

COMMUNITY RESOURCES

DAYTON, OHIO

HEALTH & WELLNESS

Victor J. Cassano Health Center – (937) 558-0200
Good Neighbor House – (937) 224-3003
Montgomery County Combined Health District – (937) 225-4395
Warren County Health District – (937) 746-1769
American Red Cross – Dayton Chapter – (937) 222-6711
Area Agency on Aging – (937) 223-HELP (4357)
Senior Resource Connection – (937) 223-8246



FITNESS

Kettering Recreation Complex – (937) 296-2587
South YMCA (Kettering) – (937) 434-1964
Beavercreek YMCA – (937) 426-YMCA
West Carrollton YMCA – (937) 866-9622
Washington Township Recreation Center – (937) 433-0130
Downtown Dayton YMCA – (937) 228-9622
Kleptz YMCA (Englewood) – (937) 836-9622

LOCAL SUPPORT GROUPS

http://www.khnetwork.org/community_wellness/support_groups.cfm

NATIONAL RESOURCES

Alzheimer's Association – www.alz.org
American Cancer Society – www.cancer.org
American Diabetes Association – www.diabetes.org
American Heart Association – www.americanheart.org
American Institute for Cancer – www.aicr.org
Arthritis Foundation – www.arthritis.org
Center for Disease Control – www.cdc.gov
Harvard Medical School's Consumer Information – www.intelihealth.com
Mayo Clinic – www.MayoClinic.com
National Cancer Institute – www.cancer.gov
National Institute of Health – www.nih.gov
National Institute on Aging – www.nia.nih.gov
Senior Health – National Institute of Health – www.nihseniorhealth.gov
The National Women's Health Information Center – www.4woman.gov
U.S. Department of Health and Human Services – www.healthfinder.gov
United Way – www.unitedway.org
Web MD – www.WebMD.com

