

HEALTHY LIVING RESOURCE GUIDE

ATHENS COUNTY, OH 04/28/15

PHYSICAL ACTIVITY

WELLWORKS *WellWorks*

- Wellworks offers a fitness center, group classes such as yoga, Zumba, Pilates, spinning, step, personal training. Classes available for all fitness levels!
- New Silver Sneakers program offers free memberships for qualifying individuals, 65+ years of age and on a qualifying Medicare supplement plan.
- Programs such as HeartWorks and Risk Reduction are offered to individuals who may have pre-existing conditions, looking to improve their health.
- \$175 per person, per year
- Phone: 740-593-2093 E-mail: wellworks@ohio.edu



ATHENS CITY-COUNTY HEALTH DEPARTMENT Public Health Prevent. Promote. Protect.

- **LOCAL 1422 GRANT**
 - Healthy worksite consultations and wellness program coordination available, free of charge.
 - Free point-of decision stair prompt signage for workplaces.
 - Active commuting support, for walking and biking to work. Free resources such as bike racks may be available.
 - Contact Megan Buskirk, Environmental Strategies Coordinator, at **740-592-4431 x246** or mbuskirk@health.athens.oh.us
- **CREATING HEALTHY COMMUNITIES GRANT**
 - Assistance with developing worksite physical activity policies.
 - Mini-grant opportunities for worksites looking to implement physical activity initiatives.
 - Contact Christa Cocumelli, Creating Healthy Communities Coordinator at **740-592-4431 x226**, or ccocumelli@health.athens.oh.us



ATHENS COMMUNITY CENTER

- Benefits include: fitness room, jogging track, gymnasium, locker rooms, and leisure opportunities in the lobby. Pool also on site, though separate fee applies. (*see below*)
- Additional classes available at discounted rates, though fee applies. Classes include yoga, Pilates, fencing, martial arts, and more. Childcare available at an hourly rate.

- Silver Sneakers program offers free memberships for qualifying individuals, 65+ years of age and on a qualifying Medicare supplement plan.
- Discounted rates available for businesses and worksites:
 - 4 or less employees= \$175 per person, per year
 - 5-19 employees= \$165 per person, per year
 - 20+ employees= \$150, per person, per year
 - (Regular rate = \$250, per person, per year)
- Pool is part of the community center but separate fees apply.
 - Open May 23rd- August 2nd in 2015. (Pool will close early this year for remodeling)
 - Daily hours: Sunday-Friday, open 12:00 noon- 7:00 P.M. and Saturday, open 12:00 noon-8:00 P.M.
 - Daily fees: adults= \$5.00, children ages 4-17= \$3, and children ages 3 and under= Free.
 - Splash pass available: 10 visits for \$30 or 20 visits for \$55.
 - Season pass available: Athens city limits residents= \$165/household, or \$185 for non residents.
- Contact: **740-592-3325** for more information or visit www.ci.athens.oh.us/index.aspx?NID=173
- Register for classes or reserve a facility online at <https://apm.activecommunities.com/athensrec>

ARTS/WEST



- **COMMUNITY YOGA**
 - Classes are the first Sunday of the month from 3:45-4:45 P.M.
 - Free for ARTS/West members (\$30 donation per year and up), or donation-based for non members.
 - Call **740-592-4315** for details, or visit <http://artswest.blogspot.com/p/blog-page.html>
- **PRENATAL/POSTNATAL YOGA**
 - Class meets Wednesdays from 5:50-6:30 P.M.
 - For inquiries, dates, and registration, call Laura Post at **740-594-YOGA** or e-mail theholisticmama@gmail.com
- **BURMESE BANDO BASICS**
 - Training is designed to promote physical health and emotional well-being with a goal of 'self-cultivation and self-development through self-discipline.
 - Class meets Thursdays from 5:30-6:45 P.M.
 - Fee of \$5 per class
 - For inquiries and registration, call Sayama Cheryl Cesta at **740-594-7452** or email cherylcesta@gmail.com
- **BANDO YOGA AND WORKOUT FOR WOMEN & GIRLS**
 - Class begins with gentle and meditative long stick yoga stretching. Following is a cardio workout that incorporates self-defense and kickboxing movements without contact. Strengthening exercises and yoga cool down are followed by the practice of mudras to end class.
 - Bring a yoga mat or blanket and wear athletic shoes & comfortable clothing.
 - Classes are Tuesdays from 5:30-6:45 P.M.
 - Fee of \$5 per class.
 - For inquiries and registration, call Sayama Cheryl Cesta at **740-594-7452** or email cherylcesta@gmail.com

- **BELLY DANCING**

- Open your heart, body, and mind to unaccustomed rhythms and movement while empowering yourself to appreciate your body through a dance that celebrates the womanly form, no matter what size or shape.
- Thursdays from 7:00-8:00 P.M.
- For inquiries and registration call Ellie Olin at **740-590-1896** or email at ellieolin@gmail.com



LIVE HEALTHY APPALACHIA

- **MY FIRST 5K**

- Free 6 week training program that takes place in the spring.
- Tuesdays 5:45-6:45 pm at the Athens Community Center Bike Path Area
March 17- April 21 → Race for a Reason on April 25th 2015
- Geared toward first time 5k walkers and runners and anyone else that needs motivation (including past participants!) Meet new people and have fun!
- Participants will pick their training group (walker, brisk walker, jogger, or runner) and be led through a weekly workout by OU exercise students preparing them to meet the goal of completing the 5K!
- Emphasis on injury prevention, stretching, setting and reaching goals
- For details, call **740-856-6100** or register online at www.livehealthyappalachia.org

- **WALK WITH A DOC**

- Get exercise, and learn about your health while walking with local physicians.
- Second Saturday of every month at 8:30 A.M.
- Located near the Athens Bike Path at the East State Soccer Field Entrance by Wal-Mart.
- Free pedometer available.
- For event schedules, details, and registration, visit www.livehealthyappalachia.org
- For questions, call **740-856-6100**.



HOCKHOCKING ADENA BIKEWAY

- 21 miles of paved bike path accessible from multiple locations.
- Water fountain and food retail establishments near trail.
- Starts near Rocky Brands in Nelsonville, and ends past Holzer Clinic in Athens.
- Beautiful scenery along trail.
- For more information, visit: ohiobikeways.net/adena.htm



ATHENS COUNTY PUBLIC LIBRARIES

- **THE NELSONVILLE PUBLIC LIBRARY**

- Various types of bikes are available to rent for free.

- For details, call **740-753-3543** or visit WWW.MYACPL.ORG/BRANCHES/NELSONVILLE
- 95 W. Washington, Nelsonville, OH 45764
- **THE ATHENS PUBLIC LIBRARY**
 - Free yoga for people age 50 and up. Wednesdays at 10:00 A.M. & 2:00 P.M.
 - Bikes are available to rent for free. Various bike types to choose from.
 - For details, call **740-592-4272** or visit WWW.MYACPL.ORG/BRANCHES/ATHENS
 - 30 Home Street, Athens, OH 45701
- **THE WELLS PUBLIC LIBRARY (ALBANY)**
 - Free yoga classes for adults. Mondays at 6:15 p.m.
 - Bikes are available to rent for free. Various bike types to choose from.
 - For details, call **740-698-3059** or visit <http://www.myacpl.org/branches/wells%28albany%29>
 - 5200 W. Washington Road, Albany, OH 45710
- **THE PLAINS PUBLIC LIBRARY**
 - Various types of bikes are available to rent for free, including a pull-able stroller burley.
 - City bus routes have bike racks. Options for riding your bike one way and returning on bus.
 - Prenatal yoga available though class dates vary.
 - For details, call **740-797-4579** or visit <http://www.myacpl.org/branches/theplains>
- **THE GLOUSTER PUBLIC LIBRARY**
 - A small bike path and high school track behind the library are available for public use.
 - For details, call **740-767-3670** or visit <http://www.myacpl.org/branches/glouster>
 - 20 Toledo Street, Glouster, OH 45732
- Yoga classes available at other locations, but time may vary. For class times and locations, **740-753-3543** or visit WWW.MYACPL.ORG



TRAILS, PARKS, AND WATER SPORTS IN ATHENS COUNTY

- Enjoy a variety of beautiful settings to hike or bike and around Athens County.
- For a list of trails and parks, visit <http://athensohio.com/category/where-to-play/parks/>
- call **1-800-878-9767** or visit the Athens County Visitors Bureau located at: 667 East State Street, Athens, OH 45701

BIRD ARENA: ICE SKATING



- Bird Ice Arena is an indoor ice facility featuring an illuminated 190' by 85' ice surface. Activities include: recreational skating, Learn to Play Hockey, Athens Youth Hockey Association, learn to skate programs, figure skating, birthday parties, and private rentals.
- Daily Admission: Adults-\$4.00, Children under 18- \$3.50 + skate rental fee of \$3.50
- Location: Bird Arena is located on Oxbow Trail next to the Aquatic Center, Grover Center, and directly across from Baker. Parking is available in the Baker Center garage, located across the street from the arena
- Recreational skating hours:
 - Tuesday and Thursday: 7:30 p.m.-9:00 p.m.
 - Saturday: 1:30 p.m. -3:00 p.m.
 - Sunday: 2:30 p.m. – 4:00 p.m. & 4:30 p.m. - 6:00 p.m.
- For more information, call: **740- 593-4676** or visit <http://www.ohio.edu/recreation/bird/>

PING CENTER  **OHIO**
UNIVERSITY

- Ping houses a 36 foot, double-sided climbing wall, five basketball/volleyball courts, two multipurpose gymnasiums, an elevated four-lane indoor running track, eight racquetball courts and an enclosed glass fitness area. Ping Center also provides free weights, aerobics, fitness, combative sports, and dance.
- Daily fees for the general public: Adult= \$8 per day. Child (age 17 and under) \$7 per day.
- Children ages 5 - 12 are only admitted during Family Hours. Children ages 4- under are only permitted for tours.
- Annual pass rates: Adult= \$150 per semester or \$335 annually. Child= \$120 per semester or \$275 annually.
- Hours: Monday – Friday= 6:30 A.M.-12:00 A.M., Saturday and Sunday = 12:00 P.M. – 12:00 A.M.
- For details, call **740-593-9915** or visit <http://www.ohio.edu/recreation/ping/>

THE AQUATIC CENTER  **OHIO**
UNIVERSITY

- The Aquatic Center hosts a variety of different activities, events and program throughout the year.
- Certification courses, aqua fitness, swim lessons, kayak roll sessions, and water sports available.
- Open for lap swimming: Monday- Friday, 6:00 A.M. - 3:00 P.M.
- Open for recreational swimming: Monday/Wednesday/Friday, 7:00 P.M. - 9:30 P.M. and Saturday & Sunday, 1:00 P.M.- 5:00 P.M.
- Fees for the general public: Adult= \$3.50 per day, Child (age 17 and under)= \$3.00 per day.
- Membership fees: Adult= \$98 per semester or \$155 per year. Child= \$83 per semester or \$155 annually.
- For details, call **740-593-1000** or visit <http://www.ohio.edu/recreation/aquatic/>



DOWS ROLLARENA

- Cost: \$4.00 on Thursdays & Sundays. \$5.00 on Saturdays, plus \$2.00 for skate rentals.
- Hours:
 - Thursday: (Adult Skate) 5:00 P.M. to 7:00 P.M.
 - Thursday: (All Skate) 7:00 P.M. to 9:30 P.M.
 - Saturday: 7:00 P.M. to 10:30 P.M.
 - Sunday: 1:30 P.M. to 4:00 P.M.
 - Sunday: 7:00 P.M. to 9:30 P.M.
- For More Information, Call: **740-753-3706**, or visit at 15329 Elm Rock Road Nelsonville, Ohio 45764.



LIVE ANEW

- Free Tai Chi classes on Tuesday and Thursday at 5:30 P.M.
- Ask about Tae Kwon Do, Pilates, and modern dance classes.
- Located in the old Albany school, 5196 Washington Road, Albany, OH 45710

- For details, call owner Mark Groll at **614-390-1844**.



NELSONVILLE WATER PARK

- Open Memorial Day- Labor Day.
- 7 days a week from 12:00 noon- 7:00 P.M.
- Fee: Adults = \$3.30, Youth (ages 6-7)= \$2.50, Children (ages 5 and under)= \$1.50, Seniors (over 60)= Free
- Cash only. Free parking.
- Location: 40 W Canal Street, Nelsonville, OH 45764.
- For details, call **740-753-7003**.



UNITED SENIORS OF ATHENS COUNTY

- **ARTHRITIS EXERCISE PROGRAM**
 - Exercise group for people with arthritis. Exercises are non-strenuous and approved by the Arthritis Foundation.
 - Free and open to Athens County residents age 60 and over.
 - *****All programs offered by United Seniors require a Health Release Form to participate.**
 - Offered at three locations:
 - **Athens Community Center** gymnasium every Tuesday from 12:30 P.M. – 1:30 P.M.
 - **740-594-3535**. 701 East State Street, Athens, OH 45701.
 - **The Plains Unites Methodist Church** every Wednesday from 10 A.M. – 11 A.M.
 - **740-594-3535**. 3 North Plains Road, The Plains, OH 45780.
 - **O’Bleness Memorial Hospital** every Saturday at 10 A.M.
 - **740-594-3535**. 55 Hospital Drive, Athens, OH 45701.
- **TAI CHI FOR ARTHRITIS**
 - Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
 - Free and open to Athens County residents age 60 and over.
 - Thursday 12:30 to 1:30 P.M. (10 week class format. Call for availability)
 - Located at the Athens Community Center, **740-594-3535**. 701 East State Street, Athens, OH 45701.
- **CHAIR VOLLEYBALL**
 - Chair Volleyball is for older adults of all activity levels - regularly active to wheelchair bound.
 - Wednesday and Friday 12:30 – 1:30 P.M.
 - Free and open to Athens County residents age 60 and over.
 - Located at the Athens Community Center, **740-594-3535**. 701 East State Street, Athens, OH 45701.
- **WALKING AROUND THE WORLD**
 - Group walks on indoor track.
 - Monday through Friday, 8:00 to 10:00 A.M. and 1:00 to 2:00 P.M.
 - Free and open to Athens County residents age 60 and over.
 - Located at the Athens Community Center, **740-594-3535**. 701 East State Street, Athens, OH 45701.
- **LINE DANCING**
 - Beginners dances at start and intensity levels increase as class progresses.
 - Monday through Friday, 10:15 to 11:45 A.M.
 - Free and open to Athens County residents age 60 and over.
 - Located at the Athens Community Center, **740-594-3535**. 701 East State Street, Athens, OH 45701.

VILLAGE PRODUCTIONS



- Village Productions offers classes, workshops, special events, concerts, and lectures. This non-profit facility is open for use by supporters and the local community.
- It has three major program sections: Children's Programming, Adult Education, and Community Events.
- Located above the Amesville Grange, 16 East State Street, Amesville, OH 45711. Side door entrance.
- Classes run 11 weeks (unless noted). Tuition for all classes (unless otherwise noted): 1 class per week for 11 weeks paid in full \$77/class. More than 1 class per week or multiple family members for 11 weeks paid in full \$66/class. Drop-Ins: \$8/class. If registered for 2 complete classes and paid in full, drop-ins are \$6/class. Annual memberships are available for \$350/individual and \$500/family. Scholarships are available!
- **MORNING YOGA**
 - These classes cover all of the basic yoga moves taught by a variety of great instructors.
 - Mondays, Wednesdays, and Fridays 9:00 A.M.- 10:00 A.M.
- **PILATES**
 - Exercises will be modified to accommodate specific conditions as needed. Everyone is encouraged to work at their personal level of challenge!
 - Tuesdays 5:30-6:00 P.M.
 - Fee is \$80, paid in full for a series. Drop-ins: \$10.
 - Call instructor Deb Murphy at **740-541-1956** for details.
- **YOGA FOR HEALTH**
 - This class combines relaxation and limbering with strengthening poses. This class will awaken your body as it calms and strengthens you.
 - Mondays 6:30-7:45 P.M.
- **CELEBRATING YOGA SATURDAYS**
 - Realign yourself and clear away the stresses of the week. Let Saturday yoga become a weekly habit—your body and mind will thank you.
 - Saturdays 9:30- 10:30 P.M.
 - Call instructor Karen Carlson at **740-591-1286** for details.
- **MEDITATION CIRCLE**
 - Meditation practices from a variety of traditions, as well as inspirational readings and discussion.
 - Sundays 9:30-10:30 A.M.
 - Free, but donations appreciated.
 - Call facilitator Drake Chamberlin at **740-448-7552** for details.

INHALE YOGA



- A variety of yoga class types to fit varying fitness levels are available.
- Class times range from 6:30 A.M. -7 P.M.
- Classes are \$12 per session or less when purchasing a package.
- Sauna and massage services are also available for a fee.
- Inquire about the corporate wellness program. Free and paid options available.
- Call **740-249-4310** for details, visit WWW.INHALEYOGA.ORG, or e-mail Michelle Stobart, Studio Director at michelle@inhaleyoga.org

SRI HEALTH



- Sri Health provides the tools and training to keep you in balance.

- Yoga studio, body work, homeopathy, osteopathy, mentoring, and other opportunities available.
- Call **740-594-5027** for fees and scheduling or visit WWW.SRIHEALTH.COM

COOLVILLE UNITED METHODIST CHURCH

- Sit and Be Fit exercise class. Thursdays at 10 A.M.
- Yoga. Fridays at 8:30 A.M.
- Both classes are offered free to the public.
- For details, call the Coolville Public Library at **740-667-3354**.

COOLVILLE ELEMENTARY

- Exercise room with weights, treadmill, elliptical and more is open to the public by appointment.
- Youth sized exercise equipment available.
- Call **740-667-3354** to schedule when you will come in and the school will unlock the room at that time.

LITTLE HOCKING METHODIST CHURCH

- Exercise group meets Fridays at 8:30 A.M.
- Fee is \$6 per class.
- For details, call the Coolville Public Library at **740-667-3354**.



- CrossFit prepares you for the day to day activities that your body endures throughout the years.
- Rates: Drop-in = \$15, Weekly pass= \$30 per week (last 6 days), Punch Card= \$72 (6 classes within three months).
- Discounted rates for students or service professionals (Fire, Police, Paramedic, etc...), families, and multi-month purchases.
- Located at 762 W. Union Street, Athens, OH 45701 (Behind Third Sun Solar).
- Call **740-591-0735** for details.

PILATES OF ATHENS

- Group and individual Pilates classes available.
- Group mat class: \$12/class/person. (Full registration) or \$15 (Drop in).
- Package rates are also available. Massage and bodywork also available for a fee.
- For details, call **740-594-2332**, e-mail pilatesofathens@gmail.com , or visit http://pilatesofathens.com/Home_Page.html



UNITED APPEAL, ATHENS COUNTY 211

- United Appeal for Athens County helps people meet their basic needs. Donors' gifts provide much needed financial assistance to health and human service programs throughout the county. United Appeal also provides 211 Athens County, a free service for anyone to Get Help and Give Help.
- 211 connects residents in Athens County with comprehensive and up-to-date information about social, health and government services.

- Search the community resource directory online at www.211athenscounty.org or call (740) 592-1293.

NUTRITION



LIVE HEALTHY APPALACHIA

- **THE COOKING COACH PROGRAM**
 - Free community cooking classes in Amesville, Chauncey, Coolville, Glouster, Millfield, Stewart, and Trimble.
 - A 4-session curriculum for adults interested in more nutritious cooking, learning new food preparation techniques, and learning about new healthful foods and budget-friendly recipes.
 - Program begins in spring 2015. Funded by the Athens Foundation.
 - For details, or to sign up, call **740-856-6100** or visit <http://www.livehealthyappalachia.org/wordpress/>
- **CHIP (COMMUNITY HEALTH IMPROVEMENT PROGRAM)**
 - CHIP is a nine-week scientifically proven lifestyle intervention program that can prevent, arrest, and even reverse today's most common diseases.
 - This community-based program helps participants make lasting lifestyle changes followed by on-going support.
 - Within the first 30 days, CHIP can begin to: reduce risk of heart disease, normalize blood sugar, lower cholesterol, lower triglycerides, stabilize fasting blood sugar, reduce BMI, and improve sleep, resilience, & depression.
 - Program includes: Two health screenings for total cholesterol, LDL, HDL, triglycerides, and fasting blood sugar. (Through O'Bleness Memorial Hospital)
 - Program also includes food demos, lectures, a CHIPkit, and ongoing support.
 - For Details, call **740-249-1798** or visit www.livehealthyappalachia.org/wordpress/



ATHENS CITY-COUNTY HEALTH DEPARTMENT Public Health Prevent. Promote. Protect.

- Free assistance in developing healthy meeting policies around food and beverages served at meetings. Coordinator makes it easy by providing business with guideline suggestions, supporting data, and all the how-to materials.
- Free policy development assistance for water promotion with free resources available
- Free assistance implementing healthy vending machine options.
- Contact: Megan Buskirk, Environmental Strategies Coordinator, at **740-592-4432 ext. 246**, or mbuskirk@health.athens.oh.us

DIABETES SELF-MANAGEMENT PROGRAM

- Free, small group workshop that meets once a week for 6 weeks.
- Program for those living with Type 2 diabetes, pre-diabetes, and other chronic conditions such as asthma, arthritis, and heart disease.

- Gain confidence and new skills to better manage chronic conditions and feel healthier. Find practical ways to deal with pain, fatigue and depression.
- Dates: April 14, April 21, April 28, May 5, May 12, May 19 (All Tuesdays)
- Time: 9:00 A.M. to 11:30 A.M.
- Place: United Seniors of Athens County, Inc. - 701 E. State Street, Athens
- Funding received from the Buckeye Hills Area Agency on Aging 8, the Ohio Department of Aging and the US Administration on Aging.
- To register contact Joyce Lewis at **740-594-3535**



COMMUNITY FOOD INITIATIVES (CFI)

- **DISCOVERY KITCHEN**
 - Offers free healthy cooking classes to food pantry patrons and agency clients using local seasonal ingredients.
 - CFI finds that people build confidence in increasing their fresh produce consumption if they have a little help and encouragement, so Discovery Kitchen offers just that—easy how-to’s, recipes, and tasty samples to help inspire increased confidence in the kitchen!
 - For class times and more information, call **740-594-3535** or discoverykitchen@communityfoodinitiatives.org
- **FREE WORKSHOPS**
 - CFI offers a variety of workshops throughout the year to provide hands-on opportunities to build knowledge and skills for gardening and in the kitchen.
 - CFI is in the process of making easy access videos so you can have access to organic gardening and food preservation resources wherever you are. Stay tuned for more!
 - Follow on Facebook to learn about upcoming workshops, see a calendar of workshops here: <http://www.communityfoodinitiatives.org/food-garden-education/workshop-series> OR call **740-593-5971**
- **FREE COMMUNITY GARDENING**
 - CFI manages 6 community gardens in Athens County, and provides support and guidance to gardeners throughout the growing season. Joining a community garden is a great way to make friends and build community!
 - The Community Garden Program has the following goals:
 - Increase access to fresh foods through development and support of community gardens.
 - Improve community resiliency through gardening education, and culinary skills, including food preservation.
 - Support leadership development through entrepreneurial opportunities.
 - Community Gardens help people weather economic storms, inspire resilience and enhance health through increased access to whole foods, good nutrition and physical exercise. They also provide a common space for community interaction, knowledge sharing, and strengthening community.
 - If you’re interested in a garden plot, call **740-593-5971** or visit <http://www.communityfoodinitiatives.org/food-garden-education/community-gardens/>

ATHENS COUNTY PUBLIC LIBRARIES



- Large variety of cookbooks and gardening books available to check out.
- Free to those with a library card
- Visit your local library to find out what is available, or check out the digital library at: [HTTP://WWW.MYACPL.ORG/DIGITAL](http://www.myacpl.org/digital)

ATHENS OSU EXTENSION: SNAP-EDUCATION



- Free nutrition education and information for low-income families.
- Programming available by arrangement.
- Call **740-593-8555** for questions or details or visit <http://athens.osu.edu/home>

ATHENS FARMERS MARKET



- Open Saturdays: Year Round, 9:00 A.M. – 12:00 noon.
- Open Wednesdays: April- December, 9:00 A.M. – 12:00 noon.
- Open Thursday evenings beginning May 14th 2015
- Accepts EBT SNAP benefits, WIC and Senior Vouchers.
- Located in the mall parking lot, 1000 E. State Street.
- For information and directions, call **740-593-6763** or visit athensfarmersmarket.org



NELSONVILLE FARMERS MARKET

- Open May 19th- October 31st 2015
- Saturdays from 10 A.M. – 2:00 P.M.
- Located in the Rocky Boots clock tower parking lot, E. Canal and Hocking Streets, Nelsonville.
- Accepts EBT SNAP benefits, and come vendors accept WIC and Senior Vouchers.
- For more information, call Julie Garner at **740-517-5012** or visit their Facebook page.

CHESTERHILL PRODUCE AUCTION



- The Chesterhill Produce Auction is a food hub managed by Rural Action located just outside the Village of Chesterhill in Morgan County.
- Customers can bid on produce lots in numerous quantities at absolute auction for whatever their need.
- Auctions are May-October every Monday and Thursday at 4:00 P.M.
- Location: 8380 Wagoner Road, Chesterhill, Ohio 43728.
- For details, call 740-677-4047 or 740-554-7927 (on auction days) or visit www.ohiofoodshed.org/chesterhill



UNITED APPEAL, ATHENS COUNTY 211

- United Appeal for Athens County helps people meet their basic needs. Donors' gifts provide much needed financial assistance to health and human service programs throughout the county. United Appeal also provides 211 Athens County, a free service for anyone to Get Help and Give Help.
- 211 connects residents in Athens County with comprehensive and up-to-date information about social, health and government services.
- Search the community resource directory online at www.211athenscounty.org or call (740) 592-1293.

TOBACCO CESSATION



OHIO TOBACCO QUITLINE

- Free online and phone services for uninsured Ohioans, Medicaid recipients, and members of the Ohio Tobacco Collaborative.
- The Ohio Tobacco Collaborative is a unique private-public partnership which provides insurance carriers, employees, and third-party administrators with access to Quit Line services at a state-negotiated (reduced) rate.
- Call to find out if your employer or health plan is a member.
- Contact: **1-800-QUIT-NOW (1-800-784-8669)** or Ohio.quitlogix.org



BABY & ME- TOBACCO FREE

- Free program offered by the Ohio University Heritage College of Osteopathic Medicine for pregnant woman.
- Consists of 4 counseling sessions.
- Stay smoke-free after baby is born and receive a monthly voucher for diapers for up to 12 months.
- Contact Kim Knappe-Browne, Tobacco Education & Prevention Coordinator at **740-593-2481** or knapp-br@ohio.edu



HEALTH RECOVERY SERVICES

- Provided on demand only for adults and teens
- Contact: Reggie Robinson, OCPS II Manager at **740-589-3680** or rrobinson@hrs.org

OHIOHEALTH O'BLENESS HOSPITAL, ATHENS



- Free six-week classes emphasize group support, education, and motivation to eliminate barriers to stop using tobacco.
- Tuesdays from 4:00-5:00 p.m., O'Bleness Hospital

- The Tobacco Cessation for Chewing Tobacco program offers tools to help quit spit tobacco, Tuesdays from 12:00-1:00 p.m. & 5:00-6:00 p.m.
- Contact Karen Walker at **740-592-9268**

HOLZER CLINIC AT WAL-MART

- Nicotine patches only; fee applies.
- Call: **740-593-3594**



ATHENS CITY-COUNTY HEALTH DEPARTMENT

- Free Quit Kits and other cessation materials available.
- Additional information on second and third hand smoke, e-cigarettes and other smokeless tobacco products available.
- Smoke-free multi-unit housing coordination and promotion
- Contact Christa Cocumelli, Creating Healthy Communities Coordinator at **740-592-4431 x226**, or ccocumelli@health.athens.oh.us

EX: RE-LEARN LIFE WITHOUT CIGARETTES re-learn life without cigarettes

- Free online plan, available 24 hours a day.
- A project of the National Alliance for Tobacco Cessation.
- Create a personalized quit-smoking plan to re-learn life without cigarettes, a plan that tells you how to quit, not why you should.
- Website: **becomeanex.org**

OHIO UNIVERSITY, ATHENS: AMERICAN CANCER SOCIETY **OHIO** UNIVERSITY

- FREE FOUR-WEEK AMERICAN CANCER SOCIETY FRESHSTART PROGRAM FOR OU STUDENTS ONLY.
- PARTICIPANTS LEARN STRATEGIES AND MEDICATIONS THAT WILL ASSIST THEM DURING TOBACCO CESSATION, AND MAKE QUITTING EASIER.
- A FREE TWO-WEEK SUPPLY OF NICOTINE REPLACEMENT THERAPY WILL BE GIVEN TO ALL PARTICIPANTS WHO COMPLETE THE PROGRAM.
- CONTACT: ANN ADDINGTON, ASSISTANT DIRECTOR OF HEALTH PROMOTION AT **740-593-4749** OR ADDINGTO@OHIO.EDU
- A FREE PROGRAM IS ALSO AVAILABLE TO OU EMPLOYEES.
- CONTACT: CATHERINE LEE, TOBACCO FREE CAMPUS COORDINATOR AT **740-593-9631** OR LEEC2@OHIO.EDU

MYLASTDIP.COM Web-Based Smokeless Tobacco Cessation Project

- Free and available 24 hours a day.
- Federally-funded Internet-based smokeless tobacco cessation project targeted for teen and young adult chewers, developed by experts in smokeless tobacco cessation and based on proven and effective methods.
- allows participants to set their own pace and to access information at any time.

- enables participants to access a virtual community that offers helpful advice and support within an anonymous environment and offers engaging content that teaches the user about risks of smokeless tobacco use and motivates them to quit.
- Web Site: **mylastdip.com**

SMOKEFREE.GOV



- Free online service, Monday – Friday, 8:00 AM-8:00 PM.
- Choose the help that best fits your needs - use the step-by-step online Quit Guide, talk to a National Cancer Institute Smoking Cessation counselor by instant messaging or by phone.
- find interactive tools to help you quit and learn about topics related to quitting.
- Web Site: www.smokefree.gov and **www.women.smokefree.gov**

TEEN SMOKEFREE.GOV **sft**

- Free online service for teenagers created by the National Cancer Institute
- similar to Smoke-free.gov but with Smokefree TXT and QuickSTART App options that can assist in tracking cravings and moods, monitor progress, identify triggers, and provide tips and encouragement.
- Web site: **www.Teen.smokefree.gov**



UNITED APPEAL, ATHENS COUNTY 211

- United Appeal for Athens County helps people meet their basic needs. Donors' gifts provide much needed financial assistance to health and human service programs throughout the county. United Appeal also provides 211 Athens County, a free service for anyone to Get Help and Give Help.
- 211 connects residents in Athens County with comprehensive and up-to-date information about social, health and government services.
- Search the community resource directory online at www.211athenscounty.org or call **(740) 592-1293**.

BLOOD PRESSURE, BLOOD SUGAR, AND CHOLESTEROL TESTING



ATHENS COUNTY EMERGENCY MEDICAL SERVICES

- Free blood pressure screening and glucose testing. No required documentation.
- Walk-in's welcome Monday-Friday, 8 A.M. -5 P.M. (unless on call)
- Available at the following locations:
 - **COOLVILLE STATION 52**, 26560 Main Street, Coolville, OH 45723. **(740) 797-9560**.
 - **ALBANY STATION 55**, 5555 Fire Department Lane Albany, OH 45710 **(740) 698-2911**.
 - **GLOUSTER STATION 53**, 54 Toledo Street Glouster, OH 45732. **(740) 767-2274**.
 - **ATHENS STATION 51**, 564 W Union St, Athens OH 45701. **(740) 593-7070**.
 - **NELSONVILLE STATION 54**, 67 Fayette Street Nelsonville, OH 45764. **(740) 753-3546**.

OHIOHEALTH O'BLENESSE HOSPITAL  O'Bleness
Health System

- Provides free blood pressure screenings, and glucose/cholesterol for \$5.00.
- Service Hours: First Wednesday of each month 9 A.M.-12 Noon.
- Location: Held in Patient Entrance area. 55 Hospital Drive, Athens, OH 45701.
- Call **740-592-9300** to schedule an appointment. No documentation necessary.

OHIO UNIVERSITY HERITAGE COLLEGE OF OSTEOPATHIC MEDICINE: HERITAGE COMMUNITY CLINIC



- Free blood pressure screening and glucose testing for adults ages 18-64.
- Service Hours: Monday-Friday 8 A.M. – 5 P.M.
- Location: OUHCOM Grosvenor West Ground Floor. Athens, OH 45701
- Call **740-593-2432** to schedule an appointment. For details, visit www.oucom.ohiou.edu/csp



UNITED SENIORS OF ATHENS COUNTY

- Free blood pressure screenings for adults 60+ in Athens County.
- Service Hours: Wednesday's 12:30 P.M. – 1:30 P.M. Walk-in intake. No documentation required.
- Location: Athens Community Center. 701 East State Street Suite 101, Athens, OH 45701.
- Call **740-594-3535** or visit <http://www.seorf.ohiou.edu/usac>