



Community Resource Guide

Programs to help you eat healthier and exercise more

Nutrition Classes teach you to eat healthier.

Cherokee Reservation

Thriving with Diabetes-This diabetes self-management course teaches you to get fit and feel better while having fun and meeting new friends.

Organization: Diabetes Program
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1995

Kitchen Creations-This series of free cooking classes is designed to help guide you towards a healthy eating lifestyle.

Organization: Diabetes Program
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1995

Medical Nutrition Therapy (MNT)-With a physician's referral, a patient can receive MNT for conditions such as hyperlipidemia, obesity, diabetes, renal disease and malnutrition.

Organization: Diabetes Program
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1995

WIC-The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a short-term intervention program designed to promote good nutrition and healthful behaviors for those who participate.

Organization: WIC
Address: 73 Kaiser Wilnoty Rd.
Phone: (828) 497-7297

Turning Point Program-A free 12 week program. Families can learn to eat healthier and increase physical activity. Requirements: age 8-12, overweight and 2 or more risk factors for diabetes, and full participation in program by child and parent (or caregiver).

Organization: Cherokee Choices
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1975

Community Native Lifestyle Balance-A Community Challenge to reduce the risk for diabetes by losing weight and increasing physical activity. Classes are interactive and open to all (age 8 and older). Coming January 2011!

Organization: Cherokee Choices
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1975

Weight Management Classes-With a physician's referral, a patient can participate in this program, which includes individual counseling and a group session on the last Tuesday of each month.

Organization: Cherokee Indian Hospital
Address: 1 Hospital Road
Phone: (828) 497-9163

Diabetes Classes-With a physician's referral a patient can participate in one of two diabetes programs offered: Diabetes MNT or Diabetes IPC.

Organization: Cherokee Indian Hospital
Address: 1 Hospital Road
Phone: (828) 497-9163

Nutrition and Diabetes Counseling-With a physician's referral, a patient can receive one-on-one counseling with a dietitian.

Organization: Cherokee Indian Hospital
Address: 1 Hospital Road
Phone: (828) 497-9163

Nutrition Education Programs-A variety of nutrition education programs are offered based on community needs. Interested in a class for youth or adults? Contact the Cooperative Extension for more information.

Organization: EBCI NC Cooperative Extension
Address: 876 Acquoni Road, Cherokee, NC 28719
Phone: (828) 586-4009

Cherokee County

Cook Smart, Eat Smart-Healthy cooking classes are offered to teens and adults.

Organization: Cherokee NC Cooperative Extension
Address: 39 Peachtree St, Suite 103, Murphy, NC 28906
Phone Number: (828) 837-2917

Eat Smart, Move More, Weigh Less-Weight management program for all ages that uses strategies proven to work.

Organization: Cherokee NC Cooperative Extension
Address: 39 Peachtree St, Suite 103, Murphy, NC 28906
Phone Number: (828) 837-2917

Graham County

WIC-A supplemental food program for women, infants, and children. Eligibility: pregnant or breastfeeding women or children under age 5. Income guidelines apply.

Organization: Graham County Health Department
Address: 21 South Main Street, Robbinsville, N.C. 28771
Phone: (828) 479-7900

Diabetes Education-One on one counseling provided for a fee. Program recognized by the ADA, so cost may be covered by insurance.

Organization: Graham County Health Department
Address: 21 South Main Street, Robbinsville, N.C. 28771
Phone: (828) 479-7900

Eat Smart, Move More, Weigh Less-Weight management program for all ages that uses strategies proven to work.

Organization: Graham NC Cooperative Extension
Address: Graham County, 39 S Main Street, Smith Howell Building, Robbinsville, NC 28771
Phone: (828) 479-7979

Jackson County

Medical Nutrition Therapy (MNT)-With a physician's referral, a patient can receive MNT for conditions such as hyperlipidemia, obesity, diabetes, renal disease and malnutrition.

Organization: Jackson County Health Department
Address: 538 Scotts Creek Road, Suite 100, Sylva, NC 28779
Phone: (828) 586-8994

Life-Savor's—Savoring the Sweet Life-This is a Diabetes Self-Management Education Program.

Organization: Jackson County Health Department
Address: 538 Scotts Creek Road, Suite 100, Sylva, NC 28779
Phone: (828) 586-8994

WIC-This is a federally funded supplemental nutrition program for Women, Infants and Children.

Organization: Jackson County Health Department
Address: 538 Scotts Creek Road, Suite 100, Sylva, NC 28779
Phone: (828) 586-8994

Diabetes Care Clinic-Program for uninsured patients with diabetes, includes doctors visits a couple times a month, labs and medications.

Organization: Jackson County Health Department
Address: 538 Scotts Creek Road, Suite 100, Sylva, NC 28779
Phone: (828) 586-8994

Eat Smart, Move More, Weigh Less-Weight management program that uses strategies proven to work.

Organization: Jackson NC Cooperative Extension
Address: 538 Scotts Creek Road, Suite 205, Sylva, NC 28779
Phone: (828) 586-4009

Cook Smart, Eat Smart-Healthy cooking classes offered to teens and adults.

Organization: Jackson NC Cooperative Extension
Address: 538 Scotts Creek Road, Suite 205, Sylva, NC 28779
Phone: (828) 586-4009

Good Cook Series-Year-long program features good cooks in the county and inspires people to get back in the kitchen.

Organization: Jackson Cooperative Extension
Address: 538 Scotts Creek Road, Suite 205, Sylva, NC 28779
Phone: (828) 586-4009

Diabetes Classes-Works with the health department to provide a diabetes education program. Also offers periodic diabetes nutrition classes, such as Dining with Diabetes, and Diabetes Plate.

Organization: Jackson NC Cooperative Extension
Address: 538 Scotts Creek Road, Suite 205, Sylva, NC 28779
Phone: (828) 586-4009

Food Preservation Classes-Learn how to preserve fresh produce in the summer.

Organization: Jackson NC Cooperative Extension
Address: 538 Scotts Creek Road, Suite 205, Sylva, NC 28779
Phone: (828) 586-4009

Swain County

WIC-Women’s, Infants and Children (WIC) is a supplemental food program for women, infants and children. You may be eligible if you are pregnant, breastfeeding, or have a child less than 5 years old.

Organization: Swain County Health Department
Address: 545 Center Street, Bryson City, NC 28713
Phone: (828) 488-3198

Adult EFNEP-The goal of the Expanded Food and Nutrition Education Program (EFNEP) is to provide educational opportunities that will improve the nutritional quality of a family's diet and ensure its full use of available resources.

Organization: Swain NC Cooperative Extension
Address: 60 Almond School Road, Bryson City, NC 28713
Phone: (828) 736-2617

Weight Watchers-Weight loss program for a fee that uses a points system to help you make healthy choices. Group support meetings are 6pm on Thursdays at this location.

Organization: First Baptist Church, Bryson City
Address: 37 Church Avenue, Bryson City, NC 28713

Market Voucher Program- Program open to clients of the Bryson City Food Pantry. Clients can use vouchers as payment for produce.

Organization: Swain County Farmers Market
Address: Old Hwy 19 off of Veteran's Blvd, Bryson City, NC 28713
Phone: (828) 488-2480

Cherokee Yoga-Free yoga classes offered Monday 5:00 pm & Tuesdays and Wednesdays at noon. Classes are 45 minutes long with a 15 minute Living Your Yoga activity following (optional).

Organization: Cherokee Choices
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1975

Adult Fitness Programs-Cardio and weight equipment, indoor walking track, gym, pool, aerobic classes and personal training are free for tribal members.

Organization: Cherokee Life Center
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1967

Cherokee Runners-Runners of any fitness level and age can join the club for a low cost.

Organization: Cherokee Runners
Web site: www.cherokee.runners.com

Employee Walking Club-Find support in increasing your physical activity level while having fun and earning prizes. Open to all tribal employees.

Organization: Employee Wellness Program
Address: Cherokee, NC
Phone: Michelle Ledford, (828) 554-6815

Birdtown Walking Club-Come join other Birdtown community members to get some steps.

Organization: Birdtown Walking Club
Address: Birdtown Track
Phone: (828) 497-1976

Ranger Guided Programs-Ranger guided programs take kids and adults out on the trails. Programs are offered spring through fall in the park and most are free.

Organization: Great Smoky Mountains National Park
Address: Oconuluftee Visitor Center, 150 Highway 441 North, Cherokee, NC 28719
Phone: (865) 436-1200

Mixed Martial Arts Classes-Free to anyone wishing to learn and open to both males and females, these classes combine fighter training with a cardio workout. Classes are offered 5:00pm-7:00pm Wednesdays and Thursdays.

Organization: Birdtown Gym
Phone: (828) 736-2806

Graham County

Walking & Running Club-All levels welcome, age 12 & over. Working towards completing a 5k in the fall.

Organization: Snowbird Clinic
Address: 96 Snowbird School Road Robbinsville, NC 28771
Phone: Lisa Denzer at (828) 479-3924

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Group Exercise makes working out fun.

Cherokee Reservation

Fitness Challenge-Ten week program is free and open to all. Starts September 13th.

Organization: Cherokee Choices
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1975

Zumba-Latin dance aerobic video series. Mondays 12-12:45pm in the GLW community room.

Organization: Cherokee Choices
Address: GLW Complex, 810 Acquoni Road
Phone: (828) 497-1975

Jackson County

Fitness Programs-Offers over 20 different fitness classes. Monthly memberships or daily admission available for a low cost.

Organization: Jackson County Recreation/Parks
Department
Address: 88 Cullowhee Mountain Rd.,
Cullowhee, NC 28723
Phone: (828) 293-3053

Curves-An exercise program just for women. The system provides a complete cardio and strength training workout in 30 minutes. Monthly membership is \$44, but discount packages are available.

Organization: Curves
Address: 58 Sunrise Park, Suite B, Sylva, NC
28779
Phone: (828) 586-6677

Martial Arts-Tai Chi, Karate and Kung Fu classes are open to all ages.

Organization: Martial Arts Today
Address: 5 Grindstaff Cove Rd. Sylva NC 28779
Phone: (828) 631-1311

Yoga Classes-Beginning Yoga, All Levels Yoga and Meditation classes are offered. First class is free for locals.

Organization: Sylva Yoga
Address: LuLu's On Main, 612 West Main Street,
Sylva, NC 28779
Phone: (828) 506-8909

Swain County

Fitness Programs-The Swain County Recreation Department provides year 'round programs for Adults and Youths and includes outdoor areas as well as an indoor recreation facility.

Organization: Swain County Recreation
Department
Address: 30 Rec Park Drive, Bryson City, NC
28713
Phone: (828) 488-6159

Group Fitness Classes-Group fitness classes, such as Beginning Aerobics, Step Aerobics and Lunch Time Cardio are taught by trained instructors. A day pass costs \$5, and several different purchasing plans are available.

Organization: Bryson City Health and Fitness
Club
Address: 35 Rector Street, Bryson City, NC
28713
Phone: (828) 488-4800

Yoga Classes-Classes offered include Gentle/Beginner Yoga, Morning Flow Yoga and All Levels Yoga Body Burn. Rates are reasonable: drop in rate \$10, 5-class pass \$45, 10-class pass \$80.

Organization: The BE FREE Center
Address: 19 Everett St., Bryson City, NC 28713
Phone: (828) 331-9731