

Community Opportunities/Resources Available for Diabetes Support in X County

1. **Winter Walking Program:** Elementary School , [insert address here] Beginning January 8th – March 15th, 2018 schools will be open Monday – Thursday, 6-7:30 PM for walking. Each Wednesday at the School, a Hospital provider will be on hand to lead warm-up exercises and walk with participants
2. **YMCA,** [insert address and phone number here]
3. **SilverSneakers** – free gym membership for seniors. Available at 14 different locations in the County including the YMCA
4. **Aquatic and Fitness Center,** [insert address and phone # here]. Walking, exercise room with treadmill, stationary bike, elliptical, cross trainer, hand weights. Pool with lap lane, various equipment. Fitness classes are available daily. Center is open to anyone age 50 and older, 24/7. Single and couple memberships are available, with monthly or annual fees
5. **Hospital,** [insert address and phone # here]. Diabetes management offers comprehensive diabetes care for pre-diabetes, Type I or Type II diabetes and gestational diabetes. Each month, September through May, a support group offers Diabetes Self-Management Training featuring various topics and presenters
6. **YMCA Camp,** [insert address and phone # here]. Offers Camp for kids living with Type I diabetes and Camp for kids living with Type II diabetes
7. **Comfort Shoes,** [insert address and phone # here]. Offers diabetic shoes & inserts: custom fabricated and prefabricated
8. **Residential Administrators, Inc** provides a list of multiple community resources in X County including food pantries, Meals on Wheels and congregate meals, behavioral health services, family and children services, emergency housing, public housing and rent assistance, employment assistance, emergency financial assistance
9. **X County 2-1-1** will connect callers to a live, local operator 24/7 to assist with human service needs. Website is [\[insert URL here\]](#) With more than 150 government, non-profit, and faith based organizations providing services in X County, this contact helps callers navigate where to turn for help
10. **The Examiner** provides a list of various support groups in the area including Overeaters Anonymous, Alcoholics Anonymous, Al-Anon, Breastfeeding support, Celiac disease and Mended Hearts (addressing heart problems/cardiac disease)