

# WELLNESS RESOURCES

AB University Pool ..... 304-457-6443

Hours:

Belington Wellness Center Gym ..... 304-823-1800

Hours:

Bike Shop – Sports & Spokes (Thad Kelley) ..... 304-457-6090

## Bike Trails/Riding Opportunities/Walking

\*River Road – Maple Street Ball field to end of road  
(appx. 1 mile)

\*Arden Grade Road

\*Belington Walking Trail – bridge to City Park

\*Blue & Gray Park (Sheetz side) – Follow walking  
trail downstream, across bridge to Walnut Street,  
follow trail past ball fields)

\*Blue & Gray Park (College/Hospital Side) – Follow  
Trail below Blue & Gray Park (behind car wash),  
following trail upstream past boat dock, under  
Bypass bridge and along field towards Moe’s Trails.

\*Hospital Loop

\*AB University Loop

Integrity Fitness ..... 304-457-5501

## Market Place

Healthy Food..... 304-457-5774

Cooking Classes

Philippi City Pool..... 304-457-2023

Hours:

## 100 Miles/100 Days Walking Program

Broadbuss Hospital ..... 304-457-1760

Belington Wellness Center ..... 304-823-1800

Maces Pharmacy..... 304-457-4233

Community Youth Sports Opportunities



# EVENTS AVAILABLE

## AB University

Triathlon.....April 27, 2014

## Health Fair

5K Run..... May 3, 2014

Bike Rides..... May 3, 2014

BMI, BP, ..... May 3, 2014

100 Miles/100 Days..... May 26 - Sept. 1, 2014

5K Run (BC Swim Team) .....July 5, 2014

Bike Race to Lil Moe's..... Sunday, July 13th

Safety Fair.....August 2014

Diabetic Resources..... TBD

## Smoking Cessation Resources

Barbour County Health Department..... TBD

