walking track, horseshoe pits, table tennis, basketball, Silver Striders, indoor walking in gym, chair exercise, exercise room, line dancing and clogging • Guest speakers: monthly, topics include health issues</td>
<td><strong>Free</strong>  For adults 60+</td>
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## Wilson County Resources

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<tbody>
<tr>
<td><strong>Area Agency on Aging, Region L</strong>&lt;br&gt;252-234-5965&lt;br&gt;Upper Coastal Plain Council of Governments, 121 W. Nash St., Wilson, NC 27894&lt;br&gt;<a href="http://www.ucpcog.org/">http://www.ucpcog.org/</a></td>
<td>● Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties</td>
<td><strong>Free</strong>&lt;br&gt;Locations vary&lt;br&gt;For ages 55+</td>
</tr>
<tr>
<td><strong>Wilson Community Health Center</strong>&lt;br&gt;252-243-9800&lt;br&gt;303 E. Green St., Wilson, NC 27893</td>
<td>● Smoking cessation classes available</td>
<td>Call for cost</td>
</tr>
<tr>
<td><strong>Wilson County Cooperative Extension</strong>&lt;br&gt;252-237-0111&lt;br&gt;1806 SW Goldsboro St., Wilson, NC 27893&lt;br&gt;<a href="http://wilson.ces.ncsu.edu/">http://wilson.ces.ncsu.edu/</a></td>
<td>● Eat Smart, Move More, Weigh Less</td>
<td>Nominal fee</td>
</tr>
<tr>
<td><strong>Wilson County Health Department</strong>&lt;br&gt;252-291-5470&lt;br&gt;Health Promotion: 252-237-3141 ext. 6642&lt;br&gt;1801 Glendale Dr., Wilson, NC 27893&lt;br&gt;<a href="http://www.wilson-co.com/index.aspx?nid=85">http://www.wilson-co.com/index.aspx?nid=85</a></td>
<td>● Nutritional Counseling: diabetes, high cholesterol, weight management, etc.&lt;br&gt;● List of restaurants with Winner’s Circle options</td>
<td>Call for more information</td>
</tr>
<tr>
<td><strong>Wilson Parks and Recreation</strong>&lt;br&gt;252-399-2261&lt;br&gt;<a href="http://www.wilsonnc.org/departments/ParksAndRecreation/">http://www.wilsonnc.org/departments/ParksAndRecreation/</a></td>
<td>● Fitness classes, sports leagues, community centers, fitness center, sports fields, walking program, water aerobics, etc.</td>
<td>Fees and locations vary</td>
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<tr>
<td><strong>Yadkin County Resources</strong></td>
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<tr>
<td><strong>Talk to…</strong></td>
<td><strong>What they offer……</strong></td>
<td><strong>Other information…</strong></td>
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</tbody>
</table>
| **Area Agency on Aging, Region I***  
336-761-2111  
dburgess@nwpcog.org  
Northwest Piedmont Council of Governments,  
400 W Fourth St., Suite 400, Winston-Salem, NC 27101  
http://www.nwpcog.org/ | • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties | **Free**  
For adults 60+  
(call to see if room for anyone under 60) |
| **Healthy Yadkin**  
336-849-7689  
403 East Main St., Yadkinville, NC 27055  
http://www.yadkincountync.gov/content/view/72/221/ | • Eat Smart, Move More, Weigh Less: 15-week weight management class  
• Freedom From Smoking: 7-week smoking cessation program | Eat Smart: call for cost  
Freedom: **Free** for Yadkin County residents |
| **Yadkin County Cooperative Extension**  
336-679-2061  
209 E Elm St., Yadkinville, NC 27055  
http://yadkin.ces.ncsu.edu/ | • Eat Smart, Move More, Weigh Less  
• Dining with Diabetes | Call for cost |
| **Yadkin County Parks and Recreation Department**  
336-679-4228  
6600 Service Rd., Yadkinville, NC 27055  
http://www.yadkincountync.gov/content/view/18/326/ | • Facilities: tennis courts, walking trail, disc-golf course, athletic fields, nature/biking trail, volleyball courts, outdoor pool  
• Activities: adult softball | Pool: $2.50  
Locations vary |
<table>
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<tr>
<th><strong>Yancey County Resources</strong></th>
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<tr>
<td><strong>Talk to...</strong></td>
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</tbody>
</table>
| Blue Ridge Regional Hospital* | • Nutrition consultations: for diabetes or weight management  
• Fitness Center: fitness equipment and classes | Nutrition: call for cost  
Fitness Center:  
$10 daily walk-in fee,  
$7 classes,  
$20 walking club |
| Blue Ridge Regional Hospital*  
828-765-4201 or 877-777-8230  
125 Hospital Dr., Spruce Pine, NC 28777  
Fitness Center: 828-678-3488  
155 Love Fox Rd., Burnsville, NC 28714 | | |
| Yancey County Cooperative Extension | • Nutrition programs at Yancey County Senior Center | Call for more information |
| Yancey County Cooperative Extension  
828-682-6186  
10 Orchard Dr., Burnsville, NC 28714  
http://yancey.ces.ncsu.edu/ | | |
| Yancey County Parks and Recreation | • Recreation area, hiking trails, swimming/tubing area | Call for more information |
| Yancey County Parks and Recreation  
828-284-5129  
315 Mitchell Branch Rd., Burnsville, NC 28714  
| Yancey County Senior Center | • Fitness/health promotion: exercise program, can use local fitness center at no charge  
• Presentations by Cooperative Extension: nutrition, diabetes, and other health topics | Free  
For ages 60+ |
| Yancey County Senior Center  
828-682-6011  
10 Swiss Ave., Room 201, Burnsville, NC 28714  
http://www.main.nc.us/yancey/YCSC/index.htm | | |