



NC WISEWOMAN™

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

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National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	<p>American Cancer Society 800-ACS-2345 (800-227-2345) http://www.cancer.org http://www.cancer.org/docroot/subsite/greatamericans/ http://www.everydaychoices.org/</p>	<ul style="list-style-type: none"> • ACS Quitline: info on tobacco quitlines • Active for Life: 10-week program for physical activity • Great American Health Challenge: interactive surveys to share with your doctor <ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>American Diabetes Association 800-DIABETES (800-342-2383) AskADA@diabetes.org http://www.diabetes.org http://www.everydaychoices.org/ http://professional.diabetes.org/ERP_List.aspx</p>	<ul style="list-style-type: none"> • Information about Diabetes, nutrition, and physical activity • 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 	<p>Free</p>

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	American Dietetic Association 800-877-1600 http://www.eatright.org	<ul style="list-style-type: none"> • 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/	<ul style="list-style-type: none"> • 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/	<ul style="list-style-type: none"> • Become an Ex: tobacco cessation support program and online community • Available in English and Spanish 	Free

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	<p>American Lung Association 800-LUNG-USA (800-586-4872) Quitline: 866-QUIT-YES (866-784-8937) Lung HelpLine: 800-548-8252 http://www.lungusa.org http://www.lunghelpline.org http://www.ffsonline.org/</p>	<ul style="list-style-type: none"> • Self-help materials for quitting smoking • Tobacco Quitline: telephone support for quitting smoking • Freedom From Smoking Online: 8-week online smoking cessation program • Lung HelpLine: information line about lung health 	<p>Free</p>
	<p>American Lung Association of North Carolina 919-832-8326 or 800-892-5650 info@lungnc.org http://www.lungnc.org/</p>	<ul style="list-style-type: none"> • Information about state-wide programs including Freedom From Smoking 	<p>Costs and locations vary</p>
	<p>Arthritis Foundation 800-283-7800 http://www.arthritis.org/ http://lmt.arthritis.org</p>	<ul style="list-style-type: none"> • Let's Move Together: nationwide movement that encourages people to move everyday to prevent or treat arthritis • Movement Tracker: to keep track of physical activity 	<p>Free</p>

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	<p>Centers for Disease Control 800-CDC-INFO (800-232-4636) http://www.cdc.gov/physicalactivity/index.html http://www.cdc.gov/nutrition/index.html http://www.cdc.gov/diabetes/ http://www.cdc.gov/tobacco/ http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm http://www.cdc.gov/physicalactivity/growingstronger</p>	<ul style="list-style-type: none"> • Information about physical activity, healthy nutrition, diabetes, and tobacco • Pathways to Freedom – Winning the Fight Against Tobacco: link to intervention materials • Growing Stronger – Strength Training for Older Adults 	<p>Free</p>
	<p>ChewFree http://www.chewfree.com/</p>	<ul style="list-style-type: none"> • Interactive online quit resources for users of chewing tobacco or snuff 	<p>Free</p>
	<p>Diabetes Management Solutions 919-876-8466 or 877-781-6664 info@thediabetesbus.org http://www.thediabetesbus.org/</p>	<ul style="list-style-type: none"> • Diabetes Bus: must be referred by physician and scheduled for class • Living (Well) With Diabetes Support Groups 	<p>Free Various locations in Eastern NC</p>
	<p>It's Your Air, Take It Back http://www.takeitbacknc.com</p>	<ul style="list-style-type: none"> • Information about making your work, home, and community smoke-free 	<p>Free</p>
	<p>Massachusetts Department of Public Health https://quitwizard.makesmokinghistory.org/</p>	<ul style="list-style-type: none"> • Quit Wizard: online quit tool for tobacco (some info is specific to Mass-residents, but the Quit Wizard is available to everyone) 	<p>Free</p>

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
 	<p>MyPyramid (US Department of Agriculture) 888-7-PYRAMID (888-779-7264) Support@cnpp.usda.gov http://www.mypyramid.gov/ http://www.mypyramidtracker.gov/</p>	<ul style="list-style-type: none"> • 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 	<p><i>Free</i></p>
   	<p>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/</p>	<ul style="list-style-type: none"> • Information and referral service: searchable database of programs and services across NC 	<p><i>Free</i></p>
  	<p>NC Cooperative Extension (through NCSU and NC A&T State University) http://www.ces.ncsu.edu</p>	<ul style="list-style-type: none"> • 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 	<p>Program costs and locations vary</p>
   	<p>NC Department of Health and Human Services: Division of Public Health 919-707-5200 cdi@ncmail.net http://www.ncpublichealth.com/chronicdiseaseandinjury/index.htm</p>	<ul style="list-style-type: none"> • 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 	<p><i>Free</i></p>

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	<p>NC Division of Aging and Adult Services 919-733-0440 serena.sanker@ncmail.net http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm</p>	<ul style="list-style-type: none"> • Living Healthy with Chronic Conditions: Chronic Disease Self-Management Program available in various locations across the state 	<p>Call for availability and cost in your area</p>
  	<p>NC Health and Wellness Trust Fund 919-981-5000 hwafc@ncmail.net http://www.healthwellnc.com/</p>	<ul style="list-style-type: none"> • Fit Together NC: resources for nutrition and physical activity • Care To Act NC: information about diabetes for African-Americans, Latinos, and American Indians 	<p>Free</p>
  	<p>NC Prevention Partners 919-969-7022 http://www.ncpreventionpartners.org http://www.winnerscirclehealthydining.com/</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>Nicotine Anonymous 877-879-6422 http://www.nicotine-anonymous.org/</p>	<ul style="list-style-type: none"> • Nicotine Anonymous Support Groups: in-person, online, and telephone meetings available (call or see website for locations and other info) 	<p>Free</p>

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	<p>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 Piedmont: www.supportworks.org/info/oa.htm Triangle: www.triangleoa.org</p>	<ul style="list-style-type: none"> • 12-step program for compulsive overeaters • Meetings/contact available in-person, online, by telephone, or by mail/email <ul style="list-style-type: none"> • In-person Meetings: search www.oa.org or call regional phone number for a list of local meetings • Online/Telephone Meetings: http://www.oa.org/online_meetings.html • Mail/Email Contact: http://www.oa.org/service_by_mail.html 	<p>Free</p>
	<p>Quit Now NC! 800-QUIT-NOW (800-784-8669) Deaf / hard of hearing: 877-777-6534 http://www.quitlinenc.org/</p>	<ul style="list-style-type: none"> • Tobacco Quitline available 8am – 3am, 7 days/wk • Available in English, Spanish, TTY 	<p>Free</p>
	<p>Quitnet.com http://www.quitnet.com/</p>	<ul style="list-style-type: none"> • Online smoking cessation program • Available in English and Spanish 	<p>Free</p>
<p>Rx</p>	<p>Seniors' Health Insurance Information Program (SHIIP) 1-800-443-9354 919-807-6900 http://www.ncdoi.com/shiip/default.asp</p>	<ul style="list-style-type: none"> • Counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns 	<p>Free</p>

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	Shape Up America! Healthy Weight for Life http://www.shapeup.org/	<ul style="list-style-type: none"> • Resources for improving diet and physical activity • Shape Up & Drop 10 Program: 10 step plan for improving nutrition and physical activity • Fitness Center: tools to develop an activity plan • 10,000 Steps: guide for increasing physical activity 	Free
	Smokefree.gov http://www.smokefree.gov/quit-smoking	<ul style="list-style-type: none"> • Online guide to quitting smoking 	Free
	Spirit of Women 561-544-0755 http://www.spiritofwomen.com/ To find a Spirit Hospital in NC: http://www.spiritofwomen.com/findahospitalnorthcarolina.html	<ul style="list-style-type: none"> • National coalition of U.S. hospitals and healthcare facilities that implements programs to address various health topics affecting women • Programs/Events include: Day of Dance, Heartcaring, Walk with Spirit, etc. • Website includes education and discussion forums • English and Spanish available 	Website: Free Programs/Events: costs and locations vary
	Taking Off Pounds Sensibly (TOPS) Eastern NC: James Farmer 252-333-1100 TOPS614@embarqmail.com Western NC: Mary Reed 910-425-5402 mary4TOPS@embarqmail.com www.tops.org	<ul style="list-style-type: none"> • Weekly meetings that encourage weight loss • Call or search online for a list of local meetings 	\$26 per year

National and Statewide Resources

	Talk to...	What they offer.....	Other information...
	<p>United Way 2-1-1 http://www.nc211.org/</p>	<ul style="list-style-type: none"> • NC 211: 24-hour service line for assistance finding community health and human service resources in your community 	<p>Free Available in most counties</p>
	<p>University of California at San Francisco & San Francisco General Hospital iQuit: 866-895-8050 https://www.iquit.medschool.ucsf.edu/ https://www.stopsmoking.ucsf.edu</p>	<ul style="list-style-type: none"> • iQuit: telephone, internet, and mail-based smoking treatment study for Lesbian, Gay, Bisexual and Transgender Smokers 	<p>Free</p>

Alamance County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Alamance County Community YMCA 336-395-9622 1346 South Main St., Burlington, NC 27215 http://www.acymca.org</p>	<ul style="list-style-type: none"> • Get Real Weight Management Program: 8-week program focused on attitude, self-image, self-empowerment, exercise, and nutrition • Exercise classes: Silver Sneakers Fitness Program, Water Fitness Classes, Young at Heart, etc. 	<p>Membership costs vary, financial assistance available</p> <p>Get Real: \$65 members, \$85 non-members</p> <p>Exercise classes: free for members, \$30 for 10-class punch card for non-members</p>
 	<p>Alamance County Cooperative Extension 336-570-6740 209-C N. Graham-Hopedale Rd., Burlington, NC 27217 http://alamance.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Families Eating Smart and Moving More: 4-sessions • Eat Smart, Move More, Weigh Less: 19-sessions • Give Your Heart a Healthy Beat 	<p>Costs vary</p>
	<p>Alamance County Health Department 336-570-6382 319 N. Graham-Hopedale Rd., 1st Floor, Suite B, Burlington, NC 27217 http://www.alamance-nc.com/Alamance-NC/Departments/Health/</p>	<ul style="list-style-type: none"> • Winner's Circle Healthy Dining Program: information on restaurants with healthy food choices • Info on community walking tracks available 	<p>Free</p>

Alamance County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>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</p>
	<p>Healthy Alamance 336-513-5590 319 N. Graham-Hopedale Rd., Burlington, NC 27217 http://www.healthyalamance.com/</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>

Alexander County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Alexander County Cooperative Extension 828-632-4451 376 1st Ave. SW, Taylorsville, NC 28681 http://alexander.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Give Your Heart a Healthy Beat: 6 sessions taught over ten weeks • Eat Smart, Move More, Weigh Less: 15-week program, in partnership with Health Department 	<p>Give your Heart: call for cost Eat Smart: \$15 Activity locations vary</p>
 	<p>Alexander County Health Department 828-632-9704 338 1st Ave. SW, Suite 1, Taylorsville, NC 28681 http://www.co.alexander.nc.us/health.php</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week program, in partnership with Cooperative Extension 	<p>\$15</p>
	<p>Alexander County Parks and Recreation Department 828-632-1104 621 Liledoun Rd., Box 4, Taylorsville, NC 28681 http://www.co.alexander.nc.us/recreation.php</p>	<ul style="list-style-type: none"> • Recreational activities, recreational parks, ball fields, tennis courts, lighted walking tracks, and special events • Old Wittenburg Elementary School gym available to the public 8:30am-4:30pm Monday-Friday 	<p>Facilities: Free Sports teams: costs vary</p>
	<p>Alexander Senior Center 828-632-1717 730 Seventh St. S.W., Taylorsville, NC 28681 http://www.geocities.com/alexsrcen/</p>	<ul style="list-style-type: none"> • Fitness room and exercise video available • Physical Activity classes: general exercise classes, yoga / stretching, beginning line dance, etc. 	<p>Free For adults age 60+ and their spouses</p>
	<p>Hiddenite Center 828-632-6966 316 Church St., Hiddenite, NC 28636 http://www.hiddenitecenter.com/</p>	<ul style="list-style-type: none"> • Emerald Squares Dance Class: western style square dancing, Thursday evenings from Fall through Spring 	<p>Classes: around \$5 per class</p>

Alexander County Resources

	Talk to...	What they offer.....	Other information...
	<p>YMCA of Alexander County 828-632-2232 34 West Main Ave., Taylorsville, NC 28681 http://www.acymca.net/</p>	<ul style="list-style-type: none"> • Variety of exercise classes available • Treadmills, stationary bikes, free weights, aerobics studio, Nautilus equipment, changing areas 	<p>Membership fees vary Financial assistance available</p>

Alleghany County Resources

	Talk to...	What they offer.....	Other information...
  	Alleghany County Cooperative Extension 336-372-5597 90 South Main St., Sparta, NC 28675 http://alleghany.ces.ncsu.edu/	<ul style="list-style-type: none"> • 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/	<ul style="list-style-type: none"> • 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/	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Information on tobacco cessation 	Free

Anson County Resources

	Talk to...	What they offer.....	Other information...
	<p>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.carolinasmedicalcenter.org/no_nav.cf?m?id=1908 http://www.ansonparishnurse.org</p>	<ul style="list-style-type: none"> • 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 	<p>Diabetes Self-Management: call for cost All others programs: Free Locations vary</p>
	<p>Anson County Cooperative Extension 704-694-2915 501 McLaurin St., Wadesboro, NC 28170 http://anson.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Families Eating Smart and Moving More 	<p>Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Healthy Ansonians 704-695-3405 http://www.healthyansonians.org/</p>	<ul style="list-style-type: none"> • Mobile Screening Clinic • Diabetes Prevention Program: in partnership with Anson Community Hospital 	<p>Free</p>

Ashe County Resources

	Talk to...	What they offer.....	Other information...
  	<p>App Health* http://www.apphealth.com/</p>	<ul style="list-style-type: none"> • Information on outdoor physical activity opportunities, chronic disease, and nutrition • Community directory for the Appalachian region 	<p>Free</p>
  	<p>Ashe County Cooperative Extension 336-846-5850 134 Government Circle, Suite 202, Jefferson, NC 28640 http://ashe.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Programs available on physical activity, nutrition, and diabetes may be available 	<p>Call for more information</p>
  	<p>Ashe County Health Department (part of Appalachian District Health Department) 336-246-9449 <u>Contact:</u> Jennifer Bryan-Greene 413 McConnell Street, Jefferson, NC 28694 http://www.apphealth.com/Ashe/Index.php</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10-15 sessions • Variety of programs/resources available 	<p>Eat Smart: Free</p>

Ashe County Resources

	Talk to...	What they offer.....	Other information...
	<p>Ashe Memorial Hospital: Mountain Hearts Mountain Hearts Center: 336-846-0744 200 Hospital Ave., Jefferson, NC 28640 http://www.ashememorial.org/</p>	<ul style="list-style-type: none"> • 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 	<p>Diabetes: can apply for financial aid</p> <p>Memberships: monthly fees vary (\$25-56); financial aid available to those with doctor referral to exercise; up to 75% off!</p> <p>Smoking class: Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Information on tobacco cessation 	<p>Free</p>

Avery County Resources

	Talk to...	What they offer.....	Other information...
	<p>Cannon Memorial Hospital 828-737-7000 434 Hospital Dr., Linville, NC 28646 https://www.apprhs.org/locations/cannon-memorial-hospital</p>	<ul style="list-style-type: none"> • 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! 	<p>Spirit of Women Free</p> <p>Eat Smart: \$25</p>
	<p>Avery County Cooperative Extension 828-733-8275 805 Cranberry St., Newland, NC 28657 http://avery.ces.ncsu.edu</p>	<ul style="list-style-type: none"> • 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! <p>Locations:</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Expanded Food and Nutrition Education Program: 9-20 lesson series, available to women with children or grandchildren living at home 	<p>Eat Smart: \$25</p> <p>EFNEP: Free</p>

Avery County Resources

	Talk to...	What they offer.....	Other information...
 	<p>YMCA of Avery County 828-737-5500 436 Hospital Dr., Linville, NC 28646 www.ymcaavery.org</p>	<ul style="list-style-type: none"> • Various exercise and educational opportunities 	<p>Membership fees apply, financial assistance available simply stop by to pick up a Y-Access financial assistance application</p>

Beaufort County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Beaufort County Cooperative Extension 252-946-0111 155-A Airport Rd., Washington, NC 27889 http://beaufort.ces.ncsu.edu</p>	<ul style="list-style-type: none"> • 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 	<p>Eat Smart: \$30 Dining: small fee Good Eats: \$10 Women Living: Free</p>
  	<p>Beaufort County Hospital: LifeStyles Medical Fitness Center 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 http://www.beaufortregionalhealthsystem.org/</p>	<ul style="list-style-type: none"> • Freedom From Smoking: 7-weekly meetings, offered about once per year • LEARN Weight Management Program: offered in January, 8-10 week program 	<p>Freedom: \$50 LEARN: \$25 for members, \$50 for non-members</p>
 	<p>Grace Martin Harwell Senior Center 252-975-9368 310 W Main St., Washington, N.C. 27889 http://www.washington-nc.com/recreation_seniors.aspx</p>	<ul style="list-style-type: none"> • 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 	<p>Free contributions are accepted For adults 55+ Eat Smart: \$20</p>

Bertie County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Bertie County: 252-794-5322 102 Rhodes Ave., Windsor, NC 27983 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	<p>Call for cost and availability Locations vary</p>
	<p>Bertie County Cooperative Extension 252-794-5317 106 Dundee St., Windsor, NC 27983 http://bertie.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Class on Diabetes and Heart Disease • Expanded Food and Nutrition Education Program: for parents/grandparents caring for children 	<p>Free</p>
	<p>Bertie Memorial Hospital Bertie Memorial Hospital: 252-794-6600 Hospital Wellness Coordinator: 252-482-6242 1403 South King St., Windsor, NC 27983 http://www.uhseast.com/body.cfm?id=28 http://www.uhseast.com/body.cfm?id=1951&oTopID=28</p>	<ul style="list-style-type: none"> • 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 	<p>Support group: Free Other programs: call for more info</p>

Bertie County Resources

	Talk to...	What they offer.....	Other information...
 	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>Diabetes Self-Mgmt.: sliding scale fee Support Group: Free Diabetes Ed.: Free Nutrition Ed.: sliding scale fee</p>
   	<p>Three Rivers Healthy Carolinians* 252-482-1199 100 W. Freemason Circle, Edenton, NC 27932</p>	<ul style="list-style-type: none"> • Tobacco cessation • Physical activity programs • Diabetes support group: meets twice monthly • Body & Soul: nutrition program in African-American churches • Diabetes Day: March 2009 	<p>Call for more information</p>

Bladen County Resources

	Talk to...	What they offer.....	Other information...
	<p>Bladen County Cooperative Extension 910-862-4591 450 Smith Circle Dr., Elizabethtown, NC 28337 http://bladen.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>EFNEP: Free Eat Smart: \$35</p>
<p>Rx</p>	<p>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</p>	<ul style="list-style-type: none"> • Healthy Bladen: medication assistance program for under and uninsured adults 	<p>Call for more information</p>
	<p>Bladen County Parks and Recreation 910-862-6770 803 King St., Elizabethtown, NC 28337 http://bladen.recdesk.com/recdeskportal/</p>	<ul style="list-style-type: none"> • Recreational facilities: parks, fields, King Street Gym (basketball court) • Adult Co-Ed Volleyball league 	<p>Locations and fees vary Volleyball: \$25/person</p>

Brunswick County Resources

	Talk to...	What they offer.....	Other information...
	<p>Brunswick County Cooperative Extension 910-253-2610 25 Referendum Dr., Bolivia, NC 28422 http://brunswick.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program • Expanded Food and Nutrition Education Program: available to parents or grandparents with children living in their home 	<p>Location and fees vary EFNEP: Free</p>
	<p>Brunswick County Health Department 910-253-2250 Government Complex, Bldg. A, 25 Courthouse Dr. NE, Bolivia, NC 28422 http://www.brunswickcountync.gov/Health/tabid/90/Default.aspx</p>	<ul style="list-style-type: none"> • Diabetes Education Program: individual consultation and class on diabetes management, requires doctor's referral 	<p>Diabetes: sliding scale fee</p>
	<p>Brunswick County Parks & Recreation 910-253-2670 Building M, 69 Stamp Act Dr. NE, Bolivia, NC 28422 http://www.brunswickcountync.gov/Departments/ParksandRecreation/tabid/64/Default.aspx</p>	<ul style="list-style-type: none"> • Sports leagues and lessons: including softball, tennis, volleyball • 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 	<p>Fees and locations vary Senior activities: for ages 55+</p>

Buncombe County Resources

	Talk to...	What they offer.....	Other information...
	<p>Appalachian Sustainable Agriculture Project (ASAP) 828-236-1282 Asheville, NC http://www.asapconnections.org/</p>	<ul style="list-style-type: none"> Local Food Guide: listing of farmers markets and other local food sources 	<p>Free Locations vary</p>
	<p>Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/</p>	<ul style="list-style-type: none"> Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Buncombe County Health Center (Health Department) 828-250-5000 35 Woodfin, Asheville, NC 28801 http://www.buncombecounty.org/governing/depts/Health/default.asp</p>	<ul style="list-style-type: none"> Cooking for Your Health: TV cooking show produced by the Nutrition Department and Buncombe County TV, available online or on Charter Cable channel 2 	<p>Free</p>
	<p>Council on Aging 828-277-8288 http://www.coabc.org/senior-dining</p>	<ul style="list-style-type: none"> Senior Dining: lunch, exercise, activities for age 60+ 	<p>Free Locations vary</p>

Buncombe County Resources

	Talk to...	What they offer.....	Other information...
	ExploreAsheville.com http://www.exploreasheville.com/active-getaways/index.aspx	<ul style="list-style-type: none"> • Active Getaway: info about being active in Asheville • General physical activity information 	Free
	Healthy Buncombe 828-250-6994 257 Biltmore Ave., Asheville, NC 28801 http://www.healthybuncombe.org/	<ul style="list-style-type: none"> • Information about physical activity and nutrition 	Free
	Mission Hospital Main: 828-213-1111 Nicotine Dependence Program: 828-213-0296 Forever Fit: 828-213-8246 Health Education Center (Diabetes Programs): 828-213-4700 509 Biltmore Ave., Asheville, NC 28801 http://www.missionhospitals.org/body.cfm?id=13	<ul style="list-style-type: none"> • Nicotine Dependence Program <ul style="list-style-type: none"> • 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

Buncombe County Resources

	Talk to...	What they offer.....	Other information...
  	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>\$10/month for 12 months</p>

Burke County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Burke County Cooperative Extension 828-439-4460 130 Ammons Dr., Suite 2, Morganton, NC 28655 http://burke.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Programs on physical activity and/or nutrition may be available 	<p>Call for information</p>
  	<p>Burke County Health Department 828-439-4400 700 East Parker Rd., Morganton, NC 28655 http://co.burke.nc.us/departments/health/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: series of classes on diet/exercise for weight management • Freedom From Smoking: smoking cessation classes 	<p>Eat Smart: \$20 Freedom: about \$20, call for cost</p>
	<p>Burke County Parks and Recreation 828-439-4370 700 South Main St., Drexel, NC 28619 http://co.burke.nc.us/departments/parks-recreation/</p>	<ul style="list-style-type: none"> • Athletic programs: indoor and outdoor soccer, football, basketball, baseball, softball, cheerleading • Parks and athletic facilities available 	<p>Locations and fees vary</p>
	<p>Phifer Wellness Center (part of Blue Ridge Healthcare) Main: 828-580-6600 Diabetes Support Group: 828-580-6784 2165 South Sterling St., Morganton, NC 28655 http://www.blueridgehealth.org/phifer.html</p>	<ul style="list-style-type: none"> • Diabetes Support Group: meets the fourth Thursday of each month from 7-8pm 	<p>Free</p>

Burke County Resources

	Talk to...	What they offer.....	Other information...
	<p>Valdese Hospital & Grace Hospital (part of Blue Ridge Healthcare) Valdese Hospital: 828-874-2251 720 Malcolm Blvd., Valdese, NC http://www.blueridgehealth.org/valdese-hospital.html Grace Hospital: 828-580-5000 Outpatient Department: 828-580-6782 2201 South Sterling St., Morganton, NC 28655 http://www.blueridgehealth.org/grace-hospital.html</p>	<ul style="list-style-type: none"> • Diabetes Education Classes: series of classes and nutritional counseling, requires doctor's order • Diabetes Support Group: meets monthly 	<p>Education: fees vary, financial assistance may be available Support Group: Free</p>

Cabarrus County Resources

	Talk to...	What they offer.....	Other information...
	<p>Cabarrus County Cooperative Extension 704-920-3310 715 Cabarrus Ave. West, Concord, NC 28027 http://cabarrus.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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) 	<p>Locations vary Free</p>
	<p>Carolinas Medical Center – NorthEast: Cannon Heart Center Main: 704-403-3000 QuitSmart: 704-403-1275 or 800-842-6868 920 Church Street N., Concord, NC 28025</p>	<ul style="list-style-type: none"> • QuitSmart Smoking Cessation Program: group sessions, tapes/CDs, manual, cigarette substitute 	<p>\$150, financial assistance may be available</p>
	<p>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.centralinaaging.org/Consumers/ebhp.htm</p>	<ul style="list-style-type: none"> • 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 	<p>Free Locations vary</p>

Caldwell County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Health Promotion: usually free FreshStart: Free Diabetes Ed.: call for cost, may be free if referred from Helping Hands Clinic Support Group: Free</p>
	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>In-clinic services: Free for uninsured Caldwell County residents CHAP: \$5 copay/visit</p>
	<p>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</p>	<ul style="list-style-type: none"> • Information on tobacco cessation 	<p>Free</p>

Caldwell County Resources

	Talk to...	What they offer.....	Other information...
	<p>Satie & J.E. Broyhill Caldwell Senior Center 828-758-2883 650-A Pennton Ave. SW, Lenoir, NC, 28645 http://caldwellseniorcenter.org/</p>	<ul style="list-style-type: none"> • Variety of exercise and dance classes 	<p>Free Available to county residents ages 60+</p>

Camden County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Camden County: 252-338-4460 160B Hwy 158 East, Camden, NC 27921 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	<p>Call for cost and availability Locations vary</p>
	<p>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/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-classes available in the fall 	<p>Eat Smart: \$20</p>
	<p>Healthy Carolinians of the Albemarle* 252-338-4440 or 252-232-1914 711 Roanoke Ave., Elizabeth City, NC 27909</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>

Carteret County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
 	<p>Carteret County Cooperative Extension 252-222-6352 303 College Cir., Morehead City, NC 28557 http://carteret.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-classes • Cook Smart, Eat Smart 	<p>Eat Smart: \$40 Cook Smart: call for cost Location vary</p>
 	<p>Carteret County Health Department 252-728-8550 3820 Bridges St. #A, Morehead City, NC 28557 http://www.carteretcountyhealth.com/</p>	<ul style="list-style-type: none"> • Walking trail guide • Lookout for Your Health: monthly TV show on Time Warner Cable channel 10, broadcast twice weekly, covers a variety of health topics 	<p>Free</p>
 	<p>Carteret General Hospital Main: 252-808-6000 Diabetes Learning Center: 252-808-6689 Freedom From Smoking: 252-808-6611 3500 Arendell St., Morehead City, NC 28557 http://www.ccgh.org/community/support_ed_programs.shtml</p>	<ul style="list-style-type: none"> • Diabetes Support Group: call for availability • Diabetes Education Program: requires doctor's referral • Freedom From Smoking: 7-week class 	<p>Support Group: Free Diabetes Education: call for cost, reduced fee may be available Freedom: \$50</p>

Carteret County Resources

	Talk to...	What they offer.....	Other information...
	<p>New Hanover Regional Medical Center Main: 910-343-7000 Weight Transitions: 910-343-7193 2131 S. 17th St., Wilmington, NC 28401 http://www.nhn.org/</p>	<ul style="list-style-type: none"> • Weight Transitions: 12-week weight management program for people with a BMI of 30+, group classes and supervised exercise sessions, includes one nutrition class 	<p>\$145 (can be broken into three monthly payments: \$65, \$40, \$40)</p>

Caswell County Resources

	Talk to...	What they offer.....	Other information...
	<p>Caswell County Cooperative Extension 336-694-4158 126 Court Square, Yanceyville, NC 27379 http://caswell.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Dining: small fee Eat Smart: \$20 Other programs: call for cost</p>
	<p>Caswell County Senior Center 336-694-7447 142 Main St., Yanceyville, NC 27379 http://www.caswellcountync.gov/county/depts/seniorcenter.htm</p>	<ul style="list-style-type: none"> • Weekly exercise classes • Exercise equipment room: treadmills, bicycles, weight machine 	<p>Free For ages 55+</p>
	<p>Prospect Hill Community Health Center 336-562-3311 140 Main St., Prospect Hill, NC 27314 http://www.piedmonthhealth.org/english/prospecthillpage.htm</p>	<ul style="list-style-type: none"> • 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 	<p>Call for cost (free or sliding scale fee)</p>
	<p>Caswell County Parks & Recreation Department 336-694-4449 http://www.yanceyvillenc.gov/liv_leisure.htm http://www.caswellcountync.gov/county/depts/rec_dept.htm</p>	<ul style="list-style-type: none"> • Recreation Park: gymnasium, tennis courts, ballpark, batting cages, on Country Park Rd. in Yanceyville • Gatewood Memorial Park: walking trails, horseshoe pits, on Firetower Rd. in Yanceyville • Adult softball league 	<p>Park: Free Softball: \$250 per team</p>

Catawba County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Catawba County Cooperative Extension 828-465-8240 1175 S. Brady Ave., Newton, NC 28658 http://catawba.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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
	<p>Catawba County Parks 828-256-9157 or 828-324-8461 100 A South West Blvd., Newton, NC 28658 http://www.catawbacountync.gov/depts/parks/</p>	<ul style="list-style-type: none"> • 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
   	<p>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/</p>	<ul style="list-style-type: none"> • 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

Chatham County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcoq.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
 	<p>Chatham County Cooperative Extension 919-542-8202 45 South St., Pittsboro, NC 27312 http://chatham.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 14-16 weeks • Dining with Diabetes: 4-week course 	<p>Eat Smart: \$20 Dining: \$25-30</p>
  	<p>Chatham County Council on Aging: Senior Centers Eastern Chatham Senior Center: 919-542-4512 365 Hwy 87 N, Pittsboro, NC 27312 Western Chatham Senior Center: 919-742-3975 112 Village Lake Rd., Siler City, NC 27344 http://chathamcouncilonaging.org/</p>	<ul style="list-style-type: none"> • Exercise and dance classes • Fitness center with exercise equipment • Diabetic Support Groups: meet monthly • Nutrition speakers about once per month 	<p>Exercise classes: call for cost, scholarships available Diabetic Support Group: Free For ages 55+</p>

Chatham County Resources

	Talk to...	What they offer.....	Other information...
	<p>Chatham County Public Health Department 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 www.chathamnc.org/publichealth</p>	<ul style="list-style-type: none"> • Diabetes Self Management Education Classes: requires doctor referral • Diabetes Support Group: meets on the second Monday of each month at 5:30pm 	<p>Diabetes: Free Locations vary</p>
	<p>Chatham County Parks and Recreation 919-545-8555 90 East St., Pittsboro, NC 27312 http://www.chathamnc.org/Index.aspx?page=150</p>	<ul style="list-style-type: none"> • Athletic teams/lessons: basketball, softball, volleyball, kickball, tennis • List of county parks and trails 	<p>Locations and fees vary</p>
	<p>Chatham Hospital Main: 919-799-4000 Diabetes Program: 919-663-2314 475 Progress Blvd., Siler City, NC 27344 http://www.chathamhospital.org/</p>	<ul style="list-style-type: none"> • Diabetes Management Program: individual and group sessions, available in English and Spanish 	<p>Diabetes: fees vary, financial assistance may be available Locations vary</p>

Cherokee County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Cherokee County Cooperative Extension 828-837-2917 39 Peachtree St., Suite 103, Murphy, NC 28906 http://cherokee.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Dining: Free Eat Smart: call for cost Senior: Free</p>
  	<p>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/</p>	<ul style="list-style-type: none"> • Health Education: provided for individuals, community organizations, schools and clients within the county. 	<p>Call for more information</p>
	<p>Murphy Medical Center 828-837-8161 3990 E. US Hwy. 64 Alt., Murphy, NC 28906 http://www.murphymedical.org/</p>	<ul style="list-style-type: none"> • Smoking cessation counseling 	<p>Call for cost</p>

Chowan County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Chowan County: 252-482-6003 100 West Freemason Circle, Edenton, NC 27932 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	<p>Call for cost and availability Locations vary</p>
	<p>Chowan Hospital Main: 252-482-8451 Diabetes Education: 252-482-6216 211 Virginia Rd., Edenton, NC 27932 http://www.uhseast.com/body.cfm?id=432</p>	<ul style="list-style-type: none"> • Diabetes Self-Management Program: individual and group sessions, requires doctor's referral • Diabetes Support Group: meets monthly 	<p>Program: fees vary, financial assistance may be available Support Group: Free</p>
	<p>Three Rivers Healthy Carolinians* 252-482-1199 100 W. Freemason Circle, Edenton, NC 27932</p>	<ul style="list-style-type: none"> • Tobacco cessation • Physical activity programs • Body & Soul: nutrition program in African-American churches 	<p>Call for more information</p>

Clay County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Clay County Cooperative Extension 828-389-6305 55 Riverside Cir., Ste. 108, Hayesville, NC 28904 http://clay.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: usually offered in January • Dining with Diabetes: cooking and meal planning classes • Move On Clay County: list of physical activity opportunities in the area 	<p>Eat Smart: \$40 Dining: small fee</p>

Cleveland County Resources

	Talk to...	What they offer.....	Other information...
	<p>Cleveland County Health Department Main: 704-484-5100 Health Education: 704-484-5139 Temple Initiative: 704-669-3139 Carolina Community Health Partnership: 704-484-5152 315 E. Grover St., Shelby, NC 28150 http://www.clevelandcounty.com/public/health/ Diabetes: http://www.clevelandcounty.com/public/health/ca/pages/cmgmt_pt.html</p>	<ul style="list-style-type: none"> • 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 	<p>Call for availability and cost Locations vary</p>
	<p>Cleveland Regional Medical Center Main: 980-487-3000 Diabetes Center: 980-487-3953 201 E. Grover St., Shelby, NC 28150 http://www.clevelandregional.org/event_calendar/</p>	<ul style="list-style-type: none"> • 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) 	<p>Classes: call for cost, financial assistance may be available Support Group: Free</p>
	<p>Kings Mountain Hospital* 980-487-5000 706 W. King St., Kings Mountain, NC 28086 http://www.clevelandregional.org/KMH/</p>	<ul style="list-style-type: none"> • Diabetes Education Classes: offered three times per month • Fresh Start smoking cessation program: may be available 	<p>Call for more information Financial assistance may be available</p>

Cleveland County Resources

	Talk to...	What they offer.....	Other information...
	<p>Shelby Parks and Recreation Department Main: 704-484-6811 Aquatics Center: 704-484-6826 http://www.cityofshelby.com/govt/dept_parks_rec/index.php</p>	<ul style="list-style-type: none"> • 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 	<p>Locations vary Aquatics: free or small fee Aerobics: fees vary Call for other costs</p>

Columbus County Resources

	Talk to...	What they offer.....	Other information...
	<p>Columbus County Cooperative Extension 910-640-6605 45 Government Complex Rd., Suite A, Whiteville, NC 28472 http://columbus.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 19-week program 	<p>Small fee</p>
	<p>Columbus Regional Healthcare System Main: 910-642-8011 Diabetes: 910-641-8208 or 910-642-9454 500 Jefferson St., Whiteville, NC 28472 http://www.crhealthcare.org/</p>	<ul style="list-style-type: none"> • Diabetes Education Program • Diabetes Support Group: meets monthly 	<p>Call for more information</p> <p>Support Group: Free</p>

Craven County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
	<p>Coastal Carolina Health Care 252-514-6685 New Bern, NC 28561 http://www.cchealthcare.com/index.cfm/fuseaction/site.splash.cfm</p>	<ul style="list-style-type: none"> • Smoking Cessation Program 	<p>Call for cost</p>
	<p>Craven County Cooperative Extension 252-633-1477 300 Industrial Dr., New Bern, NC 28562 http://craven.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Eat Smart: \$40</p>
	<p>Craven County Health Department 252-636-4920 2818 Neuse Blvd., New Bern, NC 28561 http://www.cravencounty.com/departments/hth/hthmain.cfm</p>	<ul style="list-style-type: none"> • Fresh Start smoking cessation classes: available if enough people are interested • Various other educational programs available 	<p>Fresh Start: Free Call for costs of other programs</p>

Craven County Resources

	Talk to...	What they offer.....	Other information...
	<p>Craven County Parks and Recreation 252-636-6606 406 Craven St., New Bern, NC 28560 http://www.cravencounty.com/parks/</p>	<ul style="list-style-type: none"> • 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 	<p>Senior Archery: Free Meet Me At the Park: Free Others: call for cost</p>
	<p>Craven Regional Medical Center & Craven Regional Medical Center Foundation Main: 252-633-8111 Diabetes Support Group: 252-633-8237 Diabetes Education Program: 252-514-2874 Education Department: 252-633-8160 2000 Neuse Blvd, New Bern, NC, 28561 http://www.cravenhealthcare.org/supportgroups.htm http://www.crmcfoundation.com/diabetes/diabetes.html</p>	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly • Healthy Living Takes A Conscious Effort: 4-week Diabetes education program, Thursdays 3:30-5:30pm 	<p>Support Group: Free Healthy Living: Free Locations vary</p>

Cumberland County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Better Health of Cumberland County 910-483-7534 1422 Bragg Blvd., Fayetteville, NC 28301 http://www.betterhealthcc.org/</p>	<ul style="list-style-type: none"> • Diabetes Clinic: includes education • Exercise for diabetics • Take Charge of Diabetes: 7-week diabetes self-management course • Eat Smart, Move More: available upon request 	<p>Free</p>
 	<p>Cape Fear Valley Medical Center Main: 910-615-4000 Passport to Health: 910-609-4600 http://www.capefearvalley.com/other_services/passport.html</p>	<ul style="list-style-type: none"> • 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.) 	<p>Most activities are Free (some activities require a fee)</p>
  	<p>The CARE Clinic 910-485-0555 239 Robeson St., Fayetteville, NC 28301 http://www.thecareclinic.org/</p>	<ul style="list-style-type: none"> • Classes on nutrition, diabetes, smoking cessation may be available 	<p>Free Services available to CARE Clinic patients</p>
  	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Connections: TV show on various health topics, Tuesdays at 7:30pm on Time Warner Cable channel 7 	<p>Call for more information</p>

Cumberland County Resources

	Talk to...	What they offer.....	Other information...
	<p>Fayetteville-Cumberland Parks & Recreation 910-433-1547 121 Lamon St., Fayetteville, NC 28301 http://www.fcpr.us/</p>	<ul style="list-style-type: none"> • 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+ 	<p>Locations and fees vary</p>

Currituck County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Currituck County: 252-232-2271 2795 Caratoke Highway, Currituck, NC 27929 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	<p>Call for cost and availability Locations vary</p>
	<p>Currituck County Cooperative Extension 252-232-2261 120 Community Way, Barco, NC 27917 http://currituck.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Albemarle: Free Eat Smart: \$10 Locations vary</p>
	<p>Healthy Carolinians of the Albemarle* 252-338-4440 or 252-232-1914 711 Roanoke Ave., Elizabeth City, NC 27909</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>

Dare County Resources

	Talk to...	What they offer.....	Other information...
 	Dare County Cooperative Extension 252-473-4290 517 Budleigh St., Manteo, NC 27954 http://dare.ces.ncsu.edu/	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week program 	\$45
   	Dare County Health Department Manteo: 252-475-5003 109 Exeter St., Manteo, NC 27954 Buxton: 252-995-4404 47017 Buxton Back Rd., Buxton, NC 27920 http://www.darenc.com/depts/health/index.htm	<ul style="list-style-type: none"> • Women's health screenings, educational information available 	Free
	Dare County Parks & Recreation Family Recreation Park: 252-475-5920 602 Mustian St., Kill Devil Hills, NC 27948 The Fessenden Center: 252-475-5650 46830 Hwy 12, Buxton, NC 27920 Lions Club Center: 252-475-5910 1000 Westcott Park Rd., Manteo, NC 27954 http://www.darenc.com/depts/Parks_Rec/	<ul style="list-style-type: none"> • Variety of fitness classes available to the public 	Locations and costs vary
 	Outer Banks Hospital 252-449-4500 or 877-359-9179 4800 S. Croatan Hwy., Nags Head, NC 27959 http://www.theouterbankshospital.com/	<ul style="list-style-type: none"> • Cancer Resource Center: Tobacco cessation classes • Nutrition consults available 	Call for more information

Davidson County Resources

	Talk to...	What they offer.....	Other information...
	<p>Davidson County Cooperative Extension 336-242-2080 301 E Center St., Lexington, NC 27292 http://davidson.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes: 3-class series 	<p>Eat Smart: \$15 Dining: \$20</p>
	<p>Davidson County Parks and Recreation 336-242-2285 Cecil School Bldg., 301 E. Center St., Lexington, NC 27292 http://www.co.davidson.nc.us/leisure/topics.aspx?SMID=38&SMTID=5&SMName=Parks%20And%20Recreation</p>	<ul style="list-style-type: none"> • Parks: baseball/softball fields, soccer fields, tennis courts, basketball courts, hiking trails, walking trails, bocce courts, canoe/kayak access 	<p>Locations vary</p>
	<p>Lexington Memorial Hospital Main: 336-248-5161 Education Center: 336-238-4409 250 Hospital Dr., Lexington, NC 27292 http://www.lexingtonmemorial.com/education.aspx</p>	<ul style="list-style-type: none"> • Diabetes Management Program: classes offered weekly, requires doctor's order • Smoking Cessation Classes: available upon request 	<p>Call for cost information Financial assistance may be available</p>

Davie County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free For adults 60+ (call to see if room for anyone under 60)</p>
	<p>Davie County Cooperative Extension 336-753-6100 180 S Main St., Mocksville, NC 27028 http://davie.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 8-10 weeks 	<p>Eat Smart: about \$25</p>
	<p>Davie County Health Department 336-751-8700 210 Hospital St., Mocksville, NC 27028 http://www.co.davie.nc.us/Departments/Health/health.htm</p>	<ul style="list-style-type: none"> • Individual nutritional education for diabetes • Fresh Start smoking cessation: available if a group of 8 or more is interested 	<p>Nutrition Education: sliding scale Fresh Start: Free</p>
	<p>Davie Family YMCA 336-751-9622 215 Cemetery St., Mocksville, NC 27028 http://davie.ymcanwnc.org/</p>	<ul style="list-style-type: none"> • Variety of exercise activities • Y-Weigh program: 12-week weight management program that includes 3 nutrition lectures and weekly group exercise • Destination Fitness (see Davie Senior Services) 	<p>Membership required (financial assistance available) Y-Weigh: \$60 members, \$190 non-members, financial assistance available</p>

Davie County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Davie Senior Services Mocksville site: 336-753-6230 278 Meroney St., Mocksville, NC 27028 Farmington site: 336-998-3730 1723 Farmington Rd., Mocksville, NC 27028 http://www.co.davie.nc.us/departments/senior%20services/seniorserve.htm</p>	<ul style="list-style-type: none"> • Exercise activities & exercise room available • Destination Fitness Program: Incentive physical activity program (in partnership with YMCA, Parks & Rec., Davie Hospital), includes prizes for meeting goals, monthly educational seminars on various topics including diabetes, nutrition, weight control. 	<p>All activities for adults age 55 and up Free</p>

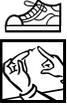
Duplin County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
  	<p>Duplin County Health Department 910-296-2130 340 Seminary St., Kenansville, NC 28349 http://www.duplincounty.org/dchealth.htm</p>	<ul style="list-style-type: none"> • Smoking Cessation Classes: available upon request • Diabetes Education Classes: about 8-week program • Walking track and fitness equipment available to the public 	<p>Free Locations vary</p>
  	<p>Duplin General Hospital 910-296-0941 401 North Main St., Kenansville, NC 28349 http://www.uhseast.com/body.cfm?id=1426&oTopID=1426</p>	<ul style="list-style-type: none"> • Part of Duplin Partners for Health: educational forums and special events on health topics (nutrition and physical activity) • Diabetes Education Classes: call for availability 	<p>Call for more information</p>
 	<p>Pope Wellness Center at Mount Olive College* 919-635-3773 562 Henderson St., Mount Olive, NC 28365 To enroll contact local county health department: Duplin 910-296-2130</p>	<ul style="list-style-type: none"> • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income 	<p>Free</p>

Durham County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-638-2736 tsangster@tjco.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Durham County Cooperative Extension 919-560-0525 721 Foster St., Durham, NC 27701 http://durham.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 13-week series • Women Living Healthy, Women Living Well: 1 ½ hour class, educational CD-rom, follow-up meeting 6-8 weeks later, covers nutrition and physical activity and other women's health topics 	<p>Weigh Less: \$15 Women Living Healthy: Free</p>
	<p>Durham County Health Department Main: 919-560-7600 Fresh Start: 919-560-7765 414 East Main Street, Durham, NC 27701 http://www.durhamcountync.gov/departments/pht/h/Teen_and_Adult_Servi.html</p>	<ul style="list-style-type: none"> • Nutrition counseling: referral required for special diets such as diabetes • Fresh Start: quit smoking program, 2-4 week series 	<p>Nutrition: sliding scale fees Fresh Start: Free</p>
	<p>Duke University Health System 919-416-DUKE (919-416-3853) Teer House: 919-477-2644 4019 N. Roxboro Road Durham, NC 27704 http://www.dukehealth.org/events</p>	<ul style="list-style-type: none"> • Diabetes Support Group • Low-Glycemic Diet Support Group • Staying Active and Mobile with Osteoporosis 	<p>Free Most activities located at Teer House</p>

Edgecombe County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary For ages 55+</p>
	<p>Edgecombe County Cooperative Extension 252-641-7827 201 Saint Andrews St., Tarboro, NC 27886 http://edgecombe.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Various programs on physical activity and nutrition available upon request 	<p>Call for cost</p>
	<p>Edgecombe County Health Department Tarboro: 252-641-7511 2909 Main St., Tarboro, NC 27886 Rocky Mount: 252-985-4100 107 Atlantic Ave., Rocky Mount, NC 27801 http://www.edgecombecountync.gov/health/community.aspx</p>	<ul style="list-style-type: none"> • Various educational programs on nutrition, physical activity, and smoking cessation 	<p>Call for costs Locations vary</p>
	<p>Rocky Mount Parks and Recreation* 252-972-1151 http://www.rockymountnc.gov/parks/</p>	<ul style="list-style-type: none"> • 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 	<p>Pool: \$2 Diabetes Seminar: Free Costs and locations vary</p>

Edgecombe County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Rocky Mount Senior Center* 252-972-1152 427 South Church St., Rocky Mount, NC 27804 http://www.rockymountnc.gov/parks/senior.html</p>	<ul style="list-style-type: none"> • For adults 55+ • 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 	<p>Gym Walkers: Free Outdoor track: Free Open Swim: \$2 Classes: costs vary Diabetes: Free Fitness Center: \$10/month for city-resident, \$12.50/month for non-residents</p>

Forsyth County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free For adults 60+ (call to see if room for anyone under 60)</p>
	<p>Forsyth County Cooperative Extension 336-703-2850 1450 Fairchild Rd., Winston-Salem, NC 27105 http://www.forsyth.cc/CES/</p>	<ul style="list-style-type: none"> • Programs on nutrition and other health topics available 	<p>Call for more information</p>
  	<p>Forsyth County Health Department 336-703-3100 or 336-703-3219 799 N. Highland Ave., Winston-Salem, NC 27102 http://www.co.forsyth.nc.us/PublicHealth/</p>	<ul style="list-style-type: none"> • Diabetes Support Group • HEALTHWISE: exercise classes for older adults • Keep Control Diabetes Classes • Step Up Forsyth! walking program • Weight-Wise: 10-16 week weight management program and research study • List of local smoking cessation programs available 	<p>Free Activity locations vary</p>
 	<p>Wake Forest University Baptist Medical Center BestHealth: 336-765-8804 http://www.wfubmc.edu/patientsandvisitors/ClinicalServiceSub.aspx?id=5930</p>	<ul style="list-style-type: none"> • BestHealth: located in Hanes Mall, events on a variety of health topics 	<p>Lifetime membership: \$15 per person or \$25 per couple</p>

Forsyth County Resources

	Talk to...	What they offer.....	Other information...
	<p>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 http://www.ywcaws.org</p>	<ul style="list-style-type: none"> • Variety of fitness equipment and programs available • Winner's Circle: weight loss program, 8-week program, includes exercise sessions at the YWCA (Gateway branch) 	<p>Call for more information Financial assistance available</p>

Franklin County Resources

	Talk to...	What they offer.....	Other information...
	<p>Franklin County Health Department & Frankly Healthy 919-496-2533 107 Industrial Dr., Suite C, Louisburg, NC 27549 www.franklincohealth.org</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Adult athletic leagues • Open gym • Parks: sports fields, walking trails 	<p>Open gym: \$2 Costs and locations vary</p>

Gaston County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Gaston County Fitness and Nutrition Council http://www.gastonhealthcare.info/fitness/home.htm</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
 	<p>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/diabetescenter/</p>	<ul style="list-style-type: none"> • 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 	<p>Diabetes Center: costs vary, financial assistance available Family Health Services: sliding scale fees</p>
	<p>Gaston County Parks and Recreation 704-922-2160 http://www.co.gaston.nc.us/ParksAndRec/SeniorPrograms.HTM</p>	<ul style="list-style-type: none"> • Senior Programs: exercise and dance classes available to seniors 60+ 	<p>Free Locations vary</p>

Gaston County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Community recreation centers: gyms, activity rooms, ball parks, tennis courts, basketball courts, etc. • Adult Recreation Center: activity classes (dance, fitness, yoga, Zumba, etc.) 	<p>Classes: small fee Locations and costs vary</p>
 	<p>Kings Mountain Hospital* 980-487-5000 706 W. King St., Kings Mountain, NC 28086 http://www.clevelandregional.org/KMH/</p>	<ul style="list-style-type: none"> • Diabetes Education Classes: offered three times per month • Fresh Start smoking cessation program may be available 	<p>Call for more information Financial assistance may be available</p>

Gates County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Gates County: 252-357-1380 29 Medical Center Rd., Gates, NC 27937 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	<p>Call for cost and availability Locations vary</p>
	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>Diabetes Self-Mgmt.: sliding scale fee Support Group: Free Diabetes Ed.: Free Nutrition Ed.: sliding scale fee Locations vary</p>

Graham County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Graham County Cooperative Extension 828-479-7979 39 S Main St., Smith Howell Building, Robbinsville, NC 28771</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 19-session series • Families Eating Smart and Moving More • Active For Life • Empowerment: Facilitating a Path to Personal Self Care (for diabetes care) 	<p>Free or small fee</p>
	<p>Graham County Health Department 828-479-7900 113 Moose Branch Rd., Robbinsville, N.C. 28771 http://www.grahamcounty.org/grahamcounty_departments_health.html</p>	<ul style="list-style-type: none"> • Individual smoking cessation counseling available 	<p>Call for more information</p>

Granville County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Granville County Cooperative Extension 919-603-1350 208 Wall St., Oxford, NC 27565 http://granville.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • New Leaf: offered once or twice per year • Families Eating Smart and Moving More • Cooking Classes 	<p>Small fee</p>
	<p>Granville Medical Center Main: 919-690-3000 Meal and More Classes: 919-690-2159 1010 College St., Oxford, NC 27565 http://www.granvillemedical.com/GMC.htm</p>	<ul style="list-style-type: none"> • Diabetes Self-Management Classes • Meal and More Classes: covers a different health topic each month 	<p>Free</p>
  	<p>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</p>	<ul style="list-style-type: none"> • Nutrition counseling • Pedometers • Diabetes Education Classes: offered about twice per year in each county (location alternates between Vance and Granville counties) 	<p>Nutrition: Free Pedometers: \$15 Diabetes Ed: Free</p>

Greene County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
  	<p>Greene County Cooperative Extension 252-747-5831 229 Kingold Blvd, Suite E, Snow Hill, NC 28580 http://greene.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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+ 	<p>Eat Smart: \$15 Nutrition and Diabetes: Free Steps to Health: Free</p>
   	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Nutrition: Free Kayak: call for cost Eat Smart: \$10 Freedom: Free Locations vary</p>
  	<p>Greene County Senior Center 252-747-5436 104 Greenridge Rd., Snow Hill, NC 28580 http://www.co.greene.nc.us/Departments_Senior_Services.aspx</p>	<ul style="list-style-type: none"> • Exercise room with variety of equipment • Exercise classes • Health education classes: topics include diabetes and nutrition, in partnership with Cooperative Extension 	<p>Free Age 55+</p>

Guilford County Resources

	Talk to...	What they offer.....	Other information...
	<p>Allen Jay Recreation Center 336-883-3509 1073 E. Springfield Rd, High Point, NC 27263 http://www.high-point.net/pr/allenj.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>Deep River Recreation Center 336-883-3407 1529 Skeet Club Rd., High Point, NC 27265 http://www.high-point.net/pr/deepriver.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>AHOY: Free Zumba: \$5 per class</p>
 	<p>Guilford County Cooperative Extension 336-375-5876 3309 Burlington Rd., Greensboro, NC 27405 http://guilford.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10 week program 	<p>Eat Smart: \$25</p>
	<p>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/</p>	<ul style="list-style-type: none"> • Healthyguilford.com – on-line health information, walking routes, and more • Reach For Health 	<p>Call for more information</p>

Guilford County Resources

	Talk to...	What they offer.....	Other information...
 	<p>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?xyzpdqabc=0&id=1551&registration=true&action=detail&ref=51</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>Nathanael S. Morehead Recreation Center 336-883-3506 101 Price St, High Point, NC 27260 http://www.high-point.net/pr/morehead.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>Oakview Recreation Center 336-883-3508 503 James Rd, High Point, NC 27265 http://www.high-point.net/pr/oakview.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>AHOY: Free Dance: \$8 per class</p>

Guilford County Resources

	Talk to...	What they offer.....	Other information...
 	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Must be 55+ years of age or older</p> <p>Blood Pressure: Free</p> <p>Bowling: \$1 (fee includes shoes)</p> <p>Cooking: \$24</p> <p>Water Exercise: \$15 per month</p>

Guilford County Resources

	Talk to...	What they offer.....	Other information...
 	<p>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</p>	<ul style="list-style-type: none"> • Red Hot Mamas: bimonthly educational programs related to menopause and other midlife issues (including weight and exercise) 	<p>Free Meets in Classrooms 5 and 6</p>
	<p>YWCA of Greensboro 336-273-3461 1 YWCA Place, Greensboro, NC 27401 http://www.ywca.org/site/pp.asp?c=imKWJdNXJtF&b=409233</p>	<ul style="list-style-type: none"> • Variety of exercise classes available (most require membership) 	<p>Membership fees apply, financial assistance available</p>

Halifax County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary For ages 55+</p>
  	<p>Halifax County Cooperative Extension 252-583-5161 359 Ferrell Lane, Halifax, NC 27839 http://halifax.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Give your Heart: \$10 Dining: \$10 Others: Free Locations vary</p>
   	<p>Halifax County Health Department & Healthy Halifax Partners 252-583-5021 19 North Dobbs St., Halifax, NC, 27839 http://www.halifaxnc.com/healthdept.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>Free Call for availability Locations vary</p>

Halifax County Resources

	Talk to...	What they offer.....	Other information...
	<p>Halifax Regional Medical Center: Halifax Health Link Medical Center: 252-535-8011 250 Smith Church Rd., Roanoke Rapids, NC 27870 http://www.halifaxmedicalcenter.org/ Halifax HealthLink: 252-535-4334 Becker Village Mall, 1620 East 10th St., Suite 129, Roanoke Rapids, NC 27870 http://www.halifaxmedicalcenter.org/healthlink.html</p>	<ul style="list-style-type: none"> • Halifax HealthLink: <ul style="list-style-type: none"> • 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 	<p>Gentle Fitness: Free Diabetes groups: Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Free For adults 55+</p>

Halifax County Resources

	Talk to...	What they offer.....	Other information...
	<p>Roanoke Rapids Parks and Recreation Department 252-533-2847 http://www.roanokerapidsnc.com/parkrec/</p>	<ul style="list-style-type: none"> • Sports leagues • 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 	<p>Fees and locations vary</p>
	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Free Locations vary</p>

Harnett County Resources

	Talk to...	What they offer.....	Other information...
	<p>Angier Parks and Recreation 919-639-6567 245 East Williams St., Angier, NC 27501 http://www.angier.org/parkrec/</p>	<ul style="list-style-type: none"> • Angier Community Walking Program: info on walking trails, Community Walking Logs • Parks, disk golf course, multi-purpose field, ball fields 	<p>Walking Program: Free</p>
	<p>Betsy Johnson Regional Hospital Main: 910-892-1000 Freedom From Smoking: ext. 4111 800 Tilghman Drive, Dunn, NC 28334 http://www.bjrh.org/freedom_smoking.php</p>	<ul style="list-style-type: none"> • Community education and outreach on tobacco • Freedom From Smoking: smoking cessation classes, eight one-hour sessions 	<p>Freedom: \$40, location may vary</p>
	<p>Harnett County Cooperative Extension 910-893-7530 126 Alexander Dr., Lillington, NC 27546-1089 http://harnett.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Faithful Families: nutrition program for churches 	<p>Free</p>
 	<p>Harnett County Health Department Main: 910-893-7550 Health Education: 910-814-6198 307 W Cornelius Harnett Blvd., Lillington, NC 27546 http://www.harnett.org/health/</p>	<ul style="list-style-type: none"> • Freshstart Stop Smoking Program: 4-class series • Info on walking trails 	<p>Freshstart: Free call for availability</p>

Haywood County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions 	<p>Free Locations vary</p>
	<p>Haywood County Cooperative Extension 828-456-3575 589 Raccoon Rd., Suite 118, Waynesville, NC 28786 http://haywood.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Nutrition programs available for groups upon request • Post-holiday program: to help people return to healthy habits after the holidays, offered annually 	<p>Nutrition programs: Free Post-holiday program: \$15</p>
 	<p>Haywood County Health Department & Healthy Haywood 828-452-6675 2177 Asheville Rd., Waynesville, NC 28786 http://www.haywoodnc.net/index.php?option=com_content&view=article&id=92&Itemid=87 http://www.healthyhaywood.org/</p>	<ul style="list-style-type: none"> • 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 	<p>Booklets: Free Fitness Challenge: \$10</p>

Haywood County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • 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. 	<p>Freedom: \$25 Real Life: \$85 Support Group: Free Fitness Center: sliding scale fee Wellness Presentations: Free</p>

Henderson County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Henderson County Cooperative Extension 828-697-4891 740 Glover St., Henderson County Center, Hendersonville, NC 28792 http://henderson.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • My Pyramid education • Families Eating Smart and Moving More • Women Living Healthy, Women Living Well • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	<p>Free</p>
	<p>Henderson County Health Department 828-692-4223 1200 Spartanburg Hwy., Suite 100, Hendersonville, NC 28792 http://www.hendersoncountync.org/health/</p>	<ul style="list-style-type: none"> • Diabetes classes 	<p>Call for more information</p>
	<p>Henderson County Parks and Recreation 828-697-4884 801 Glover St., Hendersonville, NC 28792 http://www.hendersoncountync.org/rec/index.html</p>	<ul style="list-style-type: none"> • Parks and Activity Centers: trails, sports fields and courts 	<p>Call for more information</p>

Henderson County Resources

	Talk to...	What they offer.....	Other information...
	<p>The Free Clinics 828-697-8422 506 Park Hill Court, Hendersonville, NC 28740 http://www.thefreeclinics.org/</p>	<ul style="list-style-type: none"> • Diabetes education: 4-classes over several weeks • Diabetic Life Management Program: must be referred by PCP, usually 6 month program 	<p>Free</p>
 	<p>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 http://www.pardeehospital.org/</p>	<ul style="list-style-type: none"> • Fitness classes: low-impact aerobics, Tai Chi, strength training, Nia • Diabetes Support Group: meets the first and third Wednesday of each month 	<p>Fitness classes: small fee Diabetes Group: Free Locations vary</p>
	<p>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/</p>	<ul style="list-style-type: none"> • Gardens Program: seeds, plants, and fertilizer available from WCCA for low-income families and individuals 	<p>Free</p>

Hertford County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Hertford County Cooperative Extension 252-358-7822 301 W Tryon St., Winton, NC 27986 http://hertford.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Families Eating Smart and Moving More • Steps to Health 	<p>Small fee</p>
  	<p>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 http://www.hertfordpublichealth.com/</p>	<ul style="list-style-type: none"> • Shears for Health: diabetes education/resources in African-American-run barbershops and salons • Northeastern Carolina Diabetes Self-Management Center: individual/group counseling and support groups • Medical Nutrition Therapy 	<p>Call for more information</p>
 	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>Diabetes Self-Mgmt.: sliding scale fee Support Group: Free Diabetes Ed.: Free Nutrition Ed.: sliding scale fee Locations vary</p>

Hoke County Resources

	Talk to...	What they offer.....	Other information...
	<p>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_services/diabetes</p>	<ul style="list-style-type: none"> • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups • Healthy Living in the Mid-Carolinas: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions 	<p>FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary</p>
	<p>Hoke County Cooperative Extension 910-875-3461 116 W Prospect Ave., Raeford, NC 28376 http://hoke.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 16-week program • Dining with Diabetes 	<p>Small fee</p>
	<p>Hoke Parks and Recreation 910-875-4035 423 E. Central Ave., Raeford, NC 28376 http://www.hokecounty.org/parksandrec.htm</p>	<ul style="list-style-type: none"> • Co-Rec sports leagues: softball, basketball, volleyball • Senior Programs: bowling, dance classes, etc. 	<p>Call for more information</p>

Hyde County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Hyde County Cooperative Extension 252-926-4486 30 Oyster Creek Rd., Hyde County Government Center, Swan Quarter, NC 27885 http://hyde.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	<p>Call for cost</p>
   	<p>Hyde County Health Department 252-926-4399 or 252-926-4200 1151 Main St., Swan Quarter, NC 27885 http://www.hydehealth.com/</p>	<ul style="list-style-type: none"> • Educational materials available on a variety of topics 	<p>Free</p>

Iredell County Resources

	Talk to...	What they offer.....	Other information...
	<p>Ada Jenkins Center* 704-896-0471 212 Gamble St., Davidson, NC http://www.adajenkins.org/</p>	<ul style="list-style-type: none"> • Free Clinic of Our Towns: materials, education, and screening provided by Community Health Nurse • Community Nurse Ministry: health education and counseling 	<p>Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Iredell County Cooperative Extension 704-873-0507 444 Bristol Dr., Room 110, Statesville, NC 28677 http://iredell.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12 weekly classes • Eat Smart, Move More, Stay Well: focused on managing chronic conditions, 3-hour workshop or two 1 1/2 hour sessions • Eating Smart with Diabetes: 3-hour workshop or two 1 1/2 hour sessions • Dining with Diabetes: 3-class series • Living Healthy with Chronic Conditions: in partnership with the Centralina Area Agency on Aging • Families Eating Smart and Moving More: 4 modules, offered alone or in series 	<p>Eat Smart: \$12 Dining with Diabetes: \$10 All others: Free</p>

Iredell County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Fresh Start smoking cessation classes 	<p>Free</p>
	<p>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 Diabetes: http://www.iredellmemorial.org/Diabetes/ Spirit of Women: http://www.iredellmemorial.org/SpiritofWomen</p>	<ul style="list-style-type: none"> • Diabetes Programs: helping patients understand diabetes, adjust emotionally, and maintain good nutrition • Spirit of Women: programs available on diabetes, heart disease, and other topics 	<p>Diabetes: Financial assistance for those who qualify Spirit: price varies</p>
	<p>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</p>	<ul style="list-style-type: none"> • Diabetic Support Group: meets on the fourth Tuesday of each month at noon • Smoking Cessation Classes: offered periodically 	<p>Locations vary</p>

Iredell County Resources

	Talk to...	What they offer.....	Other information...
	<p>Mooresville Recreation Department 704-663-7026 220 North Maple Street, Mooresville, NC 28115 http://www.ci.mooresville.nc.us/recreation/index.html</p>	<ul style="list-style-type: none"> • Variety of exercise/dance/sports activities available 	<p>Free or small fee Activity locations vary</p>
 	<p>YMCA of Iredell County YMCA of Iredell County: 704-873-9622 828 Wesley Dr., Statesville, NC 28677 YMCA of Barium Springs: 704-883-0780 122 Grannis Lane, Statesville, NC 28677 http://www.ymcairedell.org/</p>	<ul style="list-style-type: none"> • Fitness and nutrition classes available 	<p>Fees vary, financial assistance available</p>

Jackson County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Harris Regional Hospital Main: 828-586-7000 Diabetes Education: 828-586-7734 68 Hospital Rd, Sylva, NC 28779</p>	<ul style="list-style-type: none"> • Diabetes Education Classes: 3 hr diabetes education classes offered twice a month 	<p>Call for cost</p>
 	<p>Highlands-Cashiers Hospital* Main: 828-526-1200 Health Tracks: 828-526-1FIT (526-1348) 190 Hospital Dr., Highlands, NC 28741 http://highlandscashiershospital.org/healthtracks.htm</p>	<ul style="list-style-type: none"> • Health Tracks: <ul style="list-style-type: none"> • 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 	<p>Exercise: \$8-10/class Freedom: \$50 Locations vary</p>

Jackson County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Jackson County Cooperative Extension 828-586-4009 538 Scotts Creek Rd., Suite 205, Sylva, NC 28779 http://jackson.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-15 week series • Families Eating Smart and Moving More: 1-4 sessions • Women Living Healthy, Women Living Well: 1 session • Dining with Diabetes: 4 sessions, offered in partnership with the Health Department • The Healthy Diabetes Plate: 3-4 sessions, offered in partnership with the Health Department 	<p>Eat Smart: \$10 Dining with Diabetes: about \$5 Healthy Diabetes Plate: about \$5 All others: Free</p>
 	<p>Jackson County Health Department 828-586-8994 538 Scotts Creek Road, Suite 100, Sylva, NC 28779 http://health.jacksonnc.org/</p>	<ul style="list-style-type: none"> • Medical Nutrition Therapy (MNT): Nutrition consultations for medical conditions or weight management • Life Savor's-Diabetes Self-Management Education (DSME) • NC ADA Recognition Program: year long program 	<p>Sliding scale fees</p>

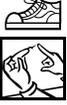
Johnston County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-558-9341 Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Johnston County Cooperative Extension 919-989-5380 2736 NC 210 Hwy, Smithfield, NC 27577 http://johnston.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15 weekly classes, then monthly maintenance classes • Take Charge of Your Diabetes: 5 weekly sessions 	<p>Eat Smart: \$25 Take Charge: \$10</p>
 	<p>Johnston County Health Department & Living Well Partnership of Johnston County 919-989-5200 517 N. Brightleaf Blvd., Smithfield, NC 27577 http://www.johnstonnc.com/mainpage.cfm?category_level_id=450&content_id=3257</p>	<ul style="list-style-type: none"> • Fresh Start: series of 4 smoking cessation classes, each 1 hour in length 	<p>Free</p>

Jones County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
	<p>Jones County Cooperative Extension 252-448-9621 110 S Market St., Trenton, NC 28585 http://jones.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Nutrition education programs: available upon request 	<p>Free or small fee</p>
 	<p>Jones County Health Department 252-448-9111 418 Hwy 58 North, Trenton, NC 28585 http://www.jonescountyhealth.com/</p>	<ul style="list-style-type: none"> • MIRACLE: Diabetes education program, includes individual sessions for people with Diabetes or at risk for diabetes • Smoking cessation classes 	<p>Free</p>
	<p>Jones County Recreation http://www.co.jones.nc.us/recreation.htm</p>	<ul style="list-style-type: none"> • Information about recreational activities in Jones County 	<p>Free website</p>

Lee County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-558-9341 Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Central Carolina Hospital The Enrichment Center: 919-776-0501 1615 South 3rd St., Sanford, NC 27330</p>	<ul style="list-style-type: none"> • Diabetes Support Group: meets the first Wednesday of each month at the Enrichment Center 	<p>Free</p>
	<p>Lee County Cooperative Extension 919-775-5624 2420 Tramway Rd., Sanford, NC 27332 http://lee.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 13 wkly weight management classes, offered once per year 	<p>Cost varies</p>
	<p>Lee County Enrichment Center 919-776-0504 ext. 201 1615 S. Third St., Sanford, NC 27330 http://www.leecountync.gov/departments/senior-services/</p>	<ul style="list-style-type: none"> • Fitness room • Yoga class: offered twice weekly • Low impact aerobics: class offered 4 times weekly • Diabetes Support Group 	<p>Fitness room: \$1/day Yoga: \$15/month Aerobics: \$10/month For seniors only</p>
	<p>Lee County Health Department 919-718-4640 106 Hillcrest Dr., Sanford, NC 27331 http://www.leecountync.gov</p>	<ul style="list-style-type: none"> • Health education presentations available 	<p>Call for more information</p>

Lenoir County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
	<p>Lenoir County Cooperative Extension 252-527-2191 1791 NC Highway 11 55, Kinston, NC 28504 http://lenoir.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Adult Expanded Food and Nutrition Education Program 	<p>Free</p>
  	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>QuitSmart: \$50, partial scholarships available Diabetes Series and Support Group: Free</p>
	<p>Kinston / Lenoir County Parks and Recreation Department 252-939-3332 http://www.kinstonrec.com/</p>	<ul style="list-style-type: none"> • Facilities: parks, pool, gymnastics center, tennis courts, volleyball courts, ball fields, basketball courts, weight room, etc. • Variety of fitness classes available 	<p>Costs and locations vary</p>

Lincoln County Resources

	Talk to...	What they offer.....	Other information...
 	<p>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.centralinaaging.org/Consumers/ebhp.htm</p>	<ul style="list-style-type: none"> • 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 	<p>Free Locations vary</p>
  	<p>Lincoln County Cooperative Extension 704-736-8452 115 W Main St., Lincolnton, NC 28092 http://lincoln.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move, More, Weigh Less: 12-week program • Cook Smart, Eat Smart: 4-session series, nutrition information and hands-on demonstration • Programs dealing with diabetes, heart health, etc. 	<p>Eat Smart: \$10 Cook Smart: Free Diabetes: \$5</p>
	<p>Lincoln County Health Department 704-735-3001 151 Sigmon Rd., Lincolnton, NC 28092 http://www.lincolncounty.org/</p>	<ul style="list-style-type: none"> • Chronic disease care (diabetes, hypertension, high cholesterol, etc.): includes education and clinical follow up 	<p>Chronic disease care: sliding scale fee</p>
	<p>Lincoln County Parks and Recreation Department 704-748-1518 105A East Court Square, Lincolnton, NC 28092 http://www.co.lincoln.nc.us/index.aspx?nid=129</p>	<ul style="list-style-type: none"> • Variety of sports/dance/exercise/walking activities available at several locations 	<p>Free or small fee</p>

Macon County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Angel Medical Center Main: 828-524-8411 Smoking Cessation & Diabetes Support: 828-369-4181 Diabetes Management: 828-369-4166 120 Riverview Street, Franklin, NC 28734 http://www.angelmed.org/classes-groups.asp</p>	<ul style="list-style-type: none"> • Freedom from Smoking Program • Diabetes Management Services • Diabetes Support Group: 4th Monday of each month • Cancer Support Group: 2nd Thursday of each month 	<p>Call for cost and availability</p>
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
 	<p>Highlands-Cashiers Hospital* Main: 828-526-1200 Health Tracks: 828-526-1FIT (526-1348) 190 Hospital Dr., Highlands, NC 28741 http://highlandscashiershospital.org/healthtracks.htm</p>	<ul style="list-style-type: none"> • Health Tracks: <ul style="list-style-type: none"> • 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 	<p>Exercise: \$8-10/class Freedom: \$50 Locations vary</p>
  	<p>Macon County Cooperative Extension 828-349-2046 193 Thomas Heights Rd., Franklin, NC 28734 http://macon.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes: available to groups upon request 	<p>Eat Smart: \$5</p>

Macon County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Educational materials available • Counseling for individual clients and programs for groups 	<p>Ed. materials: Free Counseling: varies Smoke-free list: Free</p>
	<p>Macon County Parks and Recreation Department 828-349-2090 1288 Georgia Rd., Franklin, NC 28734 http://www.maconnc.org/parks</p>	<ul style="list-style-type: none"> • Sports fields, pool, tennis courts, walking trails, volleyball court, horseshoe areas, shuffleboard courts, multi-use fields, greenway • Activities: dance, badminton, table tennis, bowling 	<p>Call for locations and costs</p>

Madison County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Madison County Cooperative Extension 828-649-2411 258 Carolina Lane, Marshall, NC 28753 http://madison.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Women Living Healthy, Women Living Well • Families Eat Smart and Moving More 	<p>Eat Smart: \$25 Others: Free</p>
	<p>Madison County Health Department 828-649-3531 493 Medical Park Dr., Marshall, NC 28753 http://www.madisoncountync.org/-health.html</p>	<ul style="list-style-type: none"> • Living Healthy: Chronic Disease Self Management Program, 6-week course, offered twice per year, for anyone with a chronic condition such as diabetes • Smoking cessation counseling available 	<p>Living Healthy: Free Smoking counseling: sliding scale fee</p>
	<p>Madison County Parks and Recreation 828-649-3635 5707 Hwy 25/70, Suite E, Room 15, Marshall, NC 28753 Wellness Center: 5738 Hwy 25/70, Marshall, NC 28753 Beech Glen Community Center: 2936 Beech Glen Rd., Mars Hill, NC 28754 http://www.madisoncountync.org/-parks.html</p>	<ul style="list-style-type: none"> • Wellness Center: walking program, open gym times • Family basketball at Beech Glen Community Center: Fridays at 6:30pm, for adults and children age 6+ • Walking trails, parks, community centers, sports fields/courts 	<p>Wellness Center: Free Family basketball: \$1/child, \$2/adult Locations vary</p>

Madison County Resources

	Talk to...	What they offer.....	Other information...
	<p>Mars Hill College 828-689-1595 or 828-689-1187 http://www.mhc.edu/studentlife/fitness/index.asp</p>	<ul style="list-style-type: none"> • Harrell Pool: indoor pool, showers and locker rooms • Open swim for the public: Mon/Wed 6-8pm • Water aerobics: Tue/Thu 10-11am, Mon/Wed 11am-12pm, Tue/Thu 6-7pm 	<p>Open swim: \$3 Water aerobics: fees vary</p>

Martin County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Martin County Cooperative Extension 252-789-4370 104 Kehukee Park Rd., Williamston, NC 27892 http://martin.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Women Living Healthy, Women Living Well: interactive CD with 5 sessions • Eat Smart, Move More, Weigh Less: 10-12 week program 	<p>Free</p>
	<p>Martin General Hospital 252-809-6300 310 S McCaskey Rd., Williamston, NC 27892 http://www.martingeneral.com/</p>	<ul style="list-style-type: none"> • Diabetes Education: offered once per month 	<p>Free</p>
   	<p>Martin-Tyrrell-Washington District Health Department* Main: 252-793-1619 Smoking Cessation: 252-791-3139 210 West Liberty St., Williamston, NC 27892 http://www.mtwdistricthealth.org/healtheducation.htm</p>	<ul style="list-style-type: none"> • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested • Programs may be available for physical activity, nutrition, or diabetes 	<p>Call for more information Locations vary</p>
	<p>Town of Williamston Parks and Recreation 252-792-7042 http://www.townofwilliamston.com/NewSite/Government/Rec%20Dept_Facilities.asp</p>	<ul style="list-style-type: none"> • Facilities: parks, sports fields, tennis courts, paved walking/biking trail, basketball courts, boardwalk and boat landing • Gaylord Perry Center: indoor gym and fitness rooms 	<p>Costs and locations vary</p>

McDowell County Resources

	Talk to...	What they offer.....	Other information...
	<p>McDowell County Cooperative Extension 828-652-7874 60 E Court St., Marion, NC 28752 http://mcdowell.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Programs on physical activity and nutrition available • Information available about Diabetes 	<p>Call for more information</p>
	<p>McDowell County Recreation Department 828-652-3001 25 Academy St., Marion, NC 28752 http://www.mcdowellgov.com/index.asp?Type=BASIC&SEC={85764B02-9062-45D9-9E34-89DE5165304A}</p>	<ul style="list-style-type: none"> • Adult sports leagues • Recreation Center: outdoor swimming pool, skate park, gym • Parks: walking trails, sports fields and courts, batting cages 	<p>Call for more information</p>
	<p>McDowell Hospital 828-659-5000 Nutrition Services Department: 828-659-5157 430 Rankin Dr., Marion, NC 28752 http://www.mcdhospital.org/</p>	<ul style="list-style-type: none"> • Diabetes education: individual counseling and monthly group classes • Medical nutrition therapy 	<p>Call for cost information</p>
	<p>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/</p>	<ul style="list-style-type: none"> • Smoking cessation classes: meets weekly for 6 weeks, offered twice a year (McDowell) 	<p>Free</p>

Mecklenburg County Resources

	Talk to...	What they offer.....	Other information...
	<p>Ada Jenkins Center* 704-896-0471 212 Gamble St., Davidson, NC http://www.adajenkins.org/</p>	<ul style="list-style-type: none"> • Free Clinic of Our Towns: materials, education, and screening provided by Community Health Nurse • Community Nurse Ministry: health education and counseling 	<p>Free ID required</p>

Mecklenburg County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Most Programs: Free</p> <p>*Weight Loss for Life & Weight Loss Counseling: fees apply</p> <p>Locations vary</p>

Mecklenburg County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
   	<p>Mecklenburg County Health Department 704-336-4700 249 Billingsley Rd., Charlotte, NC 28211 704-336-6400 2845 Beatties Ford Rd., Charlotte, NC 28216 http://www.charmeck.org/Departments/Health+Department/DoNotMigrate/Home.htm</p>	<ul style="list-style-type: none"> • Variety of individual and group education on exercise, nutrition, tobacco, and diabetes 	<p>Call for cost and availability</p>
   	<p>SupportWorks 704-331-9500 http://www.supportworks.org/</p>	<ul style="list-style-type: none"> • List of support groups in Charlotte and surrounding area, available online or by phone • For Overeaters Anonymous info for Charlotte and surrounding area: 704-331-9500 access # 742 	<p>Free</p>
	<p>YWCA Central Carolinas 704-525-5770 3420 Park Rd., Charlotte, NC 28209 http://www.ywcacentralcarolinas.org/</p>	<ul style="list-style-type: none"> • Variety of exercise classes available 	<p>Call for costs, financial assistance available</p>

Mitchell County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Blue Ridge Regional Hospital* Nutrition: 828-766-1860 fax: 828-765-0824 125 Hospital Dr., Spruce Pine, NC 28777</p> <p>Fitness Center: 828-678-3488 155 Love Fox Rd., Burnsville, NC 28714</p>	<ul style="list-style-type: none"> • Nutrition consultations: for diabetes or weight management • Fitness Center: fitness equipment and classes 	<p>Nutrition: call for cost Physician referral required</p> <p>Fitness Center: \$10 daily walk-in fee, \$7 classes, \$20 walking club</p>
 	<p>Mitchell County Cooperative Extension Contact: Beverly Nelson 828-688-4811 10 S Mitchell Ave., Bakersville, NC 28705 http://mitchell.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>

Montgomery County Resources

	Talk to...	What they offer.....	Other information...
	<p>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_services/diabetes</p>	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions • Diabetes Education (Montgomery county) 	<p>FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary</p>
	<p>Montgomery County Health Department 910-572-1393 217 South Main St., Troy, NC 27371 http://www.montgomerycountync.com/health_department.html</p>	<ul style="list-style-type: none"> • Health Education: individual and group classes available on a variety of topics 	<p>Call for more information</p>
	<p>Montgomery County Parks and Recreation & Town of Biscoe Parks & Recreation 910-428-4112 Mill St., Troy, N.C. 27371 http://www.montgomerycountync.com/parks_and_recreation.html</p>	<ul style="list-style-type: none"> • Parks, swimming pool, tennis courts, basketball goals, lighted walking trail, volleyball courts, horseshoe pits, baseball fields 	<p>Parks: Free Pool: \$2</p>

Moore County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-638-2736 tsangster@tjco.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
   	<p>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_services/diabetes</p>	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions • Diabetes Support Group: monthly (Moore county) 	<p>FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary</p>

Nash County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary For ages 55+</p>
   	<p>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</p>	<ul style="list-style-type: none"> • Diabetes Self-Management Program • Nutrition consultation with Dietitian • Education on smoking cessation, exercise, nutrition, and diabetes available on request 	<p>Free or sliding scale fee</p>
  	<p>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/</p>	<ul style="list-style-type: none"> • Educational classes on nutrition and diabetes • Smoking cessation classes: 6-week session 	<p>Educational classes: Free Smoking cessation: \$50</p>
 	<p>Rocky Mount Parks and Recreation* 252-972-1151 http://www.rockymountnc.gov/parks/</p>	<ul style="list-style-type: none"> • 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 	<p>Pool: \$2 Diabetes Seminar: Free Costs and locations vary</p>

Nash County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Rocky Mount Senior Center* 252-972-1152 427 South Church St., Rocky Mount, NC 27804 http://www.rockymountnc.gov/parks/senior.html</p>	<ul style="list-style-type: none"> • 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+ 	<p>Gym Walkers: Free Outdoor track: Free Open Swim: \$2 Classes: costs vary Diabetes: Free Fitness Center: \$10/month for city-resident, \$12.50/month for non-residents</p>

New Hanover County Resources

	Talk to...	What they offer.....	Other information...
	<p>Boxing & Physical Fitness Center 910-341-7872 302 S. 10th Street, Wilmington, NC http://www.wilmingtonnc.gov/boxing/tabid/211/Default.aspx</p>	<ul style="list-style-type: none"> • Variety of exercise classes and activities available: requires membership 	<p>\$50 annual membership for city residents (\$85 non-city residents)</p>
	<p>Cape Fear Healthy Carolinians http://www.capefearhealthycarolinians.org/opi_tools.php</p>	<ul style="list-style-type: none"> • Wilmington Walks: info about current Wilmington walking trails and how to coordinate a new one in your neighborhood 	<p>Free</p>
	<p>New Hanover County Cooperative Extension 910-798-7660 6206 Oleander Dr., Wilmington, NC 28403 http://newhanover.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program 	<p>Location and fees vary</p>
	<p>New Hanover County Health Department Main: 910-798-6500 Diabetes info: 910-798-6773 2029 South 17th St., Wilmington, NC 28401 http://www.nhcgov.com/AgnAndDpt/HLTH</p>	<ul style="list-style-type: none"> • Better Living with Diabetes: Diabetes Education and Support Group, meets 3rd Wednesday of each month from 10am-12pm • Information about walking paths 	<p>Free</p>

New Hanover County Resources

	Talk to...	What they offer.....	Other information...
	<p>NHC Senior Resource Center Main: 910-798-6400 2222 South College Rd, Wilmington, NC 28403 http://www.nhcgov.com/AgnAndDpt/AGNG/Pages/Home.aspx</p>	<ul style="list-style-type: none"> • Variety of exercise and dance classes available 	<p>Call for cost of classes</p> <p>For ages 55+</p>
	<p>Wilmington Family YMCA 910-251-9622 2710 Market St., Wilmington, NC 28403 http://www.wilmingtonfamilyymca.org/</p>	<ul style="list-style-type: none"> • Variety of classes available, some require membership 	<p>Price varies: \$30-\$50 financial assistance available for those in need</p>
	<p>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</p>	<ul style="list-style-type: none"> • Variety of classes available, some require membership 	<p>Call for cost, financial assistance available</p>

Northhampton County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary For ages 55+</p>
  	<p>Northhampton County Cooperative Extension 252-534-2831 9495 NC 305 Hwy, Jackson, NC 27845 http://northampton.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Dining with Diabetes: 4-session series • Eat Smart, Move More: 4-part series on nutrition and physical activity for adults • Eat Smart, Move More, Weigh Less: 16-session series on weight management and physical activity • Supplemental Nutrition Assistance Program (SNAP) Education: 12-class series on nutrition and physical activity, for older adults 	<p>Free</p>
	<p>Northhampton County Health Department 252-534-5841 9495 NC 305 Hwy, Jackson, NC 27845 http://www.northamptonhd.com/</p>	<ul style="list-style-type: none"> • Healthy Carolinians Cooking and Education Classes 	<p>Classes: Free</p>
	<p>Rural Health Group* Jackson: 252-534-1661 9425 NC Hwy 305, Jackson, NC 27845 Rich Square: 252-539-2082 200 South Main St., Rich Square, NC 27869 http://www.rhgnc.org</p>	<ul style="list-style-type: none"> • 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 	<p>Free Locations vary</p>

Onslow County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
  	<p>Onslow CHIP (Community Health Improvement Process) 910-355-2447 241 New River Dr., Jacksonville, NC 28540 http://www.onslowchip.org</p>	<ul style="list-style-type: none"> • Variety of events including health education 	<p>Call for cost</p>
 	<p>Onslow County Cooperative Extension 910-455-5873 4024 Richlands Hwy, Jacksonville, NC 28540 http://onslow.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Programs on various health topics available 	<p>Call for more information</p>
  	<p>Onslow County Health Department 910-347-2154 612 College St., Jacksonville, NC 28540 http://www.co.onslow.nc.us/health/default.aspx</p>	<ul style="list-style-type: none"> • Diabetes Self-Management Classes: requires physician referral • Weight loss program: 6-session program, requires physician referral 	<p>Diabetes Class: sliding scale fee Weight loss: \$10 per session</p>

Onslow County Resources

	Talk to...	What they offer.....	Other information...
	<p>Onslow County Parks and Recreation Department 910-347-5332 1244 Onslow Pines Rd., Jacksonville, NC 28540 http://onslowcountync.gov/parks</p>	<ul style="list-style-type: none"> • Athletics leagues, walking program, instructional classes, senior games, special events 	<p>Free or small fee</p>
	<p>Tobacco Awareness Project (TAP) 910-340-7045 http://www.onslowchip.org click on 'TAP'</p>	<ul style="list-style-type: none"> • Smoking Cessation Classes: meets weekly for 6 weeks, must attend all 6 classes, based on Freedom From Smoking program 	<p>Free</p>

Orange County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcoq.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Orange County Cooperative Extension 919-245-2050 306-E Revere Rd., Hillsborough, NC 27278 http://orange.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Programs on physical activity, nutrition, and diabetes may be available 	<p>Call for more information</p>
	<p>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</p>	<ul style="list-style-type: none"> • Chronic Disease Self-Management Program: 6-week program, appropriate for Diabetics 	<p>Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Nicotine Dependence Clinic: includes follow-up phone calls, office visits, and a weekly group meeting 	<p>Copay for first visit (other visits free), reduced cost available to uninsured</p>

Pamlico County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
	<p>Hope Clinic 252-745-5760 Pamlico County Health Department Building, 203 North St., Bayboro, NC 28515 http://www.hopeclinicnc.org/</p>	<ul style="list-style-type: none"> • Diabetes Classes: 4-class series, covers diet, exercise, nutrition, etc. 	<p>Free</p>
 	<p>Pamlico County Health Department 252-745-5111 203 North St., Bayboro, NC 28515 http://www.co.pamlico.nc.us/Departments_Health_Department.aspx</p>	<ul style="list-style-type: none"> • Diabetes Management Education • Smoking Cessation • Blood Pressure Monitoring 	<p>Free</p>
	<p>Pamlico County Parks and Recreation Department 252-745-4240 202 Main St., Bayboro, NC 28515 http://www.co.pamlico.nc.us/Departments_Parks_Recreation.aspx</p>	<ul style="list-style-type: none"> • Adult athletics: coed softball, women's volleyball, basketball 	<p>Call for more information</p>

Pamlico County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Pamlico County Senior Services 252-745-7196 800 Main St, Alliance, NC 28509 Senior Services: http://www.co.pamlico.nc.us/Departments_Senior_Services.aspx TOPS: www.tops.org</p>	<ul style="list-style-type: none"> • 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 	<p>National dues: \$26 per year Local dues: \$5 per month Call for more information</p>

Pasquotank County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Pasquotank County: 252-338-4404 711 Roanoke Ave., Elizabeth City, NC 27907 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • Tobacco cessation classes • Walking trails: published length of trails/paths/tracks in all seven counties in brochures and walking guides • Dining With Diabetes 	<p>Call for cost and availability Locations vary</p>
	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>
	<p>Pasquotank County Cooperative Extension 252-338-3954 1209 McPherson St., Elizabeth City, NC 27909 http://pasquotank.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	<p>Eat Smart: \$4.50 for book Dining: \$10</p>
	<p>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</p>	<ul style="list-style-type: none"> • Maps of walking distances in neighborhoods around the county 	<p>Free</p>

Pender County Resources

	Talk to...	What they offer.....	Other information...
	<p>Pender Adult Services, Inc. 910-259-0422 903 South Walker St., Burgaw, NC 28425 http://yourfitnessfusion.com/</p>	<ul style="list-style-type: none"> • Fitness Fusion: variety of exercise classes 	<p>Monthly membership fee, call for current cost</p>
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Carolinians of Pender: Activity for Health Program (nutritional and physical activity) 	<p>Activity for Health: Free</p>
	<p>Pender Memorial Hospital Main: 910-259-5451 Diabetes Programs: ext. 306 507 E Fremont St., Burgaw, NC 28425 http://www.pendermemorial.org/body_pender.cfm?id=3274</p>	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly • Diabetes Self-Management education: requires physician referral • Medical Nutrition Therapy • Educational workshops on nutrition: offered quarterly in cooperation with Healthy Carolinians of Pender County 	<p>Support Group: Free Self-Mgmt.: call for cost Nutrition Therapy: call for cost Ed. workshops: Free</p>

Perquimans County Resources

	Talk to...	What they offer.....	Other information...
	<p>Albemarle Regional Health Services* (Albemarle District Health Department) Perquimans County: 252-426-2100 103 ARPDC St., Hertford, NC 27944 www.arhs-nc.org</p>	<ul style="list-style-type: none"> • 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 	<p>Call for cost and availability</p> <p>Locations vary</p>
	<p>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</p> <p>Walking trails: http://www.co.pasquotank.nc.us/departments/park/walkingtrails.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>

Perquimans County Resources

	Talk to...	What they offer.....	Other information...
	<p>Perquimans County Cooperative Extension 252-426-5428 601-A S. Edenton Road St., Hertford, NC 27944 http://perquimans.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Dining with Diabetes: \$10-\$15 All others: Free</p>

Person County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Person County Cooperative Extension 336-599-1195 304 S Morgan St., Room 123, Roxboro, NC 27573 http://person.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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.) 	<p>Give your Heart: \$15 Families: varies based on needs of group (usually \$5-20 per person) Women Living Healthy: Free Locations vary</p>
	<p>Person County Health Department & Healthy Personians 336-597-2204 355-A South Madison Blvd., Roxboro, NC 27573 http://health.personcounty.net/pchd/</p>	<ul style="list-style-type: none"> • Resources lists: <ul style="list-style-type: none"> • 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 	<p>Resource lists: Free Give your Heart: \$40</p>
 	<p>Person Memorial Hospital 336-599-2121 615 Ridge Rd., Roxboro, NC 27573 http://www.personhospital.com/</p>	<ul style="list-style-type: none"> • 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 	<p>Give your Heart: \$40</p>

Person County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • 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 	<p>Fees and locations vary Financial assistance available</p>

Pitt County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • 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. 	<p>Locations and fees vary</p> <p>Aquatics/Fitness Center: membership fee charged, but some programs open to the public</p>
 	<p>Pitt County Cooperative Extension 252-902-1700 403 Government Circle, Suite 2, Greenville, NC 27834 http://pitt.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	<p>Cost varies</p>
 	<p>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/</p>	<ul style="list-style-type: none"> • Smoking cessation classes: available upon request • Diabetes CARE Project • Diabetes Self-Management Program 	<p>Smoking cessation: call for cost and availability</p> <p>Diabetes: Free</p>

Polk County Resources

	Talk to...	What they offer.....	Other information...
	<p>Polk County Cooperative Extension 828-894-8218 60 Gibson St., Columbus, NC 28722 http://polk.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	<p>Free</p>
	<p>Polk County Recreation Department 828-894-8199 105 N Peak St., Columbus NC 28722 http://www.polknc.org/departments/recreation/index.php</p>	<ul style="list-style-type: none"> • Facilities: gym, park, pool, recreation complex • Programs: walking program, yoga, adult softball, adult dodge ball 	<p>Call for more information</p>
	<p>St. Luke's Hospital Main: 828-894-3311 Smoking Cessation: 828-894-2408 101 Hospital Dr., Columbus, NC 28722 http://www.saintlukeshospital.com/</p>	<ul style="list-style-type: none"> • Freedom from Smoking: 8-week program as needed 	<p>\$25</p>

Randolph County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Randolph County Cooperative Extension 336-318-6000 112 West Walker Ave., Asheboro, NC 27203 http://randolph.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Eat Smart: \$30 Dining: \$30</p>
 	<p>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 http://www.co.randolph.nc.us/public_health/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week program, in partnership with Cooperative Extension • Get Fit Randolph: exercise incentive program, in partnership with Parks & Recreation 	<p>Eat Smart: \$30 Get Fit: Free</p>
	<p>Randolph County Parks and Recreation Department 336-626-1240 123-B Davis Street, Asheboro, NC 27204 http://www.getfitrandolph.org</p>	<ul style="list-style-type: none"> • Get Fit Randolph: exercise incentive program, in partnership with Health Department • Downtown walking trails: map available with lengths of trails 	<p>Free</p>
	<p>Randolph Hospital Main: 336-625-5151 Cardiopulmonary Department: 336-629-8836 364 White Oak St., Asheboro, NC 27203 http://www.randolphhospital.org</p>	<ul style="list-style-type: none"> • QuitSmart: smoking cessation program 	<p>Free</p>

Richmond County Resources

	Talk to...	What they offer.....	Other information...
	<p>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_services/diabetes</p>	<ul style="list-style-type: none"> • FirstQuit: six-month program for smoking cessation includes small-group meeting, individual counseling, medications, and weekly support groups • Healthy Living in the Mid-Carolinas: <ul style="list-style-type: none"> • Active Living Every Day: 14-20 weekly sessions • Healthy Eating Every Day: 14-20 weekly sessions 	<p>FirstQuit: sliding scale fee (up to \$50) All others: Free Locations vary</p>
	<p>Richmond County Cooperative Extension 910-997-8255 123 Caroline St., Suite 100, Rockingham, NC 28379 http://richmond.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Health and Wellness classes 	<p>Call for more information</p>
	<p>Richmond County Health Department 910-997-8300 127 Caroline St., Rockingham, NC 28379 http://publichealth.southernregionalahec.org/Richmond/</p>	<ul style="list-style-type: none"> • Diabetes education available 	<p>Call for more information</p>

Robeson County Resources

	Talk to...	What they offer.....	Other information...
	Community Health Education Center (CHEC Center) of Biggs Park Mall 910-671-9393 2800 North Elm St., Lumberton, NC 28358	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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/	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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

	Talk to...	What they offer.....	Other information...
	<p>Robeson County Parks and Recreation Department 910-671-3090 2830 Kenny Biggs Rd., Lumberton, NC 28358 http://www.co.robeson.nc.us/parkrec.htm</p>	<ul style="list-style-type: none"> • Senior Center • County parks 	<p>Call for more information</p>
 	<p>Southeast Regional Medical Center Main: 910-671-5000 Diabetes: 910-671-5595 Happy Hearts: 910-671-5067 Nicotine Anonymous: 910-272-3030 300 W. 27th St., Lumberton, NC 28358 http://www.srmc.org</p>	<ul style="list-style-type: none"> • Diabetes Community Center: monthly diabetes support group • Happy Hearts Cardiac Support Group: for people with heart disease, meets quarterly • Nicotine Anonymous: meets weekly 	<p>Call for availability</p>

Rockingham County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Annie Penn Hospital 336-951-4000 618 S. Main St., Reidsville, NC 27320 http://www.mosescone.com/body.cfm?id=1551</p>	<ul style="list-style-type: none"> • Diabetes Group Classes • Stop Smoking Program: weekly class, must register 	<p>Free for Rockingham county residents</p>
  	<p>Rockingham County Cooperative Extension 336-342-8230 525 NC Hwy 65, Ste 200, Reidsville, NC 27320 http://rockingham.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	<p>Small fee</p>
	<p>Rockingham County Department of Public Health 336-342-8140 371 NC Hwy 65, Wentworth, NC 27375 http://www.co.rockingham.nc.us/Publichealth/</p>	<ul style="list-style-type: none"> • Information about walking groups • Other programs may be available 	<p>Call for more information</p>

Rowan County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
  	<p>Rowan County Cooperative Extension 704-216-8970 2727-A Old Concord Rd., Salisbury, NC 28146 http://rowan.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Families Eating Smart and Moving More: 4 sessions • Eat Smart, Move More, Weigh Less: 15-week series • Dining With Diabetes 	<p>Families: Free Eat Smart: small fee Dining: Free</p>
   	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Free Smoking Cessation: call for cost and availability</p>

Rowan County Resources

	Talk to...	What they offer.....	Other information...
	<p>Rufty-Holmes Senior Center 704-216-7714 1120 S. Martin Luther King, Jr. Ave., Salisbury, NC 28144 http://www.ruftyholmes.org/</p>	<ul style="list-style-type: none"> • 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 	<p>Exercise classes: \$10-\$20 per month For ages 55+</p>

Rutherford County Resources

	Talk to...	What they offer.....	Other information...
	<p>Carolina Community Health Partnership* 704-484-5152 315 E. Grover St., Shelby, NC 28150 http://www.clevelandcounty.com/public/health/ca/pages/cmgmt_pt.html</p>	<ul style="list-style-type: none"> • Diabetes case management 	<p>Call for availability and cost Locations vary</p>
	<p>Rutherford County Cooperative Extension 828-287-6011 193 Callahan-Koon Rd., Suite 164, Spindale, NC 28160 http://rutherford.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Cook Smart, Eat Smart 	<p>Call for costs and availability</p>
	<p>Rutherford County Parks and Recreation 828-287-6035 141 West 3rd St., Rutherfordton, NC 28139 http://www.rutherfordcountync.gov/dept/recreation/Main.php</p>	<ul style="list-style-type: none"> • County parks: tennis courts, basketball courts, open fields, baseball/softball fields, gym • Community centers 	<p>Call for more information</p>
	<p>Rutherford Hospital Main: 828-286-5000 288 S. Ridgecrest Ave., Rutherfordton, NC 28139 Diabetes Department: 828-286-5062 Cancer Resource Center: 828-245-4596 2270 US Hwy 74A, Forest City, NC 28043 http://www.rutherfordhosp.org/</p>	<ul style="list-style-type: none"> • Freedom from Smoking classes available • Diabetes Support Group: meets once every three months • Living With Diabetes Program 	<p>Freedom: Free Diabetes Support Group: Free Living with Diabetes: call for cost, financial assistance available</p>

Sampson County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Pope Wellness Center at Mount Olive College* 919-635-3773 562 Henderson St., Mount Olive, NC 28365 To enroll contact local county health department: Sampson 910-592-1131</p>	<ul style="list-style-type: none"> • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income 	<p>Free</p>
 	<p>Sampson County Cooperative Extension 910-592-7161 55 Agriculture Pl., Clinton, NC 28328 http://sampson.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	<p>About \$15, call for exact cost</p>
 	<p>Sampson County Health Department 910-592-1131 360 County Complex Rd., Clinton, NC 28328 http://www.sampsonnc.com/healthdept.asp</p>	<ul style="list-style-type: none"> • Diabetic clinic • Smoking cessation 	<p>Call for more information</p>
	<p>Sampson County Parks and Recreation 910-299-0924 369 Rowan Rd., Clinton, NC 28328 http://www.sampsonnc.com/parksandrec.asp?sub=rec</p>	<ul style="list-style-type: none"> • Adult sports leagues • Various recreational facilities available 	<p>Call for more information</p>

Scotland County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Scotland County Cooperative Extension 910-277-2422 231 E Cronly St., Ste. 800, Laurinburg, NC 28352 http://scotland.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Adult Expanded Food and Nutrition Education Program: series of classes, participants learn about nutrition on a limited budget and increasing physical activity 	<p>Free Must have children living at home to be eligible</p>
  	<p>Scotland County Health Department & Scotland County Healthy Carolinians 910-277-2440 1405 West Blvd., Laurinburg, NC 28353 http://www.scotlandcountyhealth.org/cs_healthyprmo.htm</p>	<ul style="list-style-type: none"> • Community Diabetes Support Group: meets on the third Tuesday of each month from 5:30-6:30pm at Scotland Memorial Hospital • Lunch and Learn Health and Weight loss Support Program: meets on the last Monday of each month at noon • Great Ex-STEP-tations Walking Promotion Program: includes 2 promotional programs per year, participants can purchase pedometers 	<p>Free</p>
	<p>Scotland Memorial Hospital Main: 910-291-7000 Education Department: 910-291-7316 500 Lauchwood Dr., Laurinburg, NC 28352 http://www.scotlandhealth.org/index_flash.php</p>	<ul style="list-style-type: none"> • Community Diabetes Support Group: meets on the third Tuesday of each month from 5:30-6:30pm, in partnership with the Health Department 	<p>Free</p>

Stanly County Resources

	Talk to...	What they offer.....	Other information...
 	<p>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.centralinaaging.org/Consumers/ebhp.htm</p>	<ul style="list-style-type: none"> • 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 	<p>Free Locations vary</p>
 	<p>Stanly County Cooperative Extension 704-983-3987 26032-E Newt Rd., Albemarle, NC 28001 http://stanly.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: offered in partnership with Health Department 	<p>\$15</p>
 	<p>Stanly County Health Department 704-982-9171 1000 North First St., Ste. 3, Albemarle, NC 28001 http://health.co.stanly.nc.us/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: offered in partnership with Cooperative Extension 	<p>\$15</p>
  	<p>Stanly Regional Medical Center 704-984-4000 301 Yadkin Street, Albemarle, NC 28002 http://www.stanly.org/wellness_center.cfm</p>	<ul style="list-style-type: none"> • 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 	<p>Healthy Dir.: \$123 Diabetes Self-Mgmt.: sliding scale Support group: Free Diabetes Prevention: \$150 Nutrition Therapy: sliding scale</p>

Stokes County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free For adults 60+ (call to see if room for anyone under 60)</p>
  	<p>Stokes County Cooperative Extension 336-593-8179 700 N Main St., Danbury, NC 27016-0460 http://stokes.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 11-week session, offered in partnership with Health Department • Dining with Diabetes: 3-week session, includes food tastings 	<p>Eat Smart: \$20 Dining: \$20</p>
 	<p>Stokes Family Health Center (Health Department) Danbury office: 336-593-2400 1009 Main St., Danbury, NC 27016 King office: 336-985-2727 102 Hartgrove Rd., King, NC 27021 http://www.co.stokes.nc.us/health/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 11-week session, offered in partnership with Cooperative Extension 	<p>\$20</p>

Surry County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region I* 336-608-3568 dburgess@nwpcog.org Northwest Piedmont Council of Governments, 400 W Fourth St., Suite 400, Winston-Salem, NC 27101 http://www.nwpcog.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free For adults 60+ (call to see if room for anyone under 60)</p>
 	<p>Reeves Community Center 336-786-8313 113 Renfro St., Mount Airy, NC 27030 http://www.reevescommunitycenter.com/schedandservice.html</p>	<ul style="list-style-type: none"> • Losing for Life: 12-week exercise and nutrition program offered in partnership with Surry County Health & Nutrition Center; offered 4 times a year 	<p>Free for members Adults: \$28 per month Seniors (55+): \$20 per month</p>
  	<p>Surry County Cooperative Extension 336-401-8025 210 N Main St., Dobson, NC 27017 http://surry.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • You, Me, & Diabetes: Diabetes community classes, in partnership with Health Department • Healthy Families: covers nutrition, etc. • Families Eating Smart and Moving More: available upon request 	<p>Free</p>

Surry County Resources

	Talk to...	What they offer.....	Other information...
   	<p>Surry County Health and Nutrition Center (Health Department) 336-401-8400 118 Hamby Rd., Dobson, NC 27017 http://www.surry.com/</p>	<ul style="list-style-type: none"> • Walking programs • 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 	<p>Walking: Free Smoking: call for cost Diabetes Self-Mgmt.: sliding scale fee Diabetes class: Free Nutrition therapy: sliding scale fee</p>

Swain County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region A* 828-586-1962 ext. 217 jeanne@regiona.org Southwestern Commission, Area Agency on Aging, 125 Bonnie Lane, Sylva, NC 28779 http://www.regiona.org</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Swain County Cooperative Extension 828-488-3848 60 Almond School Rd., Bryson City, NC 28713 http://swain.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week series, in partnership with Health Department • Programs on exercise and nutrition 	<p>Eat Smart: \$25 Programs: Free or small fee</p>
	<p>Swain County Hospital Main: 828-586-4710 Diabetes Education: 828-586-7734 132 East Sylva Circle, Sylva, NC 28779</p>	<ul style="list-style-type: none"> • Diabetes Education Classes: 3 hr diabetes education classes offered monthly 	<p>Call for cost</p>
	<p>Swain County Recreation Department 828-488-6159 30 Rec Park Dr., Bryson City, NC 28713 http://www.swaincountync.gov/recreation.html</p>	<ul style="list-style-type: none"> • Recreation facilities: basketball, soccer, football, tennis, free weights, swimming pool, skateboarding, baseball • Senior games program 	<p>Call for more information Locations vary</p>

Transylvania County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region B* 828-251-7438 Rebecca@landofsky.org Land of Sky Regional Council, 339 New Leicester Hwy, Suite 140, Asheville, NC 28806 http://www.landofsky.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>New Leaf Program 828-885-7233 http://newleafprogram.org/</p>	<ul style="list-style-type: none"> • Workshops: topics include health and nutrition, gardening, quit smoking, etc. • Gardening class in partnership with Western Carolina Community Action 	<p>Free</p>
	<p>Transylvania County Parks and Recreation Department 828-884-3156 1078 Ecusta Rd., Brevard, NC 28712 http://rec.transylvaniacounty.org/</p>	<ul style="list-style-type: none"> • 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 	<p>Call for cost and location info</p>
	<p>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/</p>	<ul style="list-style-type: none"> • Gardens Program: seeds, plants, and fertilizer available from WCCA for low-income families and individuals 	<p>Free</p>

Tyrrell County Resources

	Talk to...	What they offer.....	Other information...
   	<p>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/</p>	<ul style="list-style-type: none"> • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested • Programs may be available for physical activity, nutrition, or diabetes 	<p>Call for more information Locations vary</p>
 	<p>Tyrrell County Cooperative Extension 252-796-1581 407 Martha St., Columbia, NC 27925 http://tyrrell.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 20-week series • Give Your Heart a Healthy Beat: 12-week series • Health and wellness programs at Tyrrell Senior Citizens Center: offered monthly 	<p>Eat Smart: \$30 Heart: Free Health & Wellness: call for cost</p>
  	<p>Tyrrell Senior Center 252-796-0365 406 Bridge St., Columbia, NC 27925</p>	<ul style="list-style-type: none"> • Health and wellness programs (nutrition, diabetes, etc.) offered monthly • Exercise equipment available 	<p>For ages 55+ Free</p>

Union County Resources

	Talk to...	What they offer.....	Other information...
	<p>Carolinas Medical Center – Union Main: 980-993-3100 Diabetes Center: 980-993-2880 600 Hospital Dr., Monroe, NC 28112 Programs: http://www.cmc-union.org/body.cfm?id=6 Diabetes: http://www.cmc-union.org/body.cfm?id=122</p>	<ul style="list-style-type: none"> • Active Women: 24-hr access by phone to a registered nurse to answer health-related questions; health screenings; e-Health newsletters; online seminars and podcasts about health issues • Look Good, Feel Better: bi-monthly support group for women undergoing chemotherapy or radiation • Grocery Store Tours (Diabetes Education): learn about heart healthy food choices, carbohydrate counting, quick and easy meal ideas, and how to make good food choices on a budget • Diabetes Wellness Group: monthly support group for adults with diabetes • Diabetes Self-Management Education: one-on-one and group diabetes education to help patients better understand diabetes and its effects on the body, requires physician referral 	<p>Active Women: Free Look Good: Free Grocery Store Tours: Free Diabetes Wellness: Free Diabetes Self-Management: Call for cost and availability</p>
	<p>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.centralinaaging.org/Consumers/ebhp.htm</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>

Union County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Union County Cooperative Extension 704-283-3732 3230-D Presson Rd., Monroe, NC 28112 http://union.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 12-week weight management program, offered about twice per year 	<p>\$25 Locations vary</p>
   	<p>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</p>	<ul style="list-style-type: none"> • Variety of education available on nutrition, physical activity, and tobacco • WIC diabetes program available 	<p>Call for more information</p>

Vance County Resources

	Talk to...	What they offer.....	Other information...
  	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Nutrition: Free Pedometers: \$15 Diabetes Ed: Free Eat Smart: Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Walking Trails 	<p>Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • 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 	<p>Aycock: small fee to use the center Free Walking Trail Kickboxing: \$2.50 per class Senior Dance: \$3/person, \$5/couple</p>

Vance County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Diabetes Education Program 	<p>Call for cost information</p>

Wake County Resources

	Talk to...	What they offer.....	Other information...
	<p>Area Agency on Aging, Region J* 919-638-2736 tsangster@tjcoq.org Triangle J Council of Governments, 4307 Emperor Blvd., Suite 110 (Yorkshire Building), Sheraton Imperial Center, Durham, NC 27703 http://www.tjaaa.org/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary</p>
	<p>Riley Hill Family Life Center 919-365-6780 5901 Riley Hill Rd., Wendell, NC 27591 http://www.rhflc.org</p>	<ul style="list-style-type: none"> • Project SELF 2 For U: includes exercise classes, support groups, educational workshops, cooking classes, etc. • Exercise program for women, offered twice weekly 	<p>SELF 2 4 U: call for more info Exercise program: Free</p>
	<p>Wake County Health and Human Services 919-856-6540 219 S. East St., Raleigh, NC http://www.wakegov.com/humanservices/health/adults/diabetes.htm</p>	<ul style="list-style-type: none"> • Project DIRECT (Diabetes Intervention Reaching & Educating Communities Together): Diabetes management classes, nutrition education, walking programs, health assessments for African-American faith communities 	<p>Free</p>
	<p>Wake County Parks, Recreation, and Open Space 919-856-6679 Office: 2112 County Park Dr., New Hill, NC 27562 http://www.wakegov.com/parks/default.htm</p>	<ul style="list-style-type: none"> • Variety of activities available in several parks and open spaces: hiking/walking trails, canoeing, sand volleyball court, play fields, disc golf course 	<p>Free or small fee</p>

Wake County Resources

	Talk to...	What they offer.....	Other information...
	<p>YWCA of the Greater Triangle 919-834-7386 554 E. Hargett Street, Raleigh, NC 27601 http://www.ywcatriangle.org/wellness.php</p>	<ul style="list-style-type: none"> • 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 	<p>HeartPlus: Free Silver: Free Strong: Free Walking Clubs: \$10/month for members, \$20/month for non-members Freedom: \$60</p>

Warren County Resources

	Talk to...	What they offer.....	Other information...
	<p>Rural Health Group* 252-456-2009 110 Division St., Norlina, NC 27563 http://www.rhgnc.org</p>	<ul style="list-style-type: none"> • 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 	<p>Free Locations vary</p>
  	<p>Warren County Cooperative Extension 252-257-3640 158 Rafters Lane, Warrenton, NC 27589 http://warren.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Programs on healthy lifestyles, nutrition, physical activity, and diabetes may be available 	<p>Call for cost</p>
  	<p>Warren County Health Department 252-257-1185 544 West Ridgeway St., Warrenton, NC 27589 http://www.warrencountync.com/HealthDepartment.aspx</p>	<ul style="list-style-type: none"> • Diabetes support group • Fresh Start tobacco cessation • List of walking trails available 	<p>Free</p>
	<p>Warren County Parks and Recreation Department 252-257-2272 115 Wilcox St., Warrenton, NC 27589 http://www.warrencountync.com/Recreation.aspx</p>	<ul style="list-style-type: none"> • Recreational parks (outdoor basketball courts, tennis courts, swimming pool), gym, indoor walking trail • Adult sports leagues: softball, basketball 	<p>Costs and locations vary</p>

Washington County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Freedom From Smoking: meets weekly for 8 weeks, available if enough people are interested • Programs may be available for physical activity, nutrition, or diabetes 	<p>Call for more information Locations vary</p>
	<p>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</p>	<ul style="list-style-type: none"> • Moore Aquatics & Fitness Center: daily open swim, fitness room, activity programs <ul style="list-style-type: none"> • Use of entire facility for members • Open swim for non-members • Adult sports programs available periodically • Parks: sports fields/courts, open activity fields 	<p>Open swim: small fee for non-members Locations and fees vary</p>

Watauga County Resources

	Talk to...	What they offer.....	Other information...
	<p>App Health* District Office: 828-264-4995 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/</p>	<ul style="list-style-type: none"> • Information on outdoor physical activity opportunities, chronic disease, and nutrition • Community directory for the Appalachian region 	<p>Free</p>
	<p>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</p>	<ul style="list-style-type: none"> • Information on tobacco cessation 	<p>Free</p>
	<p>Watauga County Cooperative Extension 828-264-3061 971 W King St., Boone, NC 28607 http://watauga.ces.ncsu.edu/content/HealthInformationandLinks&source=cherokee</p>	<ul style="list-style-type: none"> • Taking Charge of Your Diabetes: 4-day workshop, includes lunch each day • Give Your Heart a Healthy Beat: diet and exercise program 	<p>Taking Charge: \$35, scholarships available Healthy Beat: Free</p>
	<p>Watauga County Health Department (part of Appalachian District Health Department) 828-264-6635 <u>Contact:</u> Jennifer Bryan- Greene 126 Poplar Grove Connector, Boone, NC 28607 http://www.apphealth.com/Watauga/Health_Promotion/Index.php</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 10-15 sessions • Variety of nutrition and physical activity programs and resources available 	<p>Eat Smart: Free</p>

Watauga County Resources

	Talk to...	What they offer.....	Other information...
	<p>Watauga County Parks and Recreation Main Office: 828-264-9511 Swim Complex: 828-264-0270 231 Complex Dr., Boone, NC 28607 http://www.wataugacounty.org/parks/index.html</p>	<ul style="list-style-type: none"> • Facilities: gym, multi-purpose athletic fields, parks, tennis courts, basketball courts, indoor pool, outdoor pool • Adult sports leagues 	<p>Locations vary</p>

Wayne County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free for ages 60+, small fee for those under 60 Locations vary</p>
 	<p>Pope Wellness Center at Mount Olive College* 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</p>	<ul style="list-style-type: none"> • Fitness By Design: personal fitness and recreation program, nutrition program with free food vouchers, available to low/middle income 	<p>Fitness By Design: Free Membership: \$35 per month</p>
  	<p>Wayne Action Teams for Community Health (WATCH) Call 919-222-4450 to make appointment and become a WATCH patient www.getwatch.org</p>	<ul style="list-style-type: none"> • 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 	<p>Free Must be a Wayne county resident and be uninsured to qualify</p>

Wayne County Resources

	Talk to...	What they offer.....	Other information...
 	<p>Wayne Area Diabetes and Education Center (WADEC) 919-731-6508 http://www.waynehealth.org/body.cfm?id=29&action=detail&ref=6</p>	<ul style="list-style-type: none"> • Weight Management and Cholesterol Control Class: group class led by the WADEC Dietitian, need physician referral 	<p>\$17</p>
 	<p>Wayne County Cooperative Extension 919-731-1525 http://wayne.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • 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 	<p>Call for cost Locations vary</p>
  	<p>Wayne County Health Department Main: 919-731-1000 Health Promotion Coordinator: 919-731-1235 Minority Health Education: 919-731-1288 301 N. Herman St., Goldsboro, NC 27530 http://www.waynegov.com/165810410142431703/cwp/view.asp?A=3&Q=277343&C=54824</p>	<ul style="list-style-type: none"> • Minority Health Education 	<p>Call for more information</p>

Wayne County Resources

	Talk to...	What they offer.....	Other information...
  	<p>Wayne Memorial Hospital 919-736-1110 2700 Wayne Memorial Dr., Goldsboro, NC 27533 http://www.waynehealth.org/body.cfm?id=81</p>	<ul style="list-style-type: none"> • 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 	<p>Free</p>

Wilkes County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Information on tobacco cessation 	<p>Free</p>
	<p>Wilkes County Cooperative Extension 336-651-7331 201 Curtis Bridge Rd., Suite A, Wilkesboro, NC 28697 http://wilkes.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with the Health Department and Wilkes Regional Medical Center 	<p>Support Group: Free</p>
   	<p>Wilkes County Health Department 336-651-7450 306 College St., Wilkesboro, NC 28697 http://www.wilkeshealth.com</p>	<ul style="list-style-type: none"> • List of fitness resources and smoke-free dining • Diabetes education and diet instruction • Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with Wilkes Regional Medical Center and Cooperative Extension • Eat Smart, Move More, Weigh Less: 15-week program • Fresh Start: 2-week smoking cessation program 	<p>Diabetes Ed.: sliding scale fee Support Group: Free Eat Smart: \$10 Fresh Start: Free</p>
	<p>Wilkes County Parks and Recreation 336-651-7355 1803 Industrial Dr., Wilkesboro, NC 28697 http://www.wilkescounty.net/</p>	<ul style="list-style-type: none"> • Athletics: softball, flag football, basketball, soccer 	<p>Call for more information Locations vary</p>

Wilkes County Resources

	Talk to...	What they offer.....	Other information...
	<p>Wilkes Regional Medical Center 336-651-8100 or 336-651-7449 1370 West D St., North Wilkesboro, NC 28659 http://www.wilkesregional.com</p>	<ul style="list-style-type: none"> • Diabetes Support Group: meets monthly at Wilkes Regional Medical Center, offered in partnership with Health Department and Cooperative Extension 	<p>Support Group: Free</p>
	<p>Wilkes Senior Center 336-667-5281 228 Fairplains School Rd., North Wilkesboro, NC 28659 http://www.wilkesseniorcenter.org/</p>	<ul style="list-style-type: none"> • 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 	<p>Free For adults 60+</p>

Wilson County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free Locations vary For ages 55+</p>
	<p>Wilson Community Health Center 252-243-9800 303 E. Green St., Wilson, NC 27893</p>	<ul style="list-style-type: none"> • Smoking cessation classes available 	<p>Call for cost</p>
	<p>Wilson County Cooperative Extension 252-237-0111 1806 SW Goldsboro St., Wilson, NC 27893 http://wilson.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less 	<p>Nominal fee</p>
	<p>Wilson County Health Department 252-291-5470 Health Promotion: 252-237-3141 ext. 6642 1801 Glendale Dr., Wilson, NC 27893 http://www.wilson-co.com/index.aspx?nid=85</p>	<ul style="list-style-type: none"> • Nutritional Counseling: diabetes, high cholesterol, weight management, etc. • List of restaurants with Winner's Circle options 	<p>Call for more information</p>
	<p>Wilson Parks and Recreation 252-399-2261 http://www.wilsonnc.org/departments/ParksAndRecreation/</p>	<ul style="list-style-type: none"> • Fitness classes, sports leagues, community centers, fitness center, sports fields, walking program, water aerobics, etc. 	<p>Fees and locations vary</p>

Yadkin County Resources

	Talk to...	What they offer.....	Other information...
	<p>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/</p>	<ul style="list-style-type: none"> • Healthy Living with Chronic Conditions: self-management program for any chronic condition, 6 weekly sessions, in partnership with the Health Departments in some counties 	<p>Free For adults 60+ (call to see if room for anyone under 60)</p>
  	<p>Healthy Yadkin 336-849-7689 403 East Main St., Yadkinville, NC 27055 http://www.yadkincountync.gov/content/view/72/221/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less: 15-week weight management class • Freedom From Smoking: 7-week smoking cessation program 	<p>Eat Smart: call for cost Freedom: Free for Yadkin County residents</p>
  	<p>Yadkin County Cooperative Extension 336-679-2061 209 E Elm St., Yadkinville, NC 27055 http://yadkin.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Eat Smart, Move More, Weigh Less • Dining with Diabetes 	<p>Call for cost</p>
	<p>Yadkin County Parks and Recreation Department 336-679-4228 6600 Service Rd., Yadkinville, NC 27055 http://www.yadkincountync.gov/content/view/18/326/</p>	<ul style="list-style-type: none"> • Facilities: tennis courts, walking trail, disc-golf course, athletic fields, nature/biking trail, volleyball courts, outdoor pool • Activities: adult softball 	<p>Pool: \$2.50 Locations vary</p>

Yancey County Resources

	Talk to...	What they offer.....	Other information...
	<p>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</p>	<ul style="list-style-type: none"> • Nutrition consultations: for diabetes or weight management • Fitness Center: fitness equipment and classes 	<p>Nutrition: call for cost Fitness Center: \$10 daily walk-in fee, \$7 classes, \$20 walking club</p>
	<p>Yancey County Cooperative Extension 828-682-6186 10 Orchard Dr., Burnsville, NC 28714 http://yancey.ces.ncsu.edu/</p>	<ul style="list-style-type: none"> • Nutrition programs at Yancey County Senior Center 	<p>Call for more information</p>
	<p>Yancey County Parks and Recreation 828-284-5129 315 Mitchell Branch Rd., Burnsville, NC 28714 http://www.yanceycountync.gov/index.php?option=com_content&view=category&layout=blog&id=15&Itemid=23</p>	<ul style="list-style-type: none"> • Recreation area, hiking trails, swimming/tubing area 	<p>Call for more information</p>
	<p>Yancey County Senior Center 828-682-6011 10 Swiss Ave., Room 201, Burnsville, NC 28714 http://www.main.nc.us/yancey/YCSC/index.htm</p>	<ul style="list-style-type: none"> • Fitness/health promotion: exercise program, can use local fitness center at no charge • Presentations by Cooperative Extension: nutrition, diabetes, and other health topics 	<p>Free For ages 60+</p>