



Orange County: Eating Smart, Moving More

Physical Activity and Nutrition Guide

2009

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Disclaimer: This Guide was produced by the Health Promotion committee of Healthy Carolinians of Orange County. The Guide contains a listing of core, on-going physical activity and nutrition related programs for children, adults, and older adults in Orange County. The list may not be exhaustive and Healthy Carolinians of Orange County does not endorse a specific program.

-  = Free Program or Financial Assistance Available
-  = Accommodation made for people with disabilities
-  = Accommodations for Bilingual or Spanish Speaking Residents

ORANGE COUNTY PHYSICAL ACTIVITY REFERRAL GUIDE – 2009

POPULATION SERVED	ORGANIZATION	PROGRAM DESCRIPTION	CONTACT INFO
PRESCHOOL & SCHOOL-AGED CHILDREN	Arc of Orange County  	<p>Assists children with developmental disabilities increase their physical fitness through several programs.</p> <p>Summer Work & Wellness This is an eight (8) week program geared toward the young adult. It provides vocational experiences, health and wellness education, and social activities that give clients a chance to blow off some steam at the end of the week by engaging in a fun-filled community activity</p> <p>Spring & Winter Camps This student-aged program is designed to coincide with scheduled school vacations. The camps provide a welcome alternative to working parents during holiday breaks. Campers spend each day in a supervised and safe environment that is structured and fun.</p>	Michael Kirschner (919) 942-5119, ext 121 mkirschner@arcofororange.org
	Boy Scouts  	<p>Cub Scouts Cub Scouts is designed for boys ages 7-10 years. Everything in Cub Scouting is designed to have the boys doing things. Activities are used to achieve the aims of Scouting—citizenship training, character development, and personal fitness.</p> <p>Boy Scout Troops A program for boys ages 11-17years. Through the boy scouts program, young men can achieve the core objective of strengthening character, personal fitness and good citizenship.</p>	Dennis Nicholson (919) 682-8857 Website: http://www.bsaorange.org
	Chapel Hill YMCA    (available for some programs)	<p>Sports The Chapel Hill-Carrboro YMCA offers a variety of sports programs for boys and girls ages 3 years –7th grade. The YMCA philosophy is centered on participation, FUNDamentals, no try-outs or cuts, and "everyone plays, everyone wins!"</p> <p>Swim Lessons Open to children ages 6 months to 12 years, any skill level.</p> <p>Summer Day Camps All-Star Sports Camp campers will be participate in a wide variety of age-adapted sports with opportunities to play their classic favorites (basketball, soccer, volleyball) and develop new interests (archery, WallyBall, ultimate, etc). All-Star Sports Camp is open to children ages 1st through 8th grade.</p>	980 Martin Luther King, Jr. Blvd. Chapel Hill, NC 27514 (919) 442-9622 Website: www.chcymca.org

PRESCHOOL & SCHOOL-AGED CHILDREN (CONT.)	Girl Scouts 	Girl Scout Troops Girls ages five to 17 are invited to join the fun, friendship, and power of girls together. Girls learn the importance of personal responsibility, the value of goal setting, the spirit of teamwork, and the thrill of accomplishment. From sports skill-building clinics to career mentoring, world travel and cultural exchanges to local community service projects, environmental stewardships to financial literacy, the Girl Scout program enables girls to be who they want to be.	Gail Hicks-Smith 21 West Colony Place, Suite 270 Durham, NC 27705 (919) 401-4772 gsmith@nccoastalpines.org Website: http://www.nccoastalpines.org/home.aspx
	Orange Partnership for Young Children 	Growing Healthy Kids Young children, families, and volunteers are all enjoying the fruits of their labor at the two to three community gardens located in Carrboro. Along with upcoming cooking classes, local children and their families are learning the benefits of better nutrition, outdoor activity, and quality family time. Move it! Program established to create scholarships for low-income children (0-5 years of age) to attend local physical activity programs and camps. Scholarships available through Recreation and Parks Departments, the SportsPlex in Hillsborough and the Chapel Hill YMCA. Contact the individual organizations to inquire about available programs and scholarships.	1829 E Franklin Street, Suite 1200C Chapel Hill, NC 27514 (919) 967-9091 ocpyc@OrangeSmartStart.org
	Parks and Recreation Departments 	There are three Recreation and Parks Departments in Orange County. Each offer a variety of resources and opportunities for activity. Sports Leagues and Classes (for youth) Please call or visit your local Recreation and Parks Department for a schedule of activities and information on how to apply. Public Facilities <ul style="list-style-type: none"> • Recreation Centers: There are 9 recreation centers (3 with swimming pools), and 5 senior centers. • Parks: There are 23 public parks in Orange County. Four parks along rivers and three include lakes with public access for boating and fishing. • Trails and Greenways: There are many miles of walking trails available, including nine greenways in the Chapel Hill-Carrboro area, the Botanical Gardens and in the rural sections of the County, four public tracts of Duke Forest, the Little River Recreation and Natural Area, and the Johnston Mill Nature preserve. Little River Regional Park and Natural Area opened in the northern part of Orange County near the Durham County line. <p>** For a guide of public recreation areas in Orange County, refer to the Orange County Recreation Map. The Map can be found at the Recreation and Parks Department or online at: http://www.co.orange.nc.us/healthycarolinians/index.asp.</p>	Carrboro Carrboro Century Center 100 N. Greensboro St. Carrboro, NC 27510 (919) 918-7364 RecParks@townofcarrboro.org Website: www.ci.carrboro.nc.us/RP Chapel Hill 200 Plant Road Chapel Hill, NC 27514 919-968-2784 parksrec@townofchapelhill.org Website: http://townhall.townofchapelhill.org/parks_&_rec/ Orange County 300 West Tryon Street P.O. Box 8181 Hillsborough, NC 27278 (919) 245-2660 Website: http://www.co.orange.nc.us/RecParks/index.asp

PRESCHOOL & SCHOOL-AGED CHILDREN (CONT.)	Triangle SportsPlex   (available for some programs)	<p>The Triangle SportsPlex offers a variety of recreational opportunities for the whole family including ice skating, swimming, and special programs.</p> <p>Toddler Tumble A class of parents and toddlers to work out together. We focus on balance, hand-eye coordination, rhythm, timing, and fun! Open to children 16 months to 3 years old and their parents.</p> <p>Kids in Motion This is a fun class that helps preschool kids learn balance, hand-eye coordination, and some basic tumbling skills.</p>	101 Meadowlands Drive Hillsborough, NC 27278 (919) 644-0339
ADULTS	Arc of Orange County  	<p>Assists adults with developmental disabilities increase their physical fitness through several programs including:</p> <p>Cardio and Strength Training Classes Cardio Classes and Strength Training Classes are offered each week in a fully-equipped health club. The goal of the classes is to increase each participant's overall health and wellbeing by focusing on both cardiovascular and strength training exercises. Participants enjoy interaction with peers and get a good workout at the same time.</p> <p>Spin Classes are also offered at the Arc.</p>	Michael Kirschner (919) 942-5119, ext 121 mkirschner@arcoforange.org
	Chapel Hill YMCA    (available for some programs)	<p>Adult Sports</p> <ul style="list-style-type: none"> • Adult Noon Basketball Pick-Up on Monday, Wednesday and Friday's from 12-2 pm. • Adult Volleyball Pickup held January - April, on Sundays from 4pm-6pm (for adults and experienced youth players). Clinic by Jack Petty offered each week before pick-up from 3:30pm-4:00pm. <p>Fitness Center The YMCA has a fitness center open to the public for a minimal fee. Personal training sessions are available for those who want on-on-one attention or need a personalized plan. The YMCA also offers personal assessment to provide information on your current fitness status and orientations to the weight room.</p> <p>Fitness Classes The YMCA offers a variety of group fitness classes including kickboxing, yoga, total training, resistance training, water aerobics, belly dancing, Tai Chi and more.</p> <p>Swim Lessons This program is for adults 15 years of age and older who are "scared stiff" and have a desire to learn to swim as well as for those individuals who need to improve on fundamental skills of freestyle, back stroke, breast stroke and endurance to begin a program of life fitness swimming.</p>	980 Martin Luther King, Jr. Blvd. Chapel Hill, NC 27514 (919) 442-9622 Website: www.chcymca.org

ADULTS (CONT.)	Parks and Recreation Departments 	<p>There are three Recreation and Parks Departments in Orange County. Each offers a variety of resources and opportunities for activity.</p> <p>Sports Leagues and Classes (for adults) Please call or visit your local Recreation and Parks Department for a schedule of activities and information on how to apply.</p> <p>Public Facilities</p> <ul style="list-style-type: none"> • Recreation Centers: There are 9 recreation centers (3 with swimming pools), and 5 senior centers. • Parks: There are 23 public parks in Orange County. Four parks along rivers and three include lakes with public access for boating and fishing. • Trails and Greenways: There are many miles of walking trails available, including nine greenways in the Chapel Hill-Carrboro area, the Botanical Gardens and in the rural sections of the County, four public tracts of Duke Forest, the Little River Recreation and Natural Area, and the Johnston Mill Nature preserve. Little River Regional Park and Natural Area opened in the northern part of Orange County near the Durham County line. <p>** For a guide of public recreation areas in Orange County, refer to the Orange County Recreation Map. The Map can be found at the Recreation and Parks Department or online at: http://www.co.orange.nc.us/healthycarolinians/index.asp.</p>	<p>Carrboro Carrboro Century Center 100 N. Greensboro St. Carrboro, NC 27510 (919) 918-7364 RecParks@townofcarrboro.org Website: www.ci.carrboro.nc.us/RP</p> <p>Chapel Hill 200 Plant Road Chapel Hill, NC 27514 919-968-2784 parksrec@townofchapelhill.org Website: http://townhall.townofchapelhill.org/parks_&_rec/</p> <p>Orange County 300 West Tryon Street P.O. Box 8181 Hillsborough, NC 27278 (919) 245-2660 Website: http://www.co.orange.nc.us/RecParks/index.asp</p>
	UNC Wellness Center 	<p>Educational Classes offers a variety lifestyle education classes. Call or visit their website for more information or to register for the classes. Most programs are open the community and offered at a low charge or free.</p>	(919) 966-5500 www.uncwellness.com
OLDER ADULTS	Orange County Department on Aging 	<p>Senior Centers There are two senior centers in Orange County. Each offer opportunities for educational, social and recreational activities.</p> <p>Wellness Program The senior centers offer health promotion activities for older adults:</p> <ul style="list-style-type: none"> • Health education and screenings • Exercise & fitness classes - more than 18 different exercise classes are held at 2 senior centers <p>Recreational Activities: bocce ball, basketball, senior games, bowling, Wii games, etc.</p>	<p>Central Orange Senior Center (located at the Triangle SportsPlex) 101 Meadowlands Drive Hillsborough, NC 27278 (919) 245-2015</p> <p>Seymour Center 2551 Homestead Rd. Chapel Hill, NC 27516 (919) 968-2070</p>

Using alternative transportation including bicycling, walking or transit can help you be more physically active. Just leave your car at home and choose to move more everyday!

ORANGE COUNTY NUTRITION REFERRAL GUIDE - 2009

 = Free Program or Financial Assistance Available
 = Accommodations for Bilingual or Spanish Speaking Residents

POPULATION SERVED	ORGANIZATION	PROGRAM DESCRIPTION	CONTACT INFO
ALL AGES	Arc of Orange County	Nutrition & Cooking Classes This class is conducted weekly in a demonstration-style kitchen where adults use hands-on experiences to further their knowledge of nutrition as well as their skills in the kitchen. This class seeks to educate adults about wise food choices and kitchen skills. At the end of the class, the cooks get to enjoy the fruits of their labor.	Michael Kirschner Director of Group Programs (919) 942-5119, ext. 121 mkirschner@arcoforange.org
	Orange County Health Department	Nutrition Counseling   <ul style="list-style-type: none"> • Individual nutrition counseling on a sliding scale fee • Language interpretation services available. • Provided by Registered Dietitians for all age groups and medical conditions (weight management, diabetes, food allergies, hypertension, high cholesterol etc.) Community Education Programs  <ul style="list-style-type: none"> • Nutrition education classes/programs for all age groups upon request • Diabetes education program (free; ongoing) 	Southern Human Services Center 2501 Homestead Rd Chapel Hill, NC 27516 (919) 968-2022 ext. 309 Whitted Human Services Center 300 W. Tryon Rd. Hillsborough, NC 27278 (919) 245-2380
	UNC Hospitals	Nutrition Counseling  Individual counseling provided by Registered Dietitians; fee for service or insurance accepted. Pediatric Specialty Clinics Must be enrolled in the pediatric specialty clinic to participate.	Nutrition Counseling (919) 966-0210 Children's Specialty Clinic (919) 843-2459
	UNC Wellness Center	Nutrition Counseling Individual nutrition counseling provided by a Registered Dietitian; fee for service (\$70 for members, \$80 for nonmembers). Educational Programs  Hold monthly nutrition lecture, cooking demonstration, grocery store tours, and Ask the Dietitian table on various health/nutrition-related topics. These are free for members and non-members and open to the community. Weight Management Program -ongoing program. Call for available times.	(919) 966-5500 www.uncwellness.com
	Orange County Department on Aging	Nutrition Counseling Services    Offered at the OC Senior Centers by Licensed Dietitian, UNC-CH Gillings School of Global Public Health. Counseling services available by appointment only at the following times: <u>Seymour Center</u> : Thursday afternoons, 1 - 2 pm except the 3rd Thursday of the month, March 5 - Dec. 2009. <u>Central Orange</u> : 3rd Friday, 11 -12, of the month beginning March 19.	Central Orange Senior Center (located at the Triangle SportsPlex) 101 Meadowlands Drive Hillsborough, NC 27278 (919) 245-2015

ALL AGES	Orange County Department on Aging (cont.)	<p>Monthly Healthy Cooking Demonstrations  </p> <p>Provides healthy tips and nutrition information to participants (classes restricted to ages 55 and older).</p> <p>Healthy and Simple Cooking Classes   lead by UNC faculty and students.</p> <p>Nutrition Education Programs  </p> <p>Offered quarterly and provided by Orange County Health Department dietitians, nurses and health educators, UNC faculty and students.</p>	<p>Seymour Center 2551 Homestead Rd. Chapel Hill, NC 27516 (919) 968-2070</p>
	Cooperative Extension	<p>Expanded Foods and Nutrition Education Program (EFNEP)  </p> <p>Offered to limited resource families with children. Teaches families how to prepare nutritious meals. The staff offers classes in English and in Spanish for families, and one staff member offers nutrition education to limited resource youth.</p> <p>Breastfeeding Support Program  </p> <p>For English and Spanish-speaking mothers who are interested in breastfeeding their babies. This is a collaborative effort with Cooperative Extension, Piedmont Health Services, UNC Hospitals and the Health Department.</p> <p>Women Living Healthy, Women Living Well is an interactive CD developed for women focusing on healthy eating, physical activity, and women's health issues.</p>	<p>306-E Revere Rd Hillsborough, NC 27278 (919)-245-2053</p>
	Community Gardens	<p>Growing Healthy Kids Gardens at: MLK Jr. Park, Carrboro Elementary School and Duke Energy sub-station, James Street, Carrboro </p> <p>Open to families with children 5 and younger. Here children and their families learn to grow vegetables and enjoy benefits of better nutrition, outdoor activity, and quality family time. Families may also participate in cooking classes to learn how to use the produce grown.</p> <p>Carrboro Community Garden Coalition Garden, at MLK Jr. Park, Carrboro</p> <p>Open to residents. Participating community members learn how to grow food in an environmentally sustainable way, while connecting with others in the community.</p> <p>Northside Community Garden, Northside Center, Chapel Hill </p> <p>Open to individuals and families and serves gardeners with special needs. Participants learn about the environment, sustainable gardening practices and the importance of eating fruits and vegetables.</p> <p>Anathoth Community Garden , Cedar Grove</p> <p>Anathoth Community Garden uses a faith-based approach to gardening. Using the garden to bring folks together, teach organic gardening, tend creation and help those in need. The garden is open to all residents and hosts regular tour groups, workshops, educational events, monthly worship services during summers; as well as occasional concerts and community celebrations.</p>	<p>Orange County Partnership for Young Children www.OrangeSmartStart.org (919) 967-9091</p> <p>Carrboro Community Garden Coalition www.carrborogarden.org (919) 647-9633</p> <p>Mental Health Association & Cooperative Extension (919)245-2062</p> <p>Fred Bahnsen www.anathothgarden.org (919) 357 8107</p>

<p>ALL AGES</p>	<p>Farmer's Markets</p>	<p>Visit a local farmer's market to purchase delicious, locally grown foods and support local agriculture.</p> <p>Carrboro Farmers' Market 301 W. Main St. Carrboro, NC 27510 Saturdays year-round, 7:00 am-noon; April-October, 9:00 am-noon December to March Wednesday, 3:30-6:30 pm; April through October</p> <p>Southern Village Farmers' Market Market St. in Southern Village Chapel Hill, NC 27516 Thursday; 4:00-7:00 pm Open May through August</p> <p>South Estes Farmers' Market in front of A Southern Season in the University Mall parking lot 201 South Estes Dr. Chapel Hill, NC 27514 Every Saturday April-November; 8:00 am-noon outside the mall 1st and 3rd Saturdays December-March 9:00 am-noon inside the mall Open year-round</p> <p>Hillsborough Farmers' Market Home Depot parking lot I-85 and new NC 86 Hillsborough, NC 27278 Saturdays: April through November, 8:00 am-noon December through March 1st and 3rd Saturday 10:00 am- noon Wednesday, 4:00-7:00 pm June through Labor Day</p> <p>Orange County/Eno River Farmers' Market Public Market House in Downtown Hillsborough 120 East Margaret Lane Hillsborough, NC 27278 April through November, Saturday 8:00 am-noon December through March 1st and 3rd Saturdays 10:00 am- 1:00 pm</p> <p>** Several Farmer's Market locations now accept Farmer's Market Nutrition Program (FMNP) coupons</p>	<p>Sarah Blacklin info@carrborofarmersmarket.com (919) 280-3326</p> <p>Sarah Blacklin info@carrborofarmersmarket.com carrborofarmersmarket.com (919) 280-3326</p> <p>Jeffrey Goodrum seeingstarsfarm@gmail.com southeastesfarmersmarket.com (919) 563-5723</p> <p>Beverly Blythe bblythe@visionet.org hillsboroughfarmersmarket.org (919) 732-8315</p> <p>Robin Mulkey farmersmarket@co.orange.nc.us orangencfarmersmarket.org (919) 357-6076</p>
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