

Erie County, Pennsylvania



Community Wellness Directory 2015

BACKGROUND

As reported in the 2015 Erie County Community Health Needs Assessment, obesity rates among adults in Erie County have steadily increased from 24% in 2001 to 32% in 2013. An estimated 68% of Erie County residents have body mass index (BMI) values that qualify as “overweight” or “obese”, compared to 65% for Pennsylvanians. For children in grades K-12, the incidence of overweight and obese is 51%, compared to Pennsylvania’s 39%. Overweight and obesity are often associated with coronary heart disease, high blood pressure, stroke, type 2 diabetes, cancer, and other conditions.

Physical activity and healthy eating help control weight and promote well-being. However, a resource guide for these programs was not available.

The information in this directory was collected as part of Erie County’s Community Health Improvement Plan (CHIP) whose goal is to improve the overall health of Erie County residents. It is meant to be a resource for the residents of Erie County.

ABOUT THIS DIRECTORY

In this directory, residents will find community-based interventions and programs that assist in weight management, chronic disease prevention, and total wellness. The goal of this directory is to provide an easy to use, comprehensive clearinghouse for programs that combat overweight and obesity, while diminishing the risk factors for the chronic diseases that stem from these conditions.

Programs are searchable by category or by title. Categories help in finding the program best suited to your needs. The alphabetical listing enables you to search for a specific program.

Most information was gathered from participating organizations by a web-based survey or by direct interview. Some information was found on organization websites.

This directory is current as of July 2015 and will be updated periodically. However, programs can change at any time and it is recommended that you check the website or contact an organization directly for the most current information.

The directory is maintained by the Erie County Department of Health. Contact them at (814) 451-6700 to include a program or edit an existing program.

FOR MORE INFORMATION

Please visit us online at www.ecdh.org or call us at (814) 451-6700.

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PROGRAMS BY CATEGORY

WEIGHT MANAGEMENT PROGRAMS

- Curves
- Bariatric Support Group
- Diabetes Group Visit Series
- Drop 10 in 10
- Healthy Eating for Families
- Group Lifestyle Balance
- Nutrition Therapy
- UPMC Hamot Bariatric Surgery and Weight Management

NUTRITION PROGRAMS

- Diabetes Group Visit Series
- Drop 10 in 10
- Fairview Sports Nutrition Course
- Group Lifestyle Balance
- Healthy Eating for Families
- Lunch & Learn
- Meeting Well
- Nutrition Therapy
- UPMC Hamot Bariatric Surgery and Weight Management
- Whole Foods Cooperative

PHYSICAL ACTIVITY PROGRAMS

- Active for Life
- Breakfast Bunch Tai Chi
- Breakfast Bunch Walking
- Cardiopulmonary Rehab
- Curves
- Erie Walks
- Elk Creek 200 Mile Running Club
- Elk Creek Golf Lessons
- Elk Creek Yoga
- Fairview Adult Indoor Walking
- Fairview Adult Masters Swimming
- Fairview Coed Rec Volleyball

- Fairview Men's Open Basketball
- Fairview Yoga for Beginners
- Fairview Youth and Adult Soccer
- Fairview Zumba
- Let's Move Outside
- Making Strides Against Breast Cancer
- Midday Dance Break
- Millcreek Parks and Recreation Adult Aerobics
- Millcreek Parks and Recreation Dancer Fitness
- Millcreek Parks and Recreation Intro to Qigong
- Millcreek Parks and Recreation Intro to Tai Chi
- Millcreek Parks and Recreation Kickboxing
- Millcreek Parks and Recreation Self Defense
- Millcreek Parks and Recreation Social Ballroom Dance
- Millcreek Parks and Recreation Water Exercise
- Millcreek Parks and Recreation Weight Training
- Millcreek Parks and Recreation Yoga
- Millcreek Parks and Recreation Zumba
- Qigong
- Relay for Life
- Running 101
- St. Vincent Fitness Classes
- Total Body Fitness for Everyone
- Walking Through Winter
- YMCA Golf League
- YMCA Les Mills Programs
- YMCA PLAY Basketball League

YOUTH PROGRAMS

- Bethesda Children's Home Summer Recreation
- Boys and Girls Club Summer Rec Program
- Booker T. Washington Summer Rec Program
- Brian Lee Crosby Memorial Learn to Swim Program
- Camp Notre Dame Kids Camp
- Camp Notre Dame Overnight Camp
- City of Erie Junior Golf Program
- Co-Ed Bitty Basketball Camp
- Elk Creek Gator Swim Team
- Elk Creek Little Gridders Cheerleading

- Elk Creek Soccer Camp
- Elk Creek Swimming Lessons
- Elk Creek Tennis Lessons
- Elk Creek Youth Cross County
- Millcreek Parks and Recreation Jazz and Tap
- Millcreek Parks and Recreation Preschool Aerobics
- Millcreek Parks and Recreation Youth Dance
- Millcreek Parks and Recreation Youth Yoga
- MLK Jr. Memorial Center Summer Rec Program
- Pedal Mettle
- Spoon's Summer Youth Basketball League
- Weekly Wellsville TV Program
- Wellsville Community Events
- Wellsville DVD Series
- Wellsville Goes to School
- YMCA Day Camp
- YMCA Dancer and Cheer Camp
- YMCA Kid's Club
- YMCA Port-A-Pool Program
- YMCA Rodger Young Open Swim and Rec Program
- YMCA Teen Camp
- Youth Tennis Program

CARDIOVASCULAR HEALTH PROGRAMS

- Cardiopulmonary Rehabilitation
- Dean Ornish Program to Reverse Heart Disease
- My Heart. My Life.

DIABETES HEALTH PROGRAMS

- Diabetes Group Visit Series
- Diabetes Survival Skills
- Group Lifestyle Balance
- St. Vincent Diabetes Self -Management Course

WELLNESS PROGRAMS

- Active For Life
- Erie Walks
- Content Subscription Service

- Corporate or Group Wellness Programs
- Healthy Directions
- Nutrition and Physical Activity Policy Planner
- R.E.A.L. Wellness
- Wellness Coaching Service

OTHER COMMUNITY WELLNESS PROGRAMS

- Peer to Peer Program
- Smoke Free Multi Housing

DIRECTORY

ACTIVE FOR LIFE

American Cancer Society
2115 W 38th St
Erie, PA 16508

Description: Active for Life Online is a 10-week program that uses individual and group strategies to help employees become more physically active. Research shows that people who increase their physical activity, improve their diet, and maintain a healthy weight reduce their risk of chronic diseases, including cancer, heart disease, and diabetes. The program encourages employees to take an honest look at their current activity level and set realistic goals for improvement. Physical activities can range from walking at lunchtime, taking the stairs rather than the elevator, or yard work to more strenuous exercise like running, swimming, or playing tennis.

Program offered since: N/A

Target Population: Worksite Employees, **Not Available to Public**

Participant Limit: N/A

Cost: None

Contact: Karen Jakiel

karen.jakiel@cancer.org

(814) 866-5174

Link to program: <http://www.acsworkplacesolutions.com/activeforlife.asp>

BARIATRIC SUPPORT GROUP

St. Vincent Hospital
Hillside Building, 145 West 23rd Street, Suite 302
Erie, PA 16502

Description: A monthly support group for patients who have had bariatric surgery. Held the last Tuesday of the month at 5:30 p.m.

Program offered since: 2014

Target Population: General Public

Participant Limit: N/A

Cost: None

Contact: Pam Campbell

pcampbell@svhs.org

(814) 452-7354

BETHESDA CHILDREN'S HOME SUMMER RECREATION PROGRAM

Bethesda Children's Home Summer Recreation Program
462 West 18th Street
Erie, PA 16502

Description: Summer Program Activities will include but are not limited to: Recreational & Sports games/activities, Arts, Horticulture, Age Appropriate Drug and Alcohol Prevention groups, Anti-bullying groups, Community Outings and Field Trips, Social Skill Building, and Young Ladies Academy.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: Free to the first 90 youth signed up

Contact: Trinity Center

(814) 453-2468

BOYS AND GIRLS CLUB SUMMER RECREATION PROGRAM

Boys and Girls Club of Erie
1515 East Lake Road
Erie, PA 16511

Description: Program activities are age appropriate for children ages 6 to 13. A free breakfast and lunch are served daily for enrolled children.

- Safe and nurturing environment
- Arts and crafts in different media
- Social recreation activities: board games, billiards, table tennis
- Health and fitness: swimming lessons, basketball, flag football, outdoor activities
- Open swim - Supervised with Red Cross certified lifeguards
- Field trips

Program offered since: N/A

Target Population: Youth

Participant Limit: N/A

Cost: N/A

Contact: The Boys & Girls Club of Erie

(814) 459-1977, ext 223

BOOKER T. WASHINGTON SUMMER REC PROGRAM

Booker T. Washington Center
1720 Holland Street
Erie, PA 16503

Description: Program activities appropriate for youth ages 6 to 18.

Program offered since: N/A

Target Population: Youth

Participant Limit: N/A

Cost: N/A

Contact: Booker T. Washington Center

(814) 453-5744

BREAKFAST BUNCH TAI CHI

LifeWorks Erie
406 Peach Street
Erie, PA 16507

Description: Join the Breakfast Bunch for Tai Chi in Perry Square with instructor Jim Montgomery. Rain location: Martin Luther King Center. Light breakfast is served at LifeWorks Erie following the class.

Program offered since: N/A

Target Population: General Public

Participant Limit: N/A

Cost: N/A

Contact: LifeWorks Erie

(814) 453-5072

BREAKFAST BUNCH WALKING

LifeWorks Erie
406 Peach Street
Erie, PA 16507

Description: Join the Breakfast Bunch for walks throughout downtown Erie with fitness instructor Nancy Adams. Rain location: Gannon University Recreation Center. Light breakfast is served at LifeWorks Erie following the walk.

Program offered since: N/A

Target Population: General Public

Participant Limit: N/A

Cost: N/A

Contact: LifeWorks Erie
(814) 453-5072

BRIAN LEE CROSBY MEMORIAL LEARN TO SWIM PROGRAM

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: Swim lessons meet three (3) times a week on Monday, Wednesday, and Friday for 2 weeks for a total of six (6) 30 minute classes per session at Strong Vincent High School Pool, East High School Pool, or Central High School Pool. At the conclusion of the session, a progress report will be given to each child with a recommended level for the next session.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: None

Contact: Downtown YMCA

(814) 452-3261

CAMP NOTRE DAME KIDS CAMP

Camp Notre Dame
400 Eaton Road
Fairview, PA 16415

Description: Kids Camp day camp is offered for campers aged 4 to 8 in weekly segments from June through Aug. The camp runs from 8am to 5pm and includes breakfast and lunch.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Camp Notre Dame

(814) 474- 5001

Link to program: <http://www.campnotredame.com/>

CAMP NOTRE DAME OVERNIGHT CAMP

Camp Notre Dame
400 Eaton Road
Fairview, PA 16415

Description: Overnight camps for kids divided into three age groups: 7 through 14 years, 15- and 16-year-olds, and counselor-in-training (age 17). These camps are weekly (Sunday through Friday) starting in June.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Camp Notre Dame

(814) 474- 5001

Link to program: <http://www.campnotredame.com/>

CARDIOPULMONARY REHAB

UPMC Hamot
3330 Peach Street
Erie, PA 16508

Description: These programs provide rehabilitative services to cardiac and pulmonary patients including monitored exercise and education.

Program offered since: 1990

Target Population: General Public

Participant Limit: Several hundred per year

Cost: Yes

Contact: Vickie Senita

senitavl@upmc.edu

(814) 877-5610

CITY OF ERIE JUNIOR GOLF PROGRAM

City of Erie Parks and Recreation
626 State Street
Erie, PA 16501

Description: Sponsored by the City of Erie, the Junior Golf Program is open to boys and girls between the ages of 9 and 17.

Program offered since: N/A

Target Population: Youth

Participant Limit: The number of entrants will determine the number of divisions

Cost: No

Contact: Parks and Recreation

(814) 870-1234

Link to program: <http://www.erie.pa.us/Home.aspx>

CO-ED BITTY BASKETBALL CAMP

Kid's Club
730 Tacoma Road
Erie, PA 16510

Description: Bidy Basketball Camp is for young boys and girls who wish to learn the basics about dribbling, passing, and shooting the right way. The fundamentals will be taught by men and women who have played and coached the game and who realize what it takes. This is a learning camp with lots of fun.

Program offered since: N/A

Target Population: Youth, ages 6-9

Participant Limit: 40 campers

Cost: None

Contact: Cherie Kinum

(814) 456-6558

CONTENT SUBSCRIPTION SERVICE

American Cancer Society
2115 W 38th St
Erie, PA 16508

Description: Through the Content Subscription Service, the American Cancer Society offers employers free electronic toolkit subscriptions that support the health and wellness needs of employees with information about cancer prevention and early detection, and support services and resources for those facing cancer. As an employer, you know that healthy employees live longer, feel better, are more content and productive, require fewer sick days, and help keep health care costs down. Fortunately, your organization has the power to provide your employees with valuable information and resources to help them make healthy lifestyle choices and assist them in staying well and reducing their risk of cancer.

Program offered since: N/A

Target Population: Worksite Employees, **Not Available to Public**

Participant Limit: None

Cost: None

Contact: Karen Jakiel

karen.jakiel@cancer.org

(814) 866-5174

Link to program:

<http://www.acsworkplacesolutions.com/contentsubscriptionsservice.asp>

CORPORATE OR GROUP WELLNESS PROGRAMS

The WAY to Healthy Living
11229 East Law Road
North East, PA 16428

Description: The WAY to Healthy Living provides dynamic programs that address the many facets that influence our ability to feel well and adopt good habits. Available to corporations and other groups these programs are tailored to be identifiable with and meet the needs of the participants for impact.

Target Population: General Population

Participant Limit: None

Program Offered Since: 2012

Cost: Yes

Contact: Selina Uglow

thewaytohealthyliving@gmail.com

(814) 450-6841

Link to program: <http://thewaytohealthyliving.net/speaking-about-the-way/>

CURVES

Curves
1511 W 38th Street
Erie, PA 16508

Description: Fitness center designed for women featuring hydraulic resistance machines, 30 minute workout, and a nutritional program that includes a meal plan. Weekly individual motivational coaching and specific classes for target areas are available. West 38th location has 325 members, nationwide there are 1,600 clubs, and there are also worldwide locations.

Program offered since: 1995

Target Population: Women

Participant Limit: None

Cost: Yes

Contact: Colleen Littrell

curveseriewest@hotmail.com

(814) 866-8668

Link to program: www.curves.com

DIABETES GROUP VISIT SERIES

Erie County Diabetes Association
1128 State Street
Erie, PA 16501

Description: Led by a registered nurse, this interactive program helps people learn the skills necessary to manage their diabetes for life. Each series lasts five weeks and includes weekly sessions. The program is tailored for anyone aged 18 and above, especially those who are uninsured or underinsured.

Program offered since: N/A

Target Population: Adults

Participant Limit: None

Cost: No

Contact: Dawna Himmel

Dhimmel@diabeteserie.org

(814) 454-0715

Link to program: www.diabeteserie.org

DIABETES SURVIVAL SKILLS

Erie County Diabetes Association
1128 State Street
Erie, PA 16501

Description: This program provides educational information to those who are newly diagnosed with diabetes. The most vital topics related to managing the disease are presented either in the office or during a home visit. The program is tailored for anyone aged 18 and above, especially those who are uninsured or underinsured.

Program offered since: N/A

Target Population: Adults

Participant Limit: None

Cost: No

Contact: Dawna Himmel

Dhimmel@diabeteserie.org

(814) 454-0715

Link to program: www.diabeteserie.org

DR. DEAN ORNISH PROGRAM TO REVERSE HEART DISEASE

UPMC Hamot
3330 Peach Street
Erie, PA 16508

Description: Comprehensive program to treat and potentially reverse severe disease processes such as heart disease, diabetes, hypertension, and obesity through lifestyle change. The program provides on-site education and training in exercise, nutrition, psychosocial support, and stress management.

Program offered since: 2002

Target Population: General Population

Participant Limit: 15 participants, every 9 weeks

Cost: Yes

Contact: Vickie Senita

senitavl@upmc.edu

(814) 877-5610

Link to program:

<http://www.upmc.com/locations/hospitals/hamot/services/cardiac/dr-ornish-program/Pages/default.aspx>

DROP 10 IN 10

Erie County Department of Health
606 W. 2nd Street
Erie, PA 16507

Description: Drop 10 in 10 is a weight-loss program focused on losing 10 pounds in 10 weeks. Drop 10 in 10 is a program provided by Highmark, which comes at no cost to County employees.

Program offered since: 2005

Target Population: Adults (Age 18 and above), Worksite Employees, ****Not Available to Public****

Participant Limit: 50

Cost: None

Contact: Laura Luther

lluther@eriecountygov.org

(814) 451-6547

ELK CREEK RECREATION

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: The Elk Creek Recreation and Leisure Board coordinates and facilitates programs for youth and adults who reside in Girard Township and the surrounding area. A wide variety of programs are offered including basketball leagues, soccer leagues, dance, gymnastics, swimming lessons, and swim teams, as well as special events such as Cabin Fever and National Night Out. Programs may change during the year, so it is best to check the website for any additions or changes.

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK 200 MILE RUNNING CLUB

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: These are trail and road runs from 3 to 10 miles per day. Come run with the Cross Country Team.

Target Population: General Public

Participant Limit: None

Cost: None

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK GATOR SWIM TEAM

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: This program focuses on all levels of swimming, from beginner to advanced. Athletes will be able to foster a foundation for the sport, the importance of technique, as well as a sense of competition. The goal of our program is to provide a fun experience for kids, while keeping them active and involved.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK GOLF LESSONS

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: Classes are introductory and are tailored to each person's skill level. Each session has four classes that cover Driving (woods), Irons, Chipping, & Putting.

Target Population: General Public

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK LITTLE GRIDDERS CHEERLEADING

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: Whether a beginner or experienced, this program will offer the opportunity to learn new cheers and develop new skills in the areas of jumps, teamwork, and coordination, while at the same time building self-confidence and encouraging the development of outgoing personality and leadership skills in a positive fun-filled atmosphere.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK SOCCER CAMP

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: On each camp day, players will cover a specific technical skill. The goal of each topic is to introduce, refine, and master the skill. Skills include: dribbling, turns, receiving, passing, and shooting techniques.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK SUMMER SWIM LESSONS

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: Learn to swim.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK TENNIS LESSONS

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description:

11 years and older

Learn fundamentals of tennis including forehand, backhand, groundstrokes, volleys, and serve. Both singles and doubles strategy.

10 years and under

Learn the game in a fun environment, play lots of games, and learn the fundamentals using some USTA quick start tools and equipment.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK YOUTH CROSS COUNTRY

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: Develop strong mental skills and build an improved sense of discipline towards running. Maintain a high level of fun and enjoyment throughout the program.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK YOGA

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description:

Yoga 1 (Beginner): A class for new or inexperienced students to learn the foundation of physical poses, breathing exercises, and meditation. Please bring mat.

Yoga 2 (Intermediate): A class for experienced students ready to advance their learning in physical poses, breathing exercises, and meditation. Please bring mat.

Target Population: General Public

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ELK CREEK YOUTH YOGA

Elk Creek Recreation
10140 Ridge Road
Girard, PA 16417

Description: Introduce your child to the practice of yoga through music, crafts, and song! Kids will learn to relax their minds while moving their bodies. Please bring mat/towel/blanket.

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Elk County Recreation

(814) 774-3519

OR

ELKCREEKREC@GMAIL.COM

Link to program: <http://www.girardtownship.com/#!program/cfvg>

ERIE WALKS

Erie County Department of Health
606 W. 2nd Street
Erie, PA 16507

Description: Physical Activity that pits downtown Erie businesses against each other to see who can be the most active.

Program offered since: 2007

Target Population: Worksite Employees

Participant Limit: None

Cost: None

Contact: Laura Luther

lluther@eriecountygov.org

(814) 451-6547

Link: www.eriwalks.org

FAIRVIEW TOWNSHIP PARKS AND RECREATION PROGRAMS

Fairview Township Parks and Recreation

7471 McCray Road

Fairview Township, PA 16415

Description: Fairview Township provides programs for its residents. A wide variety of programs are offered including basketball, tennis, swimming, photography, and Qi Gong as well as special events such as Free Movie Night in the Park. Programs may change during the year, so it is best to check the website for any additions or changes.

Link to program: <http://www.fairviewtownship.com/programs>

FAIRVIEW ADULT INDOOR WALKING

Fairview Township Parks and Recreation
7471 McCray Road
Fairview Township, PA 16415

Description: Join our walking club in the hallways of the middle school. Walk for either time or distance. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year you do not need to re-register. Even though you will be pre-registered you must still sign in nightly. Passes must be purchased on site.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW ADULT MASTER'S SWIMMING

Fairview Township Parks and Recreation
7471 McCray Road,
Fairview Township, PA 16415

Description: Gain speed and get time in the water with this competitive focused program. This is not a “learn to swim” program and is not for beginners. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year, you do not need to register. Even though you will be pre-registered you must still sign in nightly.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW COED REC VOLLEYBALL

Fairview Township Parks and Recreation
7471 McCray Road
Fairview Township, PA 16415

Description: Teams may have a maximum of 6 players on the court at any one time. There must be at least 4 players, 2 men and 2 women, on the court at all times.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW MEN'S OPEN BASKETBALL

Fairview Township Parks and Recreation
7471 McCray Road
Fairview Township, PA 16415

Description: Play pick-up games and get some exercise with competitive fun. Signed waivers are a must. Walk-ins encouraged. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year you do not need to re-register. Even though you will be pre-registered you must still sign in nightly.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW SPORTS NUTRITION CLASS

Fairview Township Parks and Recreation
7471 McCray Road,
Fairview Township, PA 16415

Description: Are you strength or endurance training? Are you a competitive athlete or training to get fit? This class will teach you about nutrition for optimal performance. Minimum of 10 people in order to hold the class. You must pre-register with the FPRA Office at least one day in advance. Unregistered walk-ins are not permitted.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW YOGA FOR BEGINNERS

Fairview Township Parks and Recreation
7471 McCray Road
Fairview Township, PA 16415

Description: Beginners level hatha yoga class for promotion of strength and flexibility in the body while easing the anxieties of the mind. Please bring a yoga mat and water. **A minimum of four students are needed to hold the class.**

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW YOUTH AND ADULT SOCCER

Fairview Township Parks and Recreation
7471 McCray Road
Fairview Township, PA 16415

Description: Play pick-up games and get some exercise with competitive fun. You must pre-register with the FPRA Office at least one day in advance but may pay when you attend. Unregistered walk-ins are not permitted. If you have already registered this school year you do not need to re-register. Even though you will be pre-registered you must still sign in & pay nightly.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

FAIRVIEW ZUMBA

Fairview Township Parks and Recreation
7471 McCray Road
Fairview Township, PA 16415

Description: Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is designed for all fitness levels and ages-male and female. All participants are encouraged to wear comfortable workout shoes and clothing. Bring a small towel and water. Recommended for ages 13 and above.

Target Population: Fairview Township residents

Participant Limit: Yes

Cost: Yes

Contact: Fairview Parks and Recreation

(814) 474-5942

Link to program: <http://www.fairviewtownship.com/programs/pages/activities-for-adults>

GROUP LIFESTYLE BALANCE

Erie County Diabetes Association
1128 State Street
Erie, PA 16501

Description: A certified life coach supports and guides individuals diagnosed with diabetes through the process of adopting healthy eating and physical activity habits.

Program offered since: N/A

Target Population: General population

Participant Limit: None

Cost: No

Contact: Dawna Himmel

Dhimmel@diabeteserie.org

(814) 454-0715

Link to program: www.diabeteserie.org

HEALTHY EATING FOR FAMILIES

UPMC Hamot Health Connection
118 East 2nd Street
Erie, PA 16507

Description: A class where a family meets with a registered dietitian. The dietitian assesses the family, its eating habits, activity, and any medical considerations. Then he/she works with the family to form a plan to help improve their health overall. Four families participated in the program in the first quarter of calendar year 2015.

Target Population: General Population

Participant Limit: None

Program Offered Since: 2015

Cost: Yes

Contact: Lucia Conti

contiln@upmc.edu

(814) 877-2445

HEALTHY DIRECTIONS

Erie Insurance
100 Erie Insurance Place
Erie, PA 16530

Description: Healthy Directions is a wellness program to enhance employees and their families with initiatives to become and remain healthy.

Program offered since: 1980

Target Population: Worksite employees and their dependents, ****Not Available to Public****

Participant Limit: Depends on the program offered

Cost: None

Contact: MaryAnn Marchant

maryann.marchant@erieinsurance.com

(814) 870-2624

LET'S MOVE OUTSIDE

Erie County Department of Health
606 W. 2nd Street
Erie, PA 16507

Description: Recreation trail program that explores the art, history, and nature of Erie County.

Program offered since: 2012

Target Population: General Population

Participant Limit: None

Cost: None

Contact: Laura Luther

lluther@eriecountygov.org

(814) 451-6547

Link to program: www.letsmoveoutside.org

LUNCH & LEARN

American Heart Association
823 Filmore Avenue
Erie, PA 16505

Description: Healthy lunch program aimed at education and prevention in our community.

Program offered since: 2005

Target Population: General Public

Participant Limit: None

Cost: None

Contact: Gina R. Klofft

gina.renee.klofft@heart.org

(814) 836-0013

Link to program: www.heart.org

MAKING STRIDES AGAINST BREAST CANCER

American Cancer Society
2115 W 38th St
Erie, PA 16508

Description: Help us finish the fight against breast cancer! Form or join a Making Strides Against Breast Cancer team, or volunteer for an event in your community. Sign up now to help raise awareness and funds to end breast cancer. 5K Team Walk Event.

Program offered since: N/A

Target Population: General Population

Participant Limit: Team event; No limit on number of teams

Cost: There is technically no cost for our Strides or Relay events for participants. However, these are fundraising events for the American Cancer Society. The hope is that participants will raise money and/or make a personal donation to the American Cancer Society.

Contact: Karen Jakiel

karen.jakiel@cancer.org

(814) 866-5174

Link to program: www.makingstrideswalk.org/erie

MEETING WELL

American Cancer Society
2115 W 38th St
Erie, PA 16508

Description: Meeting Well is a guidebook that offers companies healthy food ideas and suggestions for physical activity that energize meeting participants and demonstrate how easy it can be to live a healthier lifestyle every day. Employees often eat one or more of their meals in the workplace. The food your employees eat and the amount of physical activity they get on a daily basis directly impacts their health. By eating well and being active, employees will feel better, have the energy they need to get through their busy workdays, and reduce their risk of chronic diseases, such as cancer, diabetes, and heart disease.

Program offered since: N/A

Target Population: Worksite Employees, **Not Available to Public**

Participant Limit: None

Cost: None

Contact: Karen Jakiel

karen.jakiel@cancer.org

(814) 866-5174

Link to program:

<http://www.acsworkplacesolutions.com/meetingwell.asp>

MIDDAY DANCE BREAK

City of Erie Parks and Recreation
626 State Street
Erie, PA 16501

Description: Crime Victim Center (CVC) is pairing with dancer Jennifer Dennehy to bring an interactive art series called “Mid-Day DANCE Break” to the downtown community this summer! The sessions will feature a variety of dance forms, including hoop dance, belly dancing and hip hop, and each will have a theme relating to empowerment, such as Beauty from Within, Finding Strength, and Self-Esteem. Pack a picnic lunch or get take-out from one of the great local-owned restaurants around Perry Square. Bring a chair or a blanket to sit on, but be ready to get up and join in if you like because each session will have an opportunity to interact and learn a bit of the dance as well! Thursdays in the summer from 12PM-1PM, Perry Square Gazebo.

Program offered since: 2014

Target Population: General Public

Participant Limit: None

Cost: None

Contact: Martine at CVC

martine@cvcerie.org

(814) 455-9414

MILLCREEK TOWNSHIP PARKS AND RECREATION PROGRAMS

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Millcreek Township provides programs for its residents. A wide variety of programs are offered including swimming, gymnastics, dance, yoga, arts and crafts, golf, tennis, and physical fitness for adults including tai chi and zumba. Programs may change during the year, so it is best to check the website for any additions or changes.

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION ADULT AEROBICS

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: The following programs are for persons 18 years or older, or anyone aged 14 - 17 who attends class accompanied by a participating adult. Wear comfortable clothes and sneakers with good support. Bring a mat, towel, or a small blanket for floor work. You may also want to bring a water bottle and light weights. Kettlebell, Pilates mat work, muscle conditioning, circuit step aerobics, and stability ball workout available.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller

(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION DANCE FITNESS

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Dance Fitness is a great cardio workout where you will get to dance to high energy music with styles of hip hop, zumba, and jazz. Great stretching followed by a cardio routine and over the course you will learn choreography that you can take anywhere.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION INTRO TO QI GONG

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Qi Gong (chee-kung) is an ancient healing art from China. The art consists of very slow and gentle movements. It will restore and increase your energy, reduce anxiety, improve balance, and help you maintain a healthy active lifestyle.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION INTRO TO TAI CHI

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Tai Chi is an ancient Chinese martial art. Today it is practiced as an exercise that promotes the flow of “Chi” or energy in the body, leading to good health, good balance, and a positive mental outlook. Advanced class is for students who have learned the 111 postures of the Yang style form.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION JAZZ AND TAP DANCING

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Beginner jazz and Broadway. Beginner tap available.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION KICKBOXING

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Kickboxing, which combines elements of boxing, martial arts, and aerobics. Provides overall physical conditioning. Reduce stress, increase strength, and build muscle tone. An exercise mat and light weights are recommended.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION PRESCHOOL AEROBICS

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: A combination of preschool activities including playtime, arts and crafts, song time, learning time, and story time included with aerobics. A fun-filled interactive exercise program. These activities have been planned to help your child grow physically, emotionally, socially, and intellectually. Children must be out of diapers and/or pull-ups and be able to use the restroom independently. Please pack a healthy snack and a spill proof drink bottle. Backpacks are not required but are useful to carry artwork home.

Program offered since: N/A

Target Population: Millcreek Township children

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller

(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION SELF DEFENSE

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Teaches the student how to use muscle moving techniques to disbalance an attacker and redirect his aggression. A non-forceful method.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION SOCIAL BALLROOM DANCING

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: A partner is required for all of these programs except Line Dance. Please wear comfortable clothes and dancing shoes. Beginner American and Latin, Beginner Line Dance, Intermediate Line Dance, Intermediate American and Latin offered.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION WATER EXERCISE

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Adult water exercise in the McDowell Intermediate pool.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION WEIGHT TRAINING

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: This class is choreographed to focus on building lean muscle mass, cardio endurance, and solid core strength. With this combination of moves you will be sure to bust through any plateaus you have faced in the past and pack on lean muscle that helps you fight osteoporosis and keeps weight off.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION YOGA

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: A gentle form of yoga for those with limited flexibility using seated and standing poses. Maintain joint mobility and stretch and strengthen the body, using the chair for support. Yoga mat required. A multi-level format for beginners or for experienced students to strengthen their current practice. Posture, breath work, and guided relaxation. Yoga mat/block/strap recommended.

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION YOUTH DANCE

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Dance and ballet classes are held at Asbury Barn for eight weeks. Parents of 3- and 4-year-olds must wait on the first floor of the barn while classes are taking place on the second floor.

Program offered since: N/A

Target Population: Millcreek Township youth

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION YOUTH YOGA

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Connie is a certified Kidding Around Yoga (KAY) instructor. KAY provides an amazing curriculum designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they experience in their day-to-day activities. KAY is stress management for kids! We will do things such as dancing and prancing, walking, basketball, jumping, marching, skipping, jogging, moving and grooving, laughing, breathing, stretching, massaging, limbo-ing, shaking, meditating...and more!

Program offered since: N/A

Target Population: Millcreek Township youth

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MILLCREEK PARKS AND RECREATION ZUMBA

Millcreek Township Parks and Recreation
3608 West 26th Street
Erie, Pennsylvania 16506

Description: Combines high energy and motivating Latin music that allows you to dance away your worries, and it's a great sweat! You DO NOT need a partner for Zumba nor do you need dance experience. Look, feel, live better and join the dance party!

Program offered since: N/A

Target Population: Millcreek Township residents

Participant Limit: Yes

Cost: Yes

Contact: Ashley Marsteller
(814) 835-4122

Link to program:

<http://www.millcreektownship.com/Residents/ParksandRecreation.aspx>

MLK JR. MEMORIAL CENTER SUMMER REC. PROGRAM

Bethesda Children's Home Summer Recreation Program
312 Chestnut Street
Erie, PA 16507

Description: Summer recreation programs offered are age appropriate for youth 7 to 14 years of age. For more information and to register, contact the Martin Luther King Center at 459-2761, ext 229. All youth and parents will be required to attend an orientation before being accepted into the program.

- Field trips
- Computer activities
- Arts & Crafts
- Swimming
- Modern Dance Class
- Movies
- Girl Power Program
- 4H Club
- Board games
- Drug Prevention Activities
- Guest Speakers
- Tennis

Program offered since: N/A

Target Population: Youth

Participant Limit: N/A

Cost: None

Contact: Martin Luther King Center

(814) 459-2761, ext 229

MY HEART. MY LIFE.

American Heart Association
823 Filmore Avenue
Erie, PA 16505

Description: American Heart Association's awareness, prevention, and education program based on incentives around increasing physical activity.

Program offered since: 2012

Target Population: General Public

Participant Limit: None

Cost: None

Contact: Gina R. Klofft

gina.renee.klofft@heart.org

(814) 836-0013

Link to program: www.heart.org

NUTRITION AND PHYSICAL ACTIVITY POLICY PLANNER

American Cancer Society
2115 W 38th St
Erie, PA 16508

Description: The Nutrition and Physical Activity Policy Planner is your tool for quickly assessing your company's policies, programs, and benefits, and using what you learn to help your employees eat better and be more physically active. We deliver to you a customized, in-depth report to guide you through creating an improved culture of wellness in your company, based on these elements:

- Nutrition recommendations
- Physical activity recommendations
- Communications strategies
- Meetings and conferences
- Celebrations and fundraisers
- Additional obesity-prevention efforts
- We also provide an extensive resource library so you will have quick access to resources you need to begin improving your workplace environment.

Program offered since: N/A

Target Population: Worksite Employees, **Not Available to Public**

Participant Limit: None

Cost: None

Contact: Karen Jakiel

karen.jakiel@cancer.org

(814) 866-5174

Link to program:

<http://www.acsworkplacesolutions.com/nuPA-Planner.asp>

NUTRITION THERAPY

St. Vincent Diabetes Resource and Outpatient Nutrition Center
145 West 23rd St.
Erie, PA 16502

Description: Physician-ordered nutrition therapy services.

Program offered since: N/A

Target Population: General Population

Participant Limit: N/A

Cost: Yes

Contact: Pam Campbell

pcampbell@svhs.org

(814) 452-7354

PEDAL METTLE

Erie County Department of Health
606 W. 2nd Street
Erie, PA 16507

Description: Pedal Mettle is a bike safety program that provides education and awareness to underserved youth in the area.

Program offered since: 2013

Target Population: Children and Youth (Under age 18); Special Populations

Participant Limit: 20

Cost: None

Contact: Laura Luther

lluther@eriecountygov.org

(814) 451-6547

PEER TO PEER PROGRAM

The National Alliance on Mental Illness (NAMI) of Erie County
1611 Peach Street, Suite 105
Erie, PA 16501

Description: NAMI's Peer-to-Peer program is a free 10-week educational program for individuals facing the challenges of mental illness, including eating disorders. No formal diagnosis or referral is necessary to take the program. This evidence-based program is taught by peer mentors who have been trained and certified by NAMI. The program teaches participants how to become an active participant in their recovery plan, preventing a mental health crisis from occurring, and what to do should a crisis occur. Many program graduates have described the program as "life-changing."

Program offered since: 2011

Target Population: General Public

Participant Limit: 60

Cost: None

Contact: Emily Czerpak

emily@namierie.org

(814) 456-1773

Link to program: <http://www.namierie.org/programs/peer-to-peer/>

QIGONG

Quantam Balance Erie
Renaissance Center, 1001 State Street, 2nd floor
Erie, PA 16501

Description: Qigong is a simple form of moving meditation. These classes are suitable for both the beginner and the advanced student. Qigong is a practice which develops over time. The beginning student may be working strictly on general gentle movement where an advanced student working on the same posture may be focusing on relaxing a targeted muscle group or moving energy in a very specific way. No prior experience necessary and all levels of fitness are easily accommodated.

Program offered since: N/A

Target Population: General Public

Participant Limit: Yes

Cost: Yes; Currently \$5

Contact: Lois Thompson

(814) 431-3367

Link to program: www.quantumbalanceerie.com

R.E.A.L. WELLNESS

The WAY to Healthy Living
11229 East Law Road
North East, PA 16428

Description: Selina Uglow, LPN, CPT has joined forces with Chef Billy Kuntz, ShopChopCook to educate and inspire individuals to return to their kitchen for good health measures in a dynamic and comprehensive six week program. The program addresses the "why" behind our choices in life and provides simple ways to incorporate small things in daily life that make big changes.

Each week covers a different focus to encourage small and simple changes in daily life for the adoption of a healthier lifestyle overall. Daily coaching helps to individualize this program by providing motivation and opportunity for support where needed in order to see the program to success.

Program Offered Since: 2014

Target Population: General Population

Participant Limit: 12

Cost: Yes

Contact: Selina Uglow

thewaytohealthyliving@gmail.com

(814) 450-6841

Link to program: <http://thewaytohealthyliving.net/r-e-a-l-wellness-program/>

RELAY FOR LIFE

American Cancer Society
2115 W 38th St
Erie, PA 16508

Description: Each year, more than 4 million people in over 20 countries raise much-needed funds and awareness to save lives from cancer through the Relay for Life movement. It is a Team Walk Event.

Program offered since: N/A

Target Population: General Population

Participant Limit: Team event; No limit on number of teams

Cost: Yes

Contact: Karen Jakiel

karen.jakiel@cancer.org

(814) 866-5174

Link to program:

[http://relay.acsevents.org/site/PageServer?pagename=relay&gclid=CL -
hqDnm8UCFVc2aQod4iIAEA](http://relay.acsevents.org/site/PageServer?pagename=relay&gclid=CL-hqDnm8UCFVc2aQod4iIAEA)

RUNNING 101

Highmark
717 State Street
Erie, PA 16501

Description: Running 101 is a free, 10-week physical activity program that provides the tools and support to help beginner runners train and complete their first 5K race. The progressive training approach provides weekly emails and step-by step training to guide participants in building confidence and physical endurance. The program can be completed online.

Program offered since: N/A

Target Population: General Population

Participant Limit: None

Cost: No

Contact: Contact is available through the link

Link to program:

<https://www.highmark.com/hmk2/responsibility/involvement/running101/index.shtml>

SMOKE FREE MULTI-UNIT HOUSING

Erie County Department of Health
606 W. 2nd Street
Erie, PA 16507

Description: In this program, we hope to create 100% Smoke Free Tobacco Policies for Multi-Unit Housing. We aid and assist the building owners and/or managers in this process and we hold meetings with building tenants regarding the dangers of secondhand smoke.

Program offered since: 2015

Target Population: General Public

Participant Limit: Varies depending on the units that agree to participate.

Cost: None

Contact: Joe DiSanto

jdisanto@eriecountygov.org

(814) 451-7871

SPOON'S SUMMER BASKETBALL LEAGUE

Spoon's League
Erie, PA

Description: Spoon's League has provided summer basketball activities for youth residing in the City and County of Erie, PA. The league not only provides basketball activity, it also provides educational programs through workshops for both male and female participants from the age of 10 – 16 for boys and for girls, grades 7 & 8th; 9 -12th.

Program offered since: 1990

Target Population: Youth

Participant Limit: 80 players per age group, per gender.

Cost: None

Contact: Melvin Witherspoon

(814) 455-5217

Link to program: www.spoonsleague.org

ST. VINCENT DIABETES SELF MANAGEMENT

St. Vincent Diabetes Education Center
232 West 25th St.
Erie, PA 16544

Description: Physician ordered education and training services.

Program offered since: N/A

Target Population: Population with Diabetes

Participant Limit: N/A

Cost: Yes

Contact: Pam Campbell

pcampbell@svhs.org

(814) 452-7354

ST. VINCENT FITNESS CLASSES

St. Vincent Fitness Center
2315 Myrtle St. Lower Level
Erie, PA 16502

Description: A series of fitness classes in the Saint Vincent Fitness Center.

Program offered since: N/A

Target Population: General Population

Participant Limit: N/A

Cost: Yes

Contact: Pam Campbell

pcampbell@svhs.org

(814) 452-7354

TOTAL BODY FITNESS FOR EVERYONE

The WAY to Healthy Living
11229 East Law Road
North East, PA 16428

Description: Individualized exercise program instructed by Selina Uglow, LPN, CPT within a group setting that allows the opportunity for anyone interested in becoming more active to do it while reducing risk and enjoying themselves. Classes are offered in two locations for convenience.

Without using a lot of additional equipment, the base building exercises can be incorporated into day to day living for maximum benefits. Individuals who have a history of injury or pain receive particular attention from a neuromuscular nurse including modifications to reduce the risk of re-injury or exacerbation. Results can be seen in as little as four classes.

A schedule can be found at <http://thewaytohealthyliving.net/total-body-fitness-for-everyone/>

Target Population: General Population

Participant Limit: 8-12 per class

Program Offered Since: 2013

Cost: Yes

Contact: Selina Uglow

thewaytohealthyliving@gmail.com

(814) 450-6841

Link to program: <http://thewaytohealthyliving.net/total-body-fitness-for-everyone/>

UPMC HAMOT BARIATRIC SURGERY AND WEIGHT MANAGEMENT

UPMC Hamot
300 State Street, 400A
Erie, PA 16507

Description: Weight loss surgery and medical weight loss office.

Target Population: General Population

Participant Limit: N/A

Program Offered Since: 2004

Cost: The health fair is free

Contact: Lori Hull

hulls@upmc.edu

(814) 877-6997

WALKING THROUGH WINTER

Glenwood United Methodist Church
2931 Myrtle Street
Erie, PA 16508

Description: It runs from the beginning of January to the end of March on Tuesday and Thursday from 10:00 am to 11:30 pm.

People walk at their own pace. We have music, refreshments, and snacks. Nice clean place to exercise and to socialize as wanted when Mother Nature is pounding at the door. No commitment is required. An average of 16 usually participate, but as many as 25 have walked.

Program Offered Since: 2009

Target Population: General Population

Participant Limit: None

Cost: None

Contact: Fran Donatelli-Sprake

fdonatelli@edinboro.edu

(814) 459-8163

WEEKLY WELLSVILLE TV SHOW

WellFit Incorporated

P.O.Box 1358

Erie, PA 16512

Description: The weekly award winning TV show, Wellsville, is the first-of-its-kind combining education and entertainment (“edu-tainment”) to inspire and empower kids and families to L.E.A.P. – learn, embrace and actively practice healthy living. Segments feature get-off-your seat activities, healthy eating and recipes, zoo visits, healthy heroes, and fun interviews with physicians and a variety of experts in a various fields. Wellsville features Wellsville kids and parents who represent people of all shapes, sizes, ages, colors and abilities. The fun activities and empowering messages of Wellsville make for can’t-miss Saturday morning TV on FOX 66 at 8 a.m.

Program offered since: 2008

Target Population: Kids and their families

Participant Limit: TV viewing audience

Cost: None

Contact: Kathy Iorio

(814) 459-1849

Link to program: <http://www.wellsville.tv/>

WELLNESS COACHING SERVICE

The WAY to Healthy Living
11229 East Law Road
North East, PA 16428

Description: Adopting a healthier lifestyle, weeding through all of the information that is available, figuring out how it fits into your lifestyle, and seeing it through is often extremely difficult for individuals to manage. Selina Uglow, LPN, CPT has come from 248 pounds to successfully maintaining a healthier lifestyle without drastic changes, sacrificing, and crazy exercises. Through her coaching services, she not only shows people how to do the same, she becomes their biggest cheerleader with daily support, weekly exercise, and sharing of various resources in nutrition, cooking, finance, attitude & positive perception, social services, etc so that individuals can succeed in moving towards optimal wellness.

Individuals who are seeking change don't often follow through because of the various factors that come into play including family, expectations, support, etc. Working with a wellness coach helps adjust attitudes, change commitments and keep people motivated to adopt healthier habits in their real life situation. Coaching Services are based upon the Bread N' Butter of Wellness; Balance, Rest, Exercise, Attitude & Diet.

Program Offered Since: 2012

Target Population: General Population

Participant Limit: 1 for individual coaching, 6 for group coaching

Cost: Yes

Contact: Selina Uglow

thewaytohealthyliving@gmail.com

(814) 450-6841

Link to program: <http://thewaytohealthyliving.net/wellness-coach/>

WELLSVILLE COMMUNITY EVENTS

WellFit Incorporated
P.O.Box 1358
Erie, PA 16512

Description: Community events. We pack up our wares and travel all over our community, at business fares, summer celebrations, service organization meetings, schools...you name it, we go there to put on energizing, entertaining shows, workshops and presentations to help educate and empower others to eat better, move more and feel good. Wellsville utilizes radio and TV spots to educate and motivate folks to obtain optimal health. You can watch and listen to these spots on the Wellsville website. We take a “better together” approach to all that we do with a goal of reaching one family, one child at a time.

Program offered since: 2008

Target Population: Kids and their families

Participant Limit: None

Cost: None

Contact: Kathy Iorio

(814) 459-1849

Link to program: <http://www.wellsville.tv/>

WELLSVILLE DVD SERIES

WellFit Incorporated
P.O.Box 1358
Erie, PA 16512

Description: These DVDs for home and school viewing and participation take elements of our school program and TV show and put them together for the keeping. Movement, recipes, motivation, music and energy mark the segments that teach kids to feel good about themselves and others and as a result take care of their bodies well so their bodies take care of them in the future.

Program offered since: 2008

Target Population: Kids and their families

Participation: Thousands of area families are reached by the Wellsville DVDs

Cost: None

Contact: Kathy Iorio

(814) 459-1849

Link to program: <http://www.wellsville.tv/>

WELLSVILLE GOES TO SCHOOL

WellFit Incorporated

P.O.Box 1358

Erie, PA 16512

Description: This is a high-energy school assembly and classroom program that educates and motivates kids in kindergarten through third grade to eat well, move more, and feel good. Having reached thousands of kids over many years, it also has trained student leaders of middle and high school age to present the WGTS program in a classroom setting. On average, 2,500 to 3,000 students participate in this program annually.

Program offered since: 2002

Target Population: School age children

Participant Limit: None

Cost: None

Contact: Kathy Iorio

(814) 459-1849

Link to program: <http://www.wellsville.tv/>

WHOLE FOODS COOPERATIVE

Whole Foods Cooperative
1341 West 26th Street
Erie, PA 16502

Description: Whole Foods Co-op is a natural foods grocery and wellness store with the addition and benefit of having a wonderful Cafe and Bakery. We pride in our ability to provide stellar customer service and our commitment to the local economy. Currently, there are 6,500 member owners and thousands of customers from the general public.

Program offered since: 1978

Target Population: General Public

Participant Limit: None

Cost: None to shop; Member owners receive discounts

Contact: Robert Sonnenberg

bob@wfcerie.coop

(814) 456-0282, ext 111

Link to program: www.wfcerie.coop

YMCA DAY CAMP

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: Y Day Camp is available to kids in first through sixth grade. It offers indoor and outdoor experiences in a wide variety of topics and activities that incorporate healthy living.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Downtown YMCA

(814) 452-3261

Link to program: <http://www.ymcaerie.org/programs/>

YMCA DANCE AND CHEER CAMP

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: Y Dance and Cheer Camp explores the various types of dance as well as basics of cheerleading and is available to kids ages 5 and older.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Downtown YMCA

(814) 452-3261

Link to program: <http://www.ymcaerie.org/programs/>

YMCA GOLF LEAGUE

Downtown YMCA
31 W. 10th Street
Erie, PA 16501

Description: Adult Golf League at the Beechwood Golf Course that runs from early May until early September.

Target Population: General Population

Participant Limit: 50

Cost: Yes

Contact: Shane Quigley

(814) 877-7030

squigley@ymcaerie.org

Link to program: <http://www.ymcaerie.org/programs/>

YMCA KIDS' CLUB

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: At the YMCA Kids Club Summer Parks & Recreation Program, kids spend their days taking part in a wide menu of summer play and learning activities while building a healthy spirit, mind and body. Each day, Y staff leads hands-on activities such as group games, board games, sports, tournaments, science and nature, art and music, wacky water fun, field trips, and monthly special events. Before they know it, the day is done and they've made a new friend. Free summer lunch is served daily. Ages 6-18.

Program offered since: N/A

Target Population: Youth, ages 6-18

Participant Limit: Yes

Cost: None

Contact: Jen McBride
(814) 882-0619

YMCA LES MILLS PROGRAM

Downtown YMCA
31 W. 10th Street
Erie, PA 16501

Description: Group exercise classes.

Program offered since: N/A

Target Population: General Population

Participant Limit: 8

Cost: Yes

Contact: Shane Quigley

squigley@ymcaerie.org

(814) 877-7030

Link to program: <http://www.ymcaerie.org/programs/>

YMCA PLAY BASKETBALL LEAGUE

Downtown YMCA
31 W. 10th Street
Erie, PA 16501

Description: 8 week basketball league for grades 3rd-5th where the playoffs are played at Erie Insurance Ice arena.

Program offered since: N/A

Target Population: Youth

Participant Limit: 300

Cost: Yes

Contact: Shane Quigley

squigley@ymcaerie.org

(814) 877-7030

Link to program: <http://www.ymcaerie.org/programs/>

YMCA PORT-A-POOL PROGRAM

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: Youth 6-18 years old splash away the summer days at these neighborhood recreational swimming locations. Bathing suits required; no cut-offs. A certified lifeguard is on duty.

Program offered since: N/A

Target Population: Youth, ages 6-18

Participant Limit: None

Cost: None

Contact: Jen McBride
(814) 882-0619

YMCA RODGER YOUNG OPEN SWIM AND REC PROGRAM

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: A summer of fun is in store for youth at the YMCA's Rodger Young Pool Open Swim & Recreation Program. Kids 6-18 enjoy bouncing from recreational swimming to lawn games, board games, and group sports and then back to the pool to cool off! Youth must be registered by a parent or legal guardian before participating in activities. Proof of age is required for 6 year olds and may be requested for others. Bathing suits required. Free summer lunch is served daily for youth through age 18.

Program offered since: N/A

Target Population: Youth, ages 6-18

Participant Limit: Yes

Cost: None

Contact: Downtown YMCA

(814) 452-3261

YMCA TEEN CAMP

Downtown YMCA
31 West 10th Street
Erie, PA 16501

Description: Y Teen Camp is available to teens between the ages of 13 and 17 and offers leadership opportunities, team building activities and volunteer work.

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Cost: Yes

Contact: Downtown YMCA

(814) 452-3261

Link: <http://www.ymcaerie.org/programs/>

YOUTH TENNIS PROGRAM

City of Erie Parks and Recreation
626 State Street
Erie, PA 16501

Description: Locations: Burton, Frontier, & McKinley Park.

Times:

10:00am – 11:00am

Beginners (Ages 7 – 10)

11:00am – 12:00pm

Intermediates (Ages 11 – 14)

12:00pm – 1:00pm

Advanced (Ages 15 – 18)

Program offered since: N/A

Target Population: Youth

Participant Limit: Yes

Contact: Kelly Maslar, Pennbriar Athletic Club

(814) 825-8111, ext 16.

GYMS AND FITNESS CENTERS

A I Fitness Inc.

4059 Buffalo Rd, Erie, PA 16510
(814) 314-8588

American Fitness

1596 W 38th St, Erie, PA 16508
(814) 866-8818

American Gym and Tanning Center

4122 Main St Erie, PA 16511
(814) 898-1496

Around the Clock Health & Fitness

4960 Iroquois Ave, Erie, PA 16511
(814) 898-2442

Asbury Barn/ Millcreek Parks and Recreation

4106 Asbury Rd, Erie, PA 16506
(814) 838-4942

Athletic Republic

2220 W 50th St, Erie, PA 16506
(814) 790-4458

Aum Plasha Yoga Studio

4508 Zuck Rd, Erie, PA 16506
(814) 864-1114

Be At Your Best Fitness

1144 W 8th St, Erie, PA 16502
(814) 520-8067

Best Fitness

2147 W 12th St # 5, Erie, PA 16505
(814) 453-2378

Blanks Willie Learning and Fitness Center

W 12th St, Erie, PA 16505
(814) 454-0975

Body Temple

77 Main St W, Girard, PA 16417
(814) 774-0220

Build Your Bod

6335 W Ridge Rd, Erie, PA 16506
(814) 835-1799

Cardiac Fitness

3330 Peach St Ste. LL1, Erie, PA 16508
(814) 868-9674

Contours Express Fitness

7289 W Ridge Rd, Fairview, PA 16415
(814) 474-5000

County Y

12285 YMCA Drive, Edinboro, PA 16412
(814) 734-5700

CrossFit

8348 Edinboro Rd, Erie, PA 16509 (814)
232-1599

CrossFit EOS

2312 W 15th St, Erie, PA 16505
(814) 459-3033

CrossFit FBO

1311 Chestnut St, Erie, PA 16501
(814) 823-5170

Crow's American Gym

4122 Main St, Erie, PA 16511
(814) 899-5058

Curves

1511 W 38th St, Erie, PA 16508
(814) 866-8668

Curves

10170 W Main Rd, North East, PA 16428
(814) 725-1142

Curves

2298 Klomp Rd, North East, PA 16428
(814) 725-1142

Curves

3326 Buffalo Rd, Erie, PA 16510
(814) 897-9988

Curves

141 Randall Ave Ste. 4, Girard, PA 16417
(814) 774-8600

Curves

3330 W 26th St Ste. 18, Erie, PA 16506
(814) 833-2533

Curves

3545 W 12th St # 5, Erie, PA 16505
(814) 833-2533

Curves

3545 W 12th St Unit 5, Erie, PA 16505
(814) 833-2533

Curves

508 E Columbus Ave, Corry, PA 16407
(814) 663-7000

Curves

7200 Peach St Ste. 110, Erie, PA 16509
(814) 860-3355

Curves

8795 Ridge Rd, Girard, PA 16417
(800) 615-7352

Edinboro Martial Arts Academy

220 W Plum St, Edinboro, PA 16412
(814) 734-6800

Erie Dance Conservatory

8335 Edinboro Rd, Erie, PA 16509
(814) 476-7123

Erie Premier Sports

4504 W Ridge Rd, Erie, PA 16506
(814) 833-0950

Executive Personal Fitness

1416 Liberty St, Erie, PA 16502
(814) 874-5000

Express Yourself

3311 Liberty St, Erie, PA 16508
(814) 864-8844

Family First Sports Park

8155 Oliver Rd, Erie, PA 16509
(814) 866-5425

Fitness U

2312 W 15th St, Erie, PA 16505
(814) 459-3033

Flab to Fab

2421 W 26th St, Erie, PA 16506
(814) 835-4322

Flippin' Fitness

4646 Buffalo Rd, Erie, PA 16510
(814) 881-6683

Foundation Martial Arts

3503 State St, Erie, PA 16508
(814) 454-5425

Hamot Wellness Center

300 State St Ste. 107, Erie, PA 16507
(814) 8777030

Inner Balance Pilates

2503 W 15th St Ste. 5, Erie, PA 16505
(814) 833-2300

iRock Fitness

2312 W 15th Street, Erie, PA 16505
(814) 520-8116

Irt Inc.

1416 Liberty St, Erie, PA 16502
(814) 874-5000

It Figures East

2016 Station Rd, Erie, PA 16510
(814) 899-6333

Jackson's Fitness Plus

24870 Highway 8, Union City, PA 16438
(814) 694-3378

Jazzercise Fitness Center

20 Millcreek Square, Erie, PA 16565
(814) 340-1202

Joe's Gym

4319 W Ridge Rd, Erie, PA 16506
(814) 833-3727

Kao

2630 Parade St, Erie, PA 16504
(814) 459-0512

LECOM Fitness and Wellness Center

5401 Peach St, Erie, PA 16509
(814) 868-7800

Lewis Fitness and Performance

2220 W 50th St, Erie, PA 16506
(814) 440-8108

Lund Martial Arts Academy

2818 W 26th St, Erie, PA 16506
(814) 833-2800

Manicino Academy of Martial Arts

2819 W 26th St, Erie, PA 16506
(814) 833-5773

Millcreek Youth Athletic Association

Erie, PA 16506
(814) 833-3298

MS B Fit

7686 W Ridge Rd, Fairview, PA 16415
(814) 474-5000

Nautilus Fitness Club

8155 Oliver Rd, Erie, PA 16509
(814) 866-2429

Nonstop Fitness and Martial Arts

1815 E 38th St, Erie, PA 16510
(814) 825-7780

North East Athletic Club

86 S Pearl St, North East, PA 16428
(814) 725-2447

Olympic Fitness and Tanning

1206 E 38th St, Erie, PA 16504
(814) 825-7084

Parks Tae Kwon Do Martial Arts

4911 Peach St, Erie, PA 16509
(814) 864-2899

Pennbriar Health and Tennis Club

100 Pennbriar Dr, Erie, PA 16509
(814) 825-8111

Personal Results

524 W 17th St, Erie, PA 16502
(814) 920-5091

Planet Fitness

1950 Rotunda Dr, Erie, PA 16509
(814) 866-0110

Real Training and Fitness

1596 W 38th St, Erie, PA 16508
(814) 866-8818

Shape Up Body, Mind, and Spirit

35990 Lake Rd, Union City, PA 16438
(814) 694-2582

Snap Fitness

20 Sunset Dr, Girard, PA 16417
(814) 774-0000

Snap Fitness

2249 W 38th St, Erie, PA 16506
(814) 833-7333

Snap Fitness

4059 Buffalo Rd, Erie, PA 16510
(814) 314-8588

Snap Fitness

606 Erie St Ste. 2, Edinboro, PA 16412
(814) 273-1100

Snap Fitness

7470 W Ridge Rd, Fairview, PA 16415
(814) 474-1144

Snap Fitness

69 E Main St Ste. 1, North East, PA 16428
(814) 725-2000

St. Benedict Community Center

320 E 10th St, Erie, PA 16503
(814) 459-2406

The WAY to Healthy Living

11229 East Law Road, North East, PA 16428
(814) 450-6841

Totally You Fitness Spa

1812 Peach St, Erie, PA 16501
(814) 459-5911

USA Fitness Club

18 6th Ave, Union City, PA 16438
(814) 882-7270

YMCA Corry

906 N Center St, Corry, PA 16407
(814) 664-7757

YMCA Downtown

31 West 10th Street, Erie, PA 16501
(814) 452-3261

YMCA Eastside

2101 Nagle Rd, Erie, PA 16510
(814) 899-9622

YMCA Glenwood

3727 Cherry St, Erie, PA 16508
(814) 868-0867

Yoga Haven

3822 Conrad Rd, Erie, PA 16510
(814) 440-9358

YogaErie

2403 W 8th St, Erie, PA 16505
(814) 520-6998

PARKS

Erie Parks - East side

Burton Park
Chautauqua Park
Cranch Park
Euclid Park
Franklin Park
Garden Heights Park
Hiilside & Sunset Park
Holland Street Playground Park
Walczak Park
Kosciuszko Park
Lake Park Park
Land Lighthouse Park
McCarty Park
McClelland Park
McKinley Park
Nate Levy/ Jaycee Park
Perry Square East Park
Pulaski Park
Roger Young Park
Roessler Park
Roma Park
Wallace Park
Wayne Park
19th and Wayne Park
Woodland Park

Erie Parks - West side

Baldwin Park
Barbara Nitkiewicz Park
Bayview Park
Brabender Park
Columbus Park
Frontier Park
Garden Park
Glenwood Park
Gridley Griswold Park
C. Francis Haggerty Park
Lakeside Park
Larry Fabrizi Park
Martin Luther King Jr. Park
Pebble Lake Park
Perry Square West Park
Reservoir Park
Ruby Schaaf Park
Victory Park
Washington Park

Millcreek Parks

Asbury Park
Belle Valley Park
Zuck Park
Chestnut Hill Pool
Belle Valley Pool
Currie Landfill/ MYAA Field Complex
Scott Park
Walnut Creek
Veteran's Park
Atlantic Park
Boulevard Park
Briar Park
Bridger Park
Edgevale Park
Highland Park
Lakewood Park
Linden Park
Maplewood Park
Montclair Park
Richmond and Gore Park
Sommerheim Park
Venice Park
Westbury Park
Wander Park
Wunch Park

Fairview Parks

Struchen Flats Park
Fairview Central Park
Fairview Flag Park
Buseck Memorial Park

Harborcreek Parks

Whitford Park
Shade's Beach
Community Park
Rolling Ridge
Shorewood Park
Six Mile Creek Park
Slade Road Park
Roadside/ Highmeyer Park

North East Parks

Halli Reid Park
Gravel Pit Park
Freeport Beach

Edinboro Parks

Triangle Park
James Hagerty Park
Chestnut Park
Robert Thompson Park
Pat Crawford Beach
Billings Recreational Area
Woods Memorial Park

Corry Parks

Mead Park

Corry Downtown City Park

Union City Parks

Albert L. Caflisch Memorial Park

Waterford Parks

George Washington Memorial Park

Girard Parks

Girard Boro Park

Memorial Field