



# Community Health Programs

## For Kids and Teens



### **Cherokee Reservation**

After-School Program-Enhances the team-work, cultural awareness and physical health of students at Cherokee Central Schools.

Organization: Cherokee Choices  
Address: GLW Complex, 810 Acquoni Road  
Phone: (828) 497-1971

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

Organization: Cherokee Runners  
Web site: [www.cherokeerunners.com](http://www.cherokeerunners.com)

Girls on the Run-Encourages preteen girls to develop self esteem through running.

Organization: Cherokee Choices  
Address: GLW Complex, 810 Acquoni Road  
Phone: (828) 497-1971

Health and Life Skills Programs-Programs in Health and Life Skills develop young people's capacity to engage in positive behaviors that nurture their own well-being, set personal goals and live successfully as self-sufficient adults.

Organization: Cherokee Youth Center  
Address: 1570 Acquoni Road  
Phone: (828) 497-3119

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

Sports, Fitness and Recreation Programs-Programs in Sports, Fitness and Recreation develop fitness, positive use of leisure time, skills for stress management, appreciation for the environment and social skills.

Organization: Cherokee Youth Center  
Address: 1570 Acquoni Road  
Phone: (828) 497-3119

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

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 Rd.  
Phone: (828) 586-4009

Walk and Talk-Get exercise while talking about nutrition, fitness, mental health and much more. Offered twice per week for 6th graders.

Organization: Cherokee Choices  
Address: GLW Complex, 810 Acquoni Road  
Phone: (828) 497-1971

Youth Fun Fitness Program-This wellness program is open to youth ages 5-15 and includes physical activity, nutrition information, snacks and opportunities for family involvement.

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

### **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

*Health Rocks*-Teaches 4th and 5th graders about nutrition and physical activity.

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

## **Graham County**

*Be Active Kids*-Trains teenagers to be advocates for physical activity.

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

*Color Me Healthy*-Trains teenagers to be advocates for healthy eating.

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

*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

*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

## **Jackson County**

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

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

*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

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

## **Swain County**

*4-H EFNEP*-The Expanded Food and Nutrition Education Program's 4-H component (4-H EFNEP) teaches MyPyramid concepts to youth in groups.

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

*Jus Boyz Running Club*-School-age boys run for an hour on Wednesdays for six weeks during the school year. Boys enjoy running in the woods with older male running buddies and running in several 5ks.

Organization: Jus Boyz Running Club  
Phone: (828) 736-2617

*Swain Rec. Dept. 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

*West Elementary School Walk and Talk*-Before school (7:30-8:00) 4th & 5th graders can come to the gym to walk to music and talk with their friends.

Organization: West Elementary School  
Address: 4142 Hwy 19 W, Bryson City, NC 28713  
Phone: (828) 488-2119