

Cecil County Million Hearts Initiative
Community Resource Inventory

Heart Disease Risk Factor	Programs In County
Physical Inactivity	<ul style="list-style-type: none"> ● Cecil College offers fitness classes for ages four and older. Classes include Zumba, Pilates, Step Aerobics, and Yoga. For more information please call 443-907-1378 or visit www.cecil.edu ● YMCA of Cecil County offers a variety of fitness activities and programs for all ages. They have sports programs, aerobics, aquatics, personal training, free weights, a fitness room, and other amenities. The staff is available to provide assistance. For more information please call 410-398-2333 or visit www.ymcacecil.org ● Cecil County Parks and Recreation offers a variety of programs and activities for youth and adults. For more information please call 410-658-3000 or visit https://apm.activecommunities.com/ccprd/Home ● Senior Services and Community Transit offers many different exercise programs throughout the year. They also have a 55+ gym onsite called the Healthy Lifestyles Fitness Center. For more information on classes or the Healthy Lifestyles Fitness Center please call 410-620-3101 or visit www.cecilsct.org
High Blood Pressure	<ul style="list-style-type: none"> ● Union Hospital provides information about the procedures and services provided for cardiovascular health like: Union Hospital's Stroke Program and the Cardiac and Pulmonary Rehab Center, a partnership service between Cardio-Kinetics, Inc. and Union Hospital. For more information please call 410-398-4000. ● Senior Services and Community Transit offers educational classes and workshops on a variety of health related topics. To get more information about upcoming sessions please call 410-996-5295 or visit www.cecilsct.org ● Cecil County Health Department offers Living Well! Take Charge of Your Health Chronic Disease Self-Management Program. For more information please contact 410-996-5168.

Cecil County Million Hearts Initiative
Community Resource Inventory

<p>Overweight/ Obesity</p>	<ul style="list-style-type: none"> ● Union Medical Nutritional Services and Diabetes Center offers a variety of educational programs and sessions to address overweight/obesity. For more information please call 410-620-1210 ● YMCA of Cecil County offers personal training and group training with certified personal trainers. They also offer body fat measurement. For more information please call 410-398-2333 or visit www.ymcacecil.org ● Senior Services and Community Transit offers many different exercise programs throughout the year. They also have a 55+ gym onsite called the Healthy Lifestyles Fitness Center. For more information on classes or the Healthy Lifestyles Fitness Center please call 410-620-3101 or visit www.cecilsct.org ● Perryville holds a Farmers Market every Friday from May through October to provide farm fresh fruits and vegetables. Perryville Farmers' Market Broad Street and Roundhouse Drive, Lower Ferry Park, Perryville Friday: 3pm - 7pm, 1-May-15 to 30-Oct-15. For additional information please call Doreen: 410-6426-066 dsmith@perryvillemd.org or www.perryvillemd.org ● The Cecil County Farmers' Market in North East provides an assortment of fresh produce from local farmers. The market is open on Fridays from 2:00 p.m. to 6:00 p.m., May 8th through October 30th (weather permitting). 308 South Main Street, North East, MD North East United Methodist Church Parking Lot next to the Post Office. For more information please call: 410-996-8469 or visit www.facebook.com/cecilcountyagriculture ● For additional information on local farms and where to purchase fresh produce in Cecil County, visit www.marylandsbest.net
<p>Diabetes</p>	<ul style="list-style-type: none"> ● Union Medical Nutritional Services and Diabetes Center offers a variety of educational programs and sessions to address diabetes. For more information please call 410-620-1210. ● Cecil County Health Department offers Living Well! Take Charge of Your Health Diabetes Self-Management Program. For more information please contact 410-996-5168 or visit ● Senior Services and Community Transit offers educational classes and workshops on a variety of health related topics. To get more information

Cecil County Million Hearts Initiative
Community Resource Inventory

	about upcoming sessions please call 410-996-5295 or visit www.cecilsct.org
--	---

High Cholesterol	<ul style="list-style-type: none">● Cecil County Health Department offers a Living Well! Take Charge of Your Health Chronic Disease Self-Management Program. For more information please contact 410-996-5168.● Perryville holds a Farmers Market every Friday from May through October to provide farm fresh fruits and vegetables. Perryville Farmers' Market Broad Street and Roundhouse Drive, Lower Ferry Park, Perryville Friday: 3pm - 7pm, 1-May-15 to 30-Oct-15 For additional information please call: Doreen: 410-642-6066 dsmith@perryvillemd.org or http://www.perryvillemd.org● The Cecil County Farmers' Market in North East provides an assortment of fresh produce from local farmers. The market is open on Fridays from 2:00 p.m. to 6:00 p.m., May 8th through October 30th (weather permitting). 308 South Main Street, North East, MD North East United Methodist Church Parking Lot next to the Post Office. For more information please call: Joanne: 410-996-8469 or visit www.facebook.com/cecilcountyagriculture
-------------------------	--