

## **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](http://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](http://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](http://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](http://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](http://www.dunlaphospital.org)

## **GENERAL HEALTH**

**Orrville United Way-** 1801 Smucker Rd., 330-683-8181, information about health and wellness issues  
[www.orrvilleareaunderway.org](http://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](http://www.orrville.lib.oh.us)

**Infolink-** 215 S. Walnut St., Wooster, 330-263-6363, information and referral services  
[www.uwayneholmes.org](http://www.uwayneholmes.org)

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

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

[www.healthyohioprogram.org](http://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](http://www.washingtonpost.com) - general health and wellness information on a daily basis

USA Today Online - weight-loss challenge  
[www.usatoday.com/life/lifestyle](http://www.usatoday.com/life/lifestyle)



# Your Guide to Healthy Resources

For local information about fitness:  
[www.growinghealthyhabits.com](http://www.growinghealthyhabits.com)