



Connect...

to neighbors, friends, faith communities, and local services

- *Madison Active Living Centers (8 sites)*

Community lunch for seniors, speakers, hobby groups, field trips, exercise equipment, and more

Call 649-2722 for locations & details

- *Madison Public Libraries (3 sites)*

So much more than great books! Free internet access, children's programs, adult book discussions, community events, etc.

Call 649-3741 for locations & details

- *Madison Transportation Authority*

Free or low-cost rides to medical facilities, active living centers, grocery stores, and many other places

Must call ahead: (828) 649-2219

- *Hot Springs Health Program (4 sites)*

Healthcare, counseling, pharmacy, health education and support groups with evening and weekend hours at some locations

Hot Springs: 622-3245

Laurel: 656-2611

Marshall/ Mashburn: 649-3500

Mars Hill: 689-3507

- *Pisgah Legal at Hot Springs Health Prog*

Help with ACA enrollment, benefits and resource assistance, and connection to free civil legal services

Call Leah Yetter at 828-210-3403



Did you know...

Eating your **veggies**, taking a **walk** every day, and spending time with **friends** could save you from vision loss, kidney failure, amputations, stroke and heart disease (and the medical bills that go with them)!

What will you do to...

ACT NOW!

Visit www.actnowdiabetes.com

to take a quick diabetes risk test and to get tips on simple changes you can make today in eating and physical activity that can start you on the way to long-term health.

Have more energy
Prevent chronic disease
Be there for those you love

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Connect • Eat • Move • Learn
in Madison County, NC



Use this **Resource Guide** to find affordable healthy food, easy exercise opportunities, local wellness programs and ways to connect to neighbors and local resources—all for a healthier, stronger you.



Eat...

real food with ingredients you can recognize and pronounce

- *Community Lunch for Seniors (8 sites)*

Healthy, hot meals with neighbors
Mon, Tue, Wed, and Fri 11-1 PM

Call 649-2722 for locations & details

- *YMCA Healthy Living Mobile Market*

Free, fresh produce for anyone
2nd and 4th Wed, 3-4 PM

County Government Buildings, 5707 US Hwy
25/70, Marshall; (828) 775 7081

- *Beacon of Hope Food Pantry*

One food package per month, plus lots of fresh
produce; Mon 8-3 & Fri 1-6 (must apply)
MANNA Express (fresh produce) 1st Fri, 1-3 PM

120 Calvary Dr, Marshall; 649-3470

- *Local Farmers Markets (4 sites)*

Fresh local produce plus cheese, breads, crafts,
music and more; spring-fall

- *Hot Springs: Saturdays 10-2; 81 Bridge St*
- *Marshall: Sundays 12-4; The Island*
- *Mars Hill: Saturdays 9-1; 50 College St*
- *Spring Creek: 2nd & 4th Saturdays 9-2, Spring Creek Community Center*



Move...

most days, to sweat a little and have fun while boosting energy

- *Madison Active Living Centers (8 sites)*

Hobby groups, field trips, exercise classes and
equipment, walking groups, etc.

Call 649-2722 for locations & details

- *Beech Glenn Community Center*

Evening open gym and yoga classes
2936 Beech Glen Rd, Mars Hill

- *Forever Fit Adult Classes*

Free, fun adult fitness classes
Tue & Thu 10-11 AM

Spring Creek Comm. Ctr, 13075 NC-209, Hot Springs;
(770) 328-9233

- *Water Aerobics at MHU Pool*

Tue & Thu 10-11 AM

100 Athletic St, Mars Hill; 689-8484

- *Safe Walking Opportunities*

Even a 5 or 10-minute walk per day can increase
energy, mood and overall health!

- *Madison Co. schools' tracks and grounds*
- *AB Tech and Mars Hill campuses*
- *Walking path & disk golf on The Island*
- *LOW-traffic roads*
- *Inside large stores (walk laps around perimeter)*



Learn...

how food, activity, sleep and connection are your best medicines

- *Diabetes Prevention & Management Programs*

Five-session class about using food and activity to
prevent or manage diabetes; monthly education
and support groups

Call 213-4634 for locations & details

- *Taking off Pounds Sensibly (TOPS)*

Learning about nutrition, portion size, realistic
goal-setting, and group members holding each
other accountable; Thu 6-7 PM

Beech Glen Baptist Church, 2928 Beech Glen Rd,
Mars Hill; 689-4527

- *Health-Focused Educational Sessions*

Many regional agencies (Land of Sky, Mission
Health, NC Cooperative Extension, YMCA, etc.)
offer programming, but locations and times vary.
Topics include cooking, nutrition, disease
management, fitness, and more.

For upcoming classes, call 649-3741 or visit
www.madisoncountyhealth.org/heal.html