



Resources

Cincinnati:

<http://www.uwgc.org/211> - Cincinnati United Way online resources guide

Columbus:

Columbus State Support Team Family Resources – (source: Ohio Dept. of Education) - www.sst11.org (click on “Family Publications”, then “2013 Family Resource Directory”)

Dayton:

<http://www.daytonlec.org> – Life enrichment center in Dayton

<http://www.dayton-unitedway.org/index.php> - Dayton United Way online resources guide

Central Ohio:

“Healthy U Programs” - Disease Prevention Programs offered through Central Ohio Area Agency on Aging. For more information, contact Jacri@coaaa.org.

Nationwide:

24-hour call line for United Way resources (for any region): **211**

<http://www.livehealthyappalachia.org> - Improving the health and wellbeing in the Appalachian Region through education, outreach, and advocacy, emphasizing nutrition and other lifestyle choices.

<http://www.lifescrpt.com> - Health information, healthy recipes, and exercise tips

<http://www.episcopalhealthministries.org/>

<http://www.hhs.gov/fbc> – Center for Faith-based and Neighborhood Partnerships

<http://www.chreader.org> - Church Health Reader – resources for you and your church

<http://www.centerforbenefits.org> – Helps organizations enroll seniors and younger adults with disabilities with limited means into the benefits programs for which they are eligible, so that they can remain healthy and improve the quality of their lives.

<http://www.keepingussafe.org> – Providing practical, real-life solutions to older drivers and their families.

<http://www.diabetesdaily.com> - online information on diabetes, including recipes

<http://www.senioradultministry.com/newslettersignup.html> - “Wise, Well and Whole Monthly” – a monthly email publication by Dr. Richard Johnson