

PHYSICAL ACTIVITIES

Johnson's Woods- an old-growth forest of 155 acres on the south side of Fox Lake Road; activities include bird watching, hiking, and photography



Orrville Parks- facilities for baseball, basketball, tennis and swimming

Walking Trail- a walking trail through the Orrville Wetlands Complex on North Vine St. behind McDonalds
www.rockguy.com/wetlands

Orrville YMCA- 1801 Smucker Road. 330-683-2153, opportunities for physical, mental, social, and spiritual growth for individuals & families of all ages & income levels
www.orrilledalton-ymca.org

The University of Akron Wayne College- 1901 Smucker Road, 330-683-2010, non-credit classes, walking trails, and other outdoor facilities
www.wayne.uakron.edu

Orrville Area Boys and Girls Club- 820 N. Ella St., 330-682-8881, programs of physical, social, and educational value such as indoor and outdoor sports, counseling, game room, crafts, teen programming & junior staff; also - after-school KidStop program

Curves- 221 W. Smithville Rd, 330-684-1154, fitness for women

Wales Rehab & Fitness Center- 1710 Paradise Rd., 330-683-2744, programs designed to improve health as well as support patient recovery

Dunlap West Sports Therapy, Rehab and Wellness Center- 365 S. Crownhill Rd., 330-684-4732, sports therapy, rehab, wellness programs and massage therapy



Orrville Cycling Club- regular weekly rides scheduled on Wednesday evenings at 6:00 p.m.
www.orrvillecycling.com

Orrville Cycling & Fitness- 9658 W. High St., 330-683-1911, bikes and exercise equipment

Wayne County Extension Service- 428 W. Liberty St, Wooster, 330-682-8722, information about home economics and community resources

Dunlap Community Hospital- 832 S. Main St., 330-682-3010, health and information services
www.dunlaphospital.org

GENERAL HEALTH

Orrville United Way- 1801 Smucker Rd., 330-683-8181, information about health and wellness issues
www.orrvilleareaunderway.org

Orrville Public Library- 230 N. Main St., 330-683-1065, a variety of media on health and wellness
www.orrville.lib.oh.us

Infolink- 215 S. Walnut St., Wooster, 330-263-6363, information and referral services
www.uwayneholmes.org

Buehler's- 1114 W. High St., 330-683-2060, blood pressure checks on the 2nd & 4th Friday of every month from 8:30 a.m.-12:00 p.m. – conducted by Brenn - Field; Dunlap Mobile Unit – 4th Monday of each month - blood sugar, blood pressure and other screenings; nutrition information at their website
www.buehlers.com



GROUP SUPPORT

TOPS-Take Off Pounds Sensibly-

1556 Rex Dr., Mondays at 6:00 p.m. at Trinity United Methodist Church

Weight Watchers- 1235 Back Massillon Rd., Thursdays at 5:00 p.m. and Fridays at 10:30 a.m. at Harvest Hills Church of the Nazarene in Orrville

MENTAL HEALTH

The Wayne-Holmes Mental Health & Recovery Board-

215 S. Walnut St., Wooster, 330-264-2527, information about mental health including access to a network of agencies

This brochure is meant for general health information purposes only. Persons starting an exercise program should consult a health professional first.

We want to thank our sponsors:

Healthy Communities Coalition, Dunlap Community Hospital, Dunlap Family Physicians, Family Practice Center, Community Family Health Care, Orrville Area Chamber of Commerce, The University of Akron Wayne College, Orrville Area Boys & Girls Club, Orrville City Schools, Orrville-Dalton YMCA, and The American Cancer Society



WEBSITES

These websites are provided for general information only.

American Cancer Society
www.cancer.org

American Dietetic Association
www.eatright.org

American Heart Association
www.americanheart.org

Centers for Disease Control
www.cdc.gov

www.healthyohioprogram.org- general information about health & wellness, as well as links to many useful websites

Lean Plate Club newsletter- register at www.washingtonpost.com - general health and wellness information on a daily basis

USA Today Online - weight-loss challenge
www.usatoday.com/life/lifestyle



Your Guide to Healthy Resources

For local information about fitness:
www.growinghealthyhabits.com