

# HEALTH AND WELLNESS

## Wellness

### ***SITUATION: A FAMILY IS SEEKING WELLNESS RESOURCES FOR THEIR CHILD/CHILDREN***

#### **The Center for Youth Wellness**

Charlotte pilot program with Atrium Health and Novant Health supports the state's goal to address social, economic, and environmental health to improve child and family health outcomes. For information about the Center for Youth Wellness, visit:

[www.centerforyouthwellness.org](http://www.centerforyouthwellness.org)

#### **Fun 4 Charlotte Kids**

Has all the information you need to find a doctor or therapist for your child. They have listings for all the pediatricians, pediatric dentists, family practices, ENTS, occupational therapists, pediatric specialists, orthodontics, behavior and development specialists, and child psychologists in the Charlotte area. Fun 4 Charlotte Kids is the website for kids, families, and all residents of the greater Charlotte area, and they are here to help!

**Email them at [info@fun4charlottekids.com](mailto:info@fun4charlottekids.com)**

### ***SITUATION: A FAMILY IS SEEKING COUNTY SPONSORED YOUTH ACTIVITIES***

#### **Mecklenburg County Park and Recreation**

Youth Activities Department realizes the many benefits of starting kids in sports early. Not only will sports aid in teaching responsibility, teamwork, and commitment, but involvement in youth sports may also help:

- Avoid childhood obesity
- Build motor skills
- Make new friends and improve social skills
- Encourage a healthy lifestyle and continued physical activity as they get older.

#### **For more information contact them at:**

Revolution Park Sports Academy  
1225 Remount Road  
Charlotte, NC 28208

[Park-Admin@mecklenburgcountync.gov](mailto:Park-Admin@mecklenburgcountync.gov)

**Youth Athletics: 980-314-1116**

## ***SITUATION: A SENIOR IS SEEKING WELLNESS ACTIVITIES***

### **Mecklenburg County Senior Centers**

Provide individuals 55 years and older various opportunities to improve their physical and cognitive health, expand their support systems, and find services they need to remain independent. Listed are some of the senior wellness activities they provide:

**Exercise Opportunities:** Jazzercise Lite, Low- Impact Aerobics, Strength Training, Stretching Class, Tai Chi, Yoga, one-on-one exercise training, table tennis, line-dancing, Zumba Gold, walking club

**Health Programs:** Matter of Balance, Chronic Disease Self-Management, Diabetes Self- Management, Arthritis Foundation Tai Chi, Brain Fitness, Senior Nutrition Program, Tomando, Medication Education

**Education Programs:** Managing Your Finances during Retirement, Legal Documents for End of Life Peace of Mind, Staying in Your Home Longer, English Language Training, Downsizing,

**Services Offered:** Senior Health Insurance Information Program (Medicare counseling), Information & Assistance, balance assessment, exercise readiness assessment, income tax preparation, and assistance with advance medical directives.

### **Locations**

#### **North Meck Senior Center**

8:30 a.m. to 4:30 p.m. Monday through Friday

102 Gilead Road, Huntersville, NC

**Phone:** 980-314-1127

#### **Shamrock Senior Center** *(has relocated to Methodist Home Recreation Center)*

8 a.m. to 4 p.m. Monday through Friday

3200 Shamrock Drive, Charlotte NC

**Phone:** (980) 314-1175

#### **Tyvola Senior Center**

8:30 a.m. to 4:30 p.m. Monday through Friday

2225 Tyvola Road, Charlotte NC

**Phone:** 980-314-1320

For more information email them at [Park-Admin@mecklenburgcountync.gov](mailto:Park-Admin@mecklenburgcountync.gov)

### **YMCA of GREATER CHARLOTTE**

Many seniors seek classes that are fun and challenging. Low-intensity exercise classes are specifically designed to improve overall health with a good workout. Contact them for schedules and activities that will fit your needs. YMCA of Greater Charlotte 400 E. Morehead St. Charlotte, NC 28202 or call them at [704-716-6200](tel:704-716-6200)

## ***SITUATION: WELLNESS FOR THE WHOLE FAMILY***

### **Wellness on Wheels**

provides blood pressure and blood sugar screening to all. No insurance or YMCA membership is needed to access service through Wellness on Wheels. Each participant will have the opportunity to access screenings, a healthy snack, nutrition information and chronic disease prevention education. **American Heart Association's: Check. Change. Control.** will be offered and health coaches will be on-site to answer any questions and get participants signed up for this blood pressure self-monitoring system. For more information or to request the Wellness on Wheels unit, please contact [wellnessonwheels@ymcacharlotte.org](mailto:wellnessonwheels@ymcacharlotte.org).

### **The 658 Center**

Pulls together the incredible resources in our city with the goal of changing these lives of those in need. A person can walk into The 658 Center and be surrounded by an incredible team of ministry staff and skilled volunteers dedicated to aiding them in their journey away from poverty toward a life of stability, independence and spiritual health. From clothing to medical assistance, job training to food assistance all in one place. For general contact information:

**Phone:** (704) 733-9934

**Email:** [info@project658.com](mailto:info@project658.com)

**Office Location:** 3646 Central Av, Charlotte, NC 28205

**Mailing Address:** P.O. Box 5464, Charlotte, NC 28299

### **The Smith Family Wellness Center (SFWC):**

Caring for the Health of the Mind, Body and Spirit, SFWC exists to be Charlotte's premier clinic that offers medical and counseling services in a combined facility for Charlotte families that are facing personal and family struggles and challenges.

#### **Contact information:**

*[info@smithfamilywellnesscenter.com](mailto:info@smithfamilywellnesscenter.com)*

**Phone:** (704) 910-5810

**Hours of Operation** M-F - 9:00 AM - 5:00 PM

Medical Clinic Appointments Mon-Thurs: 9 am- 4:30 pm

Fridays: 9am - 12 pm by **appointment only**

## ***SITUATION: AN INDIVIDUAL NEEDS SUBSTANCE ABUSE TREATMENT***

Addiction treatment centers provide a monitored environment where you will get the medical attention you need, as well as the emotional support to overcome drug or alcohol abuse. Inpatient programs offer the highest level of treatment care, with medically supervised detoxification and around-the-clock care and support. Due to the many centers that are available in Charlotte, they are not listed. Google: **Substance Abuse Treatment Centers**, to find one that will meet your needs.

**Alcoholics Anonymous** is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

**Al-Anon** support groups work to equip loved ones with the tools they need to support the addict's recovery efforts, while nurturing and taking care of themselves along the way.

**Narcotics Anonymous** offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

### ***SITUATION: AN INDIVIDUAL/FAMILY NEEDS ALCOHOL AND DRUG RECOVERY SUPPORT***

#### **Metrolina Intergroup Association**

Provides meetings, support, and information on a variety of topics related to recovery. Contact them at [704-377-0244](tel:704-377-0244) or call the 24Hour Hotline [704-332-4387](tel:704-332-4387). They are located at: 1427 Elizabeth Ave., Charlotte NC 28204 email them at [info@charlotteaa.org](mailto:info@charlotteaa.org) **Hours:** Monday - Friday 8:00am - 7:00 pm

#### **The Carolina Region of Narcotics Anonymous (CRNA)**

Includes much of North and South Carolina and is represented in the NA service structure by the Carolina Regional Service Committee. The CRSC is composed of Narcotics Anonymous Groups and Areas in South Carolina and North Carolina. The CRSC was created to serve the needs of the Areas within its boundaries. It provides, coordinates, and develops services on behalf of the member Areas. Visit their web site to find more information on a meeting location near you. <https://www.crna.org/area-service-committees/nd>

#### **Greater Charlotte Narcotics Anonymous**

Area Service Office: Charlotte  
Third Presbyterian Church  
4019 Central Avenue  
Charlotte, North Carolina 28205  
**24/7 Help Line: 980-705-2555**

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## **SITUATION: A PERSON IS SEEKING A SPIRITUAL WELLNESS CENTER IN CHARLOTTE**

### **Spiritual wellness**

Described differently by each person, but the concept generally relates to one's sense of purpose, life's meaning, our relationship to other. In Charlotte there are many spiritual wellness services. Google: Spiritual Wellness to find one that meets your needs.

- ***Still need help? Dial 2-1-1 or 1-888-892-1192 to speak to a call specialist 24/7/365.***