

WASHINGTON COUNTY HEALTHY LIVING RESOURCE GUIDE



INCREASING YOUR PHYSICAL ACTIVITY, EATING NUTRITIOUS FOODS AND AVOIDING TOBACCO CAN HELP YOU AND YOUR FAMILY PREVENT MANY ILLNESSES AND IMPROVE YOUR HEALTH, FITNESS AND WELL-BEING.



Public Health
Prevent. Promote. Protect.

Washington County Health Department

Washington County Healthy Resource Guide

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Washington County Healthy Resource Guide

Baseball/Softball Fields

Barlow Fairgrounds

State Routes 339 and 550
Vincent, OH 45784

Buckeye Park

113 W Fay Avenue
Marietta, OH 45750

Cutler Community Center

4550 Two Mile Run Road
Cutler, OH 45724

Flanders Field

740-373-1616
Harmar Street and Clinton Avenue
Marietta, OH 45750

Hadley Softball Complex

740-373-1616
Linwood Avenue
Marietta, OH 45750

Indian Acres Park

740-374-1616
Linwood Avenue
Marietta, OH 45750

Civitan Park

740-423-7592
1500 Blennerhassett Avenue
Belpre, Ohio

Basketball Courts

Belpre Township Park

State Route 124
Little Hocking, OH 45742

Civitan Park

740-423-7592
Blennerhassett Avenue
Belpre, OH 45714

Cutler Community Center

4550 Two Mile Run Road
Cutler, OH 45724

Flanders Field Park

740-373-1616
Harmar Street and Clinton Avenue
Marietta, OH 45750

Indian Acres Park

740-374-1616
Linwood Avenue
Marietta, OH 45750

Jackson Hill Park

740-373-1616
1201 Cisler Drive
Marietta, OH 45750

Lookout Park

740-373-1616
Lancaster Street
Marietta, OH 45750

Marietta Family YMCA

740-373-2250
300 7th Street
Marietta, OH 45750
www.mariettaymca.org

Washington Park

740-373-1616
Fifth and Washington Streets
Marietta, OH 45750

Washington County Healthy Resource Guide

Biking

Marietta Adventure Company

740-538-0801
219 Second Street, Suite 206
Marietta, OH 45750
www.mariettaadventurecompany.com

Marietta Harbor

740-374-3600
1 Butler Street
Marietta, OH 45750

Marietta Rowing and Cycling Club

www.mariettarcc.org/

River Valley Mountain Bike Association

740-516-0600
www.rvmba.com

Bike Fix-It-Stations Marietta

- South Fourth Street behind Food4Less
- Beside the Marietta Armory
- Marietta River Trail entrance by the boat docks at Indian Acres Park

Bike Fix-It-Stations Belpre

- Rockland Ave at Marietta Middle Schools
- Belpre Senior Center parking lot
- Beside Rite Aid Pharmacy off of Main Street

Bowling

Pastime Lanes

740-374-7240
211 Second Street
Marietta, OH 45750

North Hills Lanes

740-373-5729
318 Colegate Drive
Marietta, OH 45750

Dance

Betsey Mills Club

740-373-4981
300 Fourth Street
Marietta, OH 45750
www.betseymills.org

Marietta Dance Academy

740-374-4348
154 Gross Street, Frontier Center
Marietta, OH 45750
www.mariettadance.com

Gel's Dance Centre

740-373-8882
160 Enterprise Drive
Marietta, OH 45750
www.gelsdancecentres.com

Stacey's Dance Studio

740-374-6792
205 Pike Street
Lowell, OH 45750
www.sdsMarietta.com

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Disc Golf

Big Buckeye Course at Broughton's
Broughton's Nature & Wildlife Area
637 State Route 821
Marietta, OH 45750
740-374-9396

Dog Park

Marietta Community Dog Park
Jackson Hill Park
740-373-1616
1201 Cisler Drive

Golf

Lakeside Golf Course
740-984-4265
18218 SR 60
Beverly, OH 45715
www.lakesidegolfcourse.net

Marietta Country Club
740-373-7722
705 Pike Street
Marietta, OH 45750
www.mariettacc.org

Oxbow Golf and Country Club
740-423-6771
500 St. Andrews Boulevard
Belpre, OH 45714
www.oxbowgolfcourse.com

Pioneer Family Golf Center
740-376-9009
712 Pike Street
Marietta, OH 45750
www.facebook.com/pioneerfamilygolf

Washington County Healthy Resource Guide

Leagues, Clubs & Associations

Belpre Soccer Club

Washington Blvd.
Belpre, OH 45714
[www.leaguelineup.com/
belpresoccerclub](http://www.leaguelineup.com/belpresoccerclub)
304-482-4409

Marietta Bantam Baseball
PO Box 536, Marietta, OH 45750
740-373-8340

Marietta Family YMCA
740-373-2250
300 N. 7th Street
Marietta, OH 45750
www.mariettaymca.org

Marietta Recreation Department
740-373-1616
304 Putnam Street
Marietta, OH 45750
[www.mariettaoh.net/government/
public_facilities/recreation](http://www.mariettaoh.net/government/public_facilities/recreation)

Marietta Rowing and Cycling Club
740-350-6418
www.mariettarcc.org/

Marietta Sluggers
740-629-1202
35 Valley Dr.
Marietta, OH 45750
[www.leaguelineup.com/
mariettasluggers](http://www.leaguelineup.com/mariettasluggers)

Marietta Soccer League
www.mariettasoccer.com

Ohio Valley Soccer League
www.ohiovalleysoccer.com

Frontier Hiking Club
740-374-2782
342 Muskingum Drive
Marietta, OH 45750
www.washingtongov.org/health

River City Runners and Walkers
304-428-7202
www.rivercityrunners.com

River Valley Mountain Bike Association
740-516-0600
P.O. Box 701
Marietta, OH
www.rvmba.com

Upward Sports Basketball
First Church of the Nazarene
Marietta, OH 45750
740-373-5406
www.upward.org

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Playgrounds

Barlow Fairgrounds

740-984-2554
State Routes 339 and 550
Barlow, OH 45712

Buckeye Park

740-373-1616
Faye Avenue
Marietta, OH 45750

Civitan Park

740-423-7592
1500 Blennerhassett Avenue
Belpre, OH 45714

Cutler Community Center

4550 Two Mile Run Road
Cutler, OH 45724

Depot Park

740-423-7592
Depot Street
Belpre, OH 45714

Devola Playground

740-374-4140
1300 River Road
Marietta, OH 45750

Dodge Park

Park St.
Beverly, OH 45715

Ferguson Park

Grandview Avenue
New Matamoras, OH 45767

Flanders Field

740-373-1616
Harmar Street and Clinton Avenue
Marietta, OH 45750

Howe's Grove Park

740-423-7592
1600 Washington Boulevard
Belpre, OH 45714

Oak Grove Community Center

535 B.F. Goodrich Road
Marietta, OH 45750

Reno Community Center

Sandhill Road
Reno, OH 45773

Washington Street Park

740-373-1616
Fifth and Washington Streets
Marietta, OH 45750

Rowing & Paddling

Marietta Adventure Company

740-538-0801
219 Second Street, Suite 206
Marietta, OH 45750
www.mariettaadventurecompany.com

Marietta Rowing and Cycling Club

www.mariettarcc.org/

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Senior Wellness

55 Plus at MMH

401 Matthew Street
Marietta, OH 45750
www.mmhospital.org/55plus

O'Neill Center

740-373-3914
333 Fourth Street
Marietta, OH 45750
www.oneillcenter.com

Western Washington County Seniors

4550 Two Mile Run Road
Cutler, Oh 45742

Marietta Family YMCA

740-373-2250
300 7th Street
Marietta, OH 45750
www.mariettaymca.org

Belpre Senior Center

740-423-6022
1614 Washington Boulevard
Belpre, OH 45714
www.oneillcenter.com/activities/belpreseniorcenter

Skate Parks & Skate Rinks

Indian Acres Skate Park

740-373-1616
Linwood Avenue
Marietta, OH 45750

Marietta Roller Rink

740-374-3295
922 Front Street
Marietta, OH 45750
www.marietarollerrink.com

Martial Arts

Everyday Warrior Academy

740-525-9665
177 Front Street
Marietta, OH 45750

Success & Honor Karate

740-376-9533
403 Scammel Street
Marietta, OH 45750
www.elychapmanedu.org/Karate.html

Tai Chi by Washington Co. RSVP

740-373-3107
Various Class Locations

Washington County Healthy Resource Guide

Swimming

Belpre Pool
740-423-5346
715 Park Drive
Belpre, OH 45714

Betsey Mills Club
740-373-4981
300 Fourth Street
Marietta, OH 45750
www.betseymills.org

Beverly Pool
740-984-4235
501 5th Street
Beverly, OH 45715

Devola Pool
740-374-4140
1300 River Road
Marietta, OH 45750

Lowell Pool
740-896-8869
100 Market Street
Lowell, OH 45744

Marietta Aquatic Center
740-373-2445
233 Pennsylvania Avenue
Marietta, OH 45750
[www.mariettaoh.net/government/
public_facilities/aquatic_center](http://www.mariettaoh.net/government/public_facilities/aquatic_center)

Marietta Family YMCA
740-373-2250
300 7th Street
Marietta, OH 45750
www.mariettaymca.org

Municipal Pool Park
Grandview Hill Road
New Matamoras, OH 45767

Tennis

Civitan Park
740-423-7592
1500 Blennerhassett Avenue
Belpre, OH 45714

Indian Acres Park
740-373-1616
Linwood Avenue
Marietta, OH 45750

Glendale Courts
Off of Glendale Drive & Channel Lane
Beside the Marietta Times Office
Marietta, OH 45750

Lookout Park
740-373-1616
Lancaster Street
Marietta, OH 45750

Marietta Tennis and Fitness Center
740-373-8441
400 Tennis Center Drive
Marietta, OH 45750

Washington County Healthy Resource Guide

Tracks & Trails

Barlow Boord Walk

0.5 Miles (Loop) – Paved Surface
Barlow Fairgrounds
State Routes 39 and 550
Barlow, OH 45712

Belpre Township Recreational Park

0.4 Miles (Loop) – Paved Surface
State Route 124
Little Hocking, OH 45742

Boord State Nature Preserve

0.66 Miles (Loop) – Natural Surface
254 Falls Run Road
Cutler, OH 45724
www.dnr.state.oh.us/tabid/923/Default.aspx

Broughton's Nature & Wildlife Area

Multiple Trails – Varying Lengths –
Natural Surface
State Route 821
Marietta, OH 45750
Call 740-376-0832 for trail map.

Buell Park

0.5 Miles (Loop) – Paved Surface
Buell Island
Lowell, OH 45744

Civitan Park

0.75 Miles (Loop) – Paved Surface
1500 Blennerhassett Avenue
Belpre, OH 45714

Decatur Community Track

0.2 Miles (Loop) – Paved Surface
Decatur Community Building
6505 State Route 555
Cutler, OH 45724

Depot Park

0.2 Miles (Loop) – Paved Surface
Depot Street
Belpre, OH 45714

Devola Multi-Use Trail

Connects Devola to Broughton's
Nature & Wildlife Area

Dyson Baudo Recreation Center

200 Meters (Loop) – Indoor Track
Surface
215 Fifth Street
Marietta, OH 45750

Gannett Nature Trail for All

0.15 Miles (Loop) – Paved Surface
Washington County Career Center
State Route 676
Marietta, OH 45750

Inman Liberty Park

0.2 Miles (Loop) – Paved Surface
Coffman Road
Tunnel, OH

Kiwanis Trail at Indian Acres Park

0.8 Miles (Loop) – Paved Surface
Linwood Avenue
Marietta, OH 45750

Lookout Park

0.3 Miles (Loop) – Crushed Cinder
Surface
Lancaster Street
Marietta, OH 45750

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Tracks & Trails (cont.)

Marietta Trail Network (MTN)

www.mariettaoh.net/government/public_facilities/mountain_biking

Kris-Mar Woods (MTN)

Multiple Trails – Varying Length –
Natural Surface
Wooded area beside the Frontier
Shopping Center
Marietta, OH 45750

Kroger Wetlands (MTN)

Multiple Trails – Varying Lengths –
Natural Surface
80 Acme Street (Behind Kroger)
Marietta, OH 45750

Marietta High School (MTN)

Multiple Trails – Varying Lengths –
Natural Surface
111 Academy Drive
Marietta, OH 45750

Marietta Middle School (MTN)

Multiple Trails – Varying Lengths –
Natural Surface
242 Seventh Street
Marietta, OH 45750

Marietta River Trail (MTN)

3.5 Miles (Linear) – Paved Surface
Indian Acres Park to the intersection of
Jefferson Street
Marietta, OH 45750

North Hills Trail (MTN)

1.9 Miles (Linear) – Natural Surface
Intersection of Colegate & Glendale to
the dead end of Terrance Avenue
Marietta, OH 45750

Muskingum Park

0.6 Miles (Loop) – Paved Surface
Front Street
Marietta, OH 45750

New Matamoras Community Track

0.4 Miles (Loop) – Paved Surface
Grandview Hill Road
New Matamoras, OH 45767

Oak Grove Recreation Track

0.2 Miles (Loop) – Paved Surface
535 B.F. Goodrich Road
Marietta, OH 45750

Reno Community Center

0.3 Miles (Loop) – Paved Surface
Sandhill Road
Reno, OH 45773

Sacra Via Park

0.3 Miles (Loop) – Paved Surface
Sacra Via Street
Marietta, OH 45750

WASCO Trail

0.3 Miles (Loop) – Paved Surface
1702 Colegate Drive
Marietta, OH 45750

Visit hikingproject.com to view all local trails.

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Tracks & Trails (cont.)

Washington Co. Career Ctr. Trails

Multiple Trails – Varying Lengths –
Natural Surface
Washington County Career Center
21740 State Route 676
Marietta, OH 45750

Waterford Fairgrounds Trail

0.2 Miles (Loop) – Paved Surface
19183 State Route 339
Waterford, OH 45786

Waterford Nature Trail

2 Miles (Linear) – Natural Trail Surface
Waterford Elementary School
Waterford, OH 45786

Wayne National Forrest (WNF)

27750 State Route 7
Marietta, OH 45750
Call 740-373-9055 for Trail Maps

Archer's Fork Trail (WNF)

9.5 Miles (Loop) – Natural Surface

Covered Bridge Trail (WNF)

5 Miles (Linear) – Natural Surface

Kinderhook Trail (WNF)

16 Miles (Linear) – Natural Surface

Ohio View Trail (WNF)

7 Miles (Linear) – Natural Surface

Scenic River Trail (WNF)

3.4 Miles (Linear) – Natural Surface

Walking, Running & Hiking

Frontier Hiking Club

740-374-2782
342 Muskingum Drive
Marietta, OH 45750
www.washingtongov.org/health

Sole Mates

740-374-2782
342 Muskingum Drive
Marietta, OH 45750
www.washingtongov.org/health

River City Runners and Walkers

www.rivercityrunners.com

Walk with a Doc

Wayne Street Medical Campus
740-374-6030

Washington County Healthy Resource Guide

Wellness & Fitness Centers

55 Plus at MMH

740-568-5380
Wayne Street Medical Campus
Marietta, OH 45750
www.mmhospital.org/55plus

Anytime Fitness of Marietta

740-373-2407
223 Captain D Seely M I A Drive
Marietta, OH 45750

Curves - Marietta

740-374-8994
476 Pike Street
Marietta, OH 45750

Cutler Community Center

4550 Two Mile Run Road
Cutler, OH 45724

Living Well Pilates Studio

740-236-8549
238 Pike Street
Marietta, OH 45750

Marietta Boot Camp

740-350-6883
1100 Pike Street
Marietta, OH 45750
www.mariettabootcamp.com

Marietta Family YMCA

740-373-2250
300 7th Street
Marietta, OH 45750
www.mariettaymca.org

Marietta Tennis and Fitness Center

740-373-8441
400 Tennis Center Drive
Marietta, OH 45750
www.mtfcenter.com

Piercing Crossfit

740-416-1418
119 Pike Street
Marietta, OH 45750
www.piercingcrossfit.com

Pilates Works Fitness Studio

740-373-2930
615 Putnam Street
Marietta, OH 45750

Warrior Fitness Facility

740-678-0373
10340 State Route 550
Vincent, OH 45784
www.warriorfitnessbarlow.com

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Worksite Wellness

Washington County Health Department

- FREE Point-of-decision stair prompt signage.
- Active Commuting support for walking & biking to work. FREE resources such as bike racks available as funding allows. Healthy worksite consultations available FREE of charge.
- Worksite physical activity policy development assistance, such as 15 minute break time for physical activity during the work day.
- For opportunities above, contact **Jayne Call**, Public Health Educator, At **740-374-2782** ext. **1031** or jcall@wcgov.org



Nutrition

River City Farmers Market

- The River City Farmers Market is located at the Washington County Fairgrounds in Marietta
 - * Saturdays 8:00 - 1:00
- For information and directions, call 740-984-2840 or visit www.rivercityfarmersmarket.org/

Washington County Healthy Resource Guide

Nutrition

Farmers Market on Front Street

- The Farmers Market on Front Street is located at the armory on Front Street in Marietta
 - * Tuesdays 10:00 - 2:00
- For more information, call 740-984-2840 or www.mariettamainstreet.org/farmersmarket

Community Food Initiative (CFI)

- **Discovery Kitchen** offers free healthy cooking classes to food pantry patrons and agency clients using local, seasonal ingredients. For class times and more information, call **740-594-3535** or discoverykitchen@communityfoodinitiatives.org
- CFI offers a variety of workshops throughout the year to provide hands-on opportunities to build knowledge and skills for gardening and in the kitchen.
- CFI is in the process of making easy access videos so you can have access to organic gardening and food preservation resources wherever you are. Stay tuned!
- Follow CFI on Facebook to learn about upcoming workshops and see a calendar of workshops at www.communityfoodinitiatives.org OR call **740-593-5971**.



Washington County Healthy Resource Guide

Nutrition

Live Healthy Appalachia

- FREE grocery store tours. Learn how to buy on a budget!
- FREE community cooking classes. Learn new food preparation techniques, new healthful foods and budget friendly recipes.
- To learn more about the opportunities above, contact **Live Healthy Appalachia** at **740-856-6100** or info@livehealthyappalachia.org



Chesterhill Produce Auction

- The Chesterhill Produce Auction is a food hub managed by Rural Action located just outside of Chesterhill in Morgan County.
- Customers can bid on produce lots in numerous quantities for whatever their need.
- Auctions are May-October every Monday and Thursday at 4:00 pm.
- Location: 8380 Wagoner Road, Chesterhill, Ohio 43728.
- For details, call 740-677-4047 or 740-554-7927 (on auction days) or visit
- www.ohiofoodshed.org/chesterhill



Nutrition

Washington County Harvest of Hope

- Harvest of Hope manages 6 community garden sites in Washington County, and provides support to gardeners throughout the growing season.
- Gardeners are encouraged to plant a row of produce to donate to local food pantries and agencies working to address hunger.
- Community Garden locations:
 - * Marietta Garden (Sixth and Hart Streets behind Food 4 Less)
 - * Harmar Garden (Gilman Avenue)
 - * Belpre Garden (Third and Maple Streets)
 - * New Matamoros Garden (behind the old elementary school)
 - * Christ United Methodist Church Garden (3rd and Wooster Streets)
 - * Sandhill United Methodist Church Garden (Reno)
- If you're interested in a garden plot or starting a community garden, call **740-706-1244** or visit <http://www.wchoh.org/index.html>

Washington County OSU Extension

- SNAP Ed is a FREE nutrition education program for low-income families. For more information on SNAP Ed, call **740-376-7431** or visit www.washington.osu.edu



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Nutrition

Good Food Here

- Looking for a way to promote healthy eating in your store or neighborhood? The “Good Food Here” promotion helps the community to distinguish what food items are healthy.
- Why participate in “Good Food Here”?
 - * New foods attract new customers and keep old customers coming back
 - * Offering healthy foods makes your business stand out from your competitors
 - * Healthy foods often have higher profit margins
 - * Easy access to healthy foods means lower rates of chronic disease
 - * People who lack transportation will find healthy foods in their local community markets or corner stores
- For more information on how you can promote “Good Food Here” at your local business, contact **Jayne Call**, Public Health Educator, at **740-374-2782** ext. **1031** or jcall@wcgov.org



Washington County Public Libraries

- Large variety of gardening and cook books available to checkout. FREE to check-out with a library card.
- Visit your local library to find out what is available, or checkout the digital library at www.wcplib.info/digital

Washington County Healthy Resource Guide

Nutrition

Food Pantries

- **Lower Salem Food Pantry:** 102 Main Street, Lower Salem, 740-585-2143
- **Gospel Mission Food Pantry:** 309 Lancaster Street, Marietta, food pantry & thrift shop, 740-350-4417
- **Belpre Food Pantry:** 2300 Washington Boulevard, Belpre, 740-423-2069
- **Beverly-Waterford Food Pantry:** 309 7th Street, Beverly, St. Bernard Catholic Church, 740-984-2807
- **Lowell Food Pantry:** 309 Walnut Street, Lowell, food pantry & thrift shop, 740-896-2940
- **Marietta Church of God Food Pantry:** 501 Colgate Drive, Marietta, 740-373-4219
- **New Matamoras Food Pantry:** 1015 Park Ave, Harvest Time Church of God, New Matamoras, 740-865-9903
- **Western Washington County Food Pantry:** 18 High Street, Vincent, 740-678-1065
- **First Congregational Church:** 318 Front Street, Marietta, 740-373-5741
- **3-C Food Pantry:** 4550 Two Mile Run Road, PO Box 32, Cutler Community Center, Cutler, 740-989-2706

FREE Meals

- **Christ United Methodist Church:** 301 Wooster Street, Marietta, 740-373-1512. Free meals on 1st Friday of each month from 11:30-1:00.
- **The Daily Bread Kitchen:** 312 Franklin Street, Marietta, Knights of Columbus Hall. Free meals every Wednesday from 11:30-1:00.
- **First Baptist Church:** 301 Fourth Street, Marietta. Free meals on 2nd Saturday of each month 11:00-1:00
- **Gilman United Methodist Church:** 312 Gilman Street, Marietta. Free meals on last Friday of each month from 5:00-7:00.
- **Norwood United Methodist Church:** 23 Colgate Drive, Marietta. Free meals on 3rd Friday of each month from 5:00-7:00.

Tobacco Cessation

Ohio Tobacco Quit Line

- Free online and phone services for uninsured Ohioans, Medicaid recipients, and members of the Ohio Tobacco Collaborative.
- Contact: **1-800-QUIT-NOW (1-800-784-8669)** or Ohio.quitlogix.org

Ohio Tobacco Collaborative

- The Ohio Tobacco Collaborative is a unique private-public partnership which provides insurance carriers, employees, and third-party administrators access to Quit Line services at a state-negotiated (reduced) rate.
- Call to find out if your employer or health plan is a member, call the Ohio Tobacco Use Prevention and Cessation Program at **614-728-2429** or email tobaccoprevention@odh.ohio.gov



Tobacco Cessation

My Last Dip

- MyLastDip.com is an internet-based smokeless tobacco cessation program for teen and young adult chewers that is based on proven methods.
- It is FREE and available 24-hours a day and allows participants to set their own pace.
- Visit www.mylastdip.com to access helpful support within an anonymous environment that offers engaging content and teaches the user about risks of smokeless tobacco while motivating them to quit.



The EX Plan

- The EX Plan is a FREE online quit-smoking program that is based on personal experiences of ex-smokers, as well as scientific research from experts at the Mayo Clinic. It is available 24 hours a day.
- Visit www.becomeanex.org to learn how to beat your smoking triggers, how addiction works, and how to build your support system.



Washington County Healthy Resource Guide

Washington County 2-1-1

Washington County 2-1-1

- United Way of Washington County's 2-1-1 service connects Washington County residents with comprehensive and up-to-date information about social, health, and government services. Resources that can be accessed include:
 - * Food & Clothing
 - * Housing & Utilities
 - * Physical & Mental Health & Addiction Services
 - * Medicaid, Medicare, & Insurance
 - * Employment Assistance & Job Coaching
 - * Senior Support & Disability Assistance
 - * Educational & Mentoring Programs
 - * Support for Community Crisis & Disasters
 - * Volunteer & Donation Opportunities
- Dial 2-1-1 to access the FREE referral center or visit www.washingtoncountyuw.net to search the online community resource directory.



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Notes

Washington County Healthy Resource Guide

**AMENDMENTS OR ADDITIONS TO THE
WASHINGTON COUNTY HEALTHY RESOURCE GUIDE
CAN BE DIRECTED TO:**

JAYNE CALL, RABIA KARIM OR COURT WITSCHY

WASHINGTON COUNTY HEALTH DEPARTMENT

740-374-2782



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