

Resources Available for Ongoing Support

Health and Wellness

Exercise

- Community Walking Trails- Bloch Park, Valley Grand, RiverWalk- ALL FREE!!!
- YMCA of Selma/Dallas County
 - Offers Silver Sneakers classes
 - <http://www.ymcaofselma.org/>
 - 874-9622
 - 1 YMCA Drive
- InShape Fitness
 - Offers a variety of classes and equipment
 - 875-7500
 - 630 Medical Center Parkway

Health Information

- Living with Type 2 Diabetes Program – FREE subscription
 - You were enrolled as part of the program!!
- Dallas County Extension Office
 - <http://offices.aces.edu/dallas/family-health/>
 - 875-3200
 - 429 Lauderdale Street
- Health Department
 - www.alabamapublichealth.gov/diabetes/index.html

Prescription Assistance

- HealthLink – provides prescription assistance to patients without insurance, low income persons, or other qualified individuals.
 - 418-8800
 - 1432 Broad Street

Internet Access

- Selma/Dallas County Public Library
 - www.selmalibrary.org
 - 874-1725
 - 1103 Selma Avenue

If you have a specific need, we will do our best to help you find a resource and solution!