

# Community Diabetes & Wellness Guide

## *A Listing of Community Resources for Rockingham County*

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This guide is intended to be a collection of known resources available to the residents of Rockingham County. The oversight entity for resource collection are the members of the Rockingham County Diabetes Task Force. Research and organization is provided by the Cone Health Nutrition & Diabetes Management Center (NDMC). Please send all requests for errors and omissions to: [nutrition@conehealth.com](mailto:nutrition@conehealth.com). Cone Health does not explicitly endorse any individual, organization, or service listed in the guide. If you would like to remove your organization from the listing please send us an email. This guide will be updated quarterly. Please email: [nutrition@conehealth.com](mailto:nutrition@conehealth.com) for the latest version.

**Community Diabetes & Wellness Guide**

**Certified Diabetes Educators**

Last Name	First Name	Credentials	Location	City	Private Insurance	Medicare	Medicaid	Phone
Rakestraw	Sandra	RN, CDE	Free Clinic	Reidsville 27320	No Charge			

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**Registered Dietitians**

Last Name	First Name	Credentials	Location	City	Private Insurance	Medicare	Medicaid	Phone
Williams	Jenifer	RD, LDN	Annie Penn	Reidsville 27320	X	X	X	336-951-4000

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**Endocrinologists**

Last Name	First Name	Practice	Location	City	Private Insurance	Medicare	Medicaid	Phone
Nida, Gebreselassie		Reidsville Endo	1107 S. Main St.	Reidsville 27320	X	X	X	336-342-9564

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**Diabetes Care Providers**

Center Name	Type	Location	City	Private Insurance	Medicare	Medicaid	Phone
Piedmont Foot Center	Feet Care	307 South Main Street	Reidsville 27320			X	336-342-5701
Piedmont Foot Center	Feet Care	519 S Van Buren Road	Eden 27288			X	336-627-4861
Wound Healing Center	Wound care	618 South Pierce Street	Eden 27288			X	336-627-0295
Shapiro Eye Care	Eye Care	1537 Freeway Drive, Suite 503	Reidsville 27320	X	X		336-342-4771
Doctors Vision Center (MyEyeDr)	Eye Care	100 Professional Drive	Reidsville 27320	X	X	X	336-342- 3336
Doctors Vision Center (MyEyeDr)	Eye Care	812 S. Van Buren Rd.	Eden 27288	X	X	X	336-623-2020
Doctors Vision Center (MyEyeDr)	Eye Care	714 N. Highway Street	Madison 27025	X	X	X	336-427-2020

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**Emotional Support**

Center Name	Location	City	Private Insurance	Medicare	Medicaid	Phone
Cone Behavioral Health Outpt.	621 S. Main St., Suite 200	Reidsville 27320	X	X	X	336-349-4454
Eden Counseling Services	209 E Stadium Drive	Eden 27288	none			336-627-0102
Associates in Christian Counseling	424 W Kings Hwy	Eden 27288		X		336-612-2292
Youth Haven Services	229 Turner Dr	Reidsville 27320	X	X		336-349-2233
Resolution Counseling Developmental	7490 N Carolina 87	Reidsville 27320	X		X	336-349-8848

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**Diabetes Self-Management Education Classes**

Center Name	Location	Class Structure	City	Private Insurance	Medicare	Medicaid	Phone
Diabetes Control Program	Annie Penn	Free, 1st & 3rd Tues. @ 10am, 2nd & 4th Thur @ 5:30pm	Reidsville 27320	Free			336-951-4673
YMCA Diabetes Prevention Program	Reidsville YMCA	Year-long Education and Exercise Series	Reidsville 27320	Call for Price			336-478-9622
YMCA Diabetes Prevention Program	West Rock. Fam	Year-long Education and Exercise Series	Mayodan 27027	Call for Price			336-478-9622
YMCA Diabetes Prevention Program	Eden Family	Year-long Education and Exercise Series	Eden 27288	Call for Price			336-478-9622
Group Diabetes Class	Rockingham Co. Public Library	Scheduled as needed at the Health Dept.	Wentworth 27375	Free			336-342-8149

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**Exercise Programs**

Facility	Accomodations	Location	City	Indoor Pool	Group Exercise	Silver Sneakers	Phone
<b>ROCKINGHAM CO:</b>							
YMCA-W. Rockingham Family		600 S. 5th Avenue	Mayodan 27027		X	X	336-427-9622
Body-Fit Gym		619 Monroe St	Eden 27288		X		336-623-1170
YMCA - Eden Family		301 S Kennedy St	Eden 27288	X	X	X	336-623-8496
Fast Fit 24-7		201 E Meadow Rd Ste 102a	Eden 27288				336-623-6061
Curves		403 W Kings Hwy Ste G	Eden 27288		X		336-623-8003
Family Fitness of Reidsville		1428 Freeway Dr	Reidsville 27320		X	X	336-342-3605
Taylormade Fitness		8460 NC Highway 87	Reidsville 27320				336-394-4930
Dynamic Fitness		156 N Scales St	Reidsville 27320				336-349-1937
YMCA - Reidsville Family		504 South Main Street	Reidsville 27320	X	X	X	336-342-3307

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**Diabetes Supplies**

Test Strip Brand	Test Strip Qty	Test Strip Price	Meter Price	Lancet Qty	Lancet Price
ReliOn Confirm/micro	20, 50, 100	\$8.98, \$19.98, \$35.88	\$14.98	100, 210	\$3.74, \$5.84
Relion Ultima	20, 50, 100	\$8.98, \$19.98, \$35.88	\$14.98	100, 210	\$3.74, \$5.84
CVS Truetrack 1 microliter	20, 50, 100	\$19.99, \$29.99, \$52.99	\$14.99	100, 200	\$7.59, \$11.99
CVS Truetrack .5 microliter	20, 50, 100	\$23.99, \$39.99, \$69.99	\$14.99	100, 200	\$7.59, \$11.99
Walgreens Truetest	20, 50, 100	\$19.99, \$39.99, \$69.99	\$9.99	100	\$6.99
Up & Up	25, 50, 100	\$11.29, \$19.99, \$36.49	\$14.99	100	\$3.74
Diabetic Shoes & Stockings	Phone	Location			
Carolina Apothecary	336-342-0071	Reidsville 27320			
Carolina Apothecary	336-623-3030	Eden 27288			

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**Websites**

Website Name	Link	Diabetes Edu	Recipes	Carb Counting	Other Info
American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>	X	X	X	
Joslin Diabetes Center	<a href="http://www.joslin.org">www.joslin.org</a>	X	X	X	
Mayo Clinic	<a href="http://www.mayoclinic.org">www.mayoclinic.org</a>	X	X		
National Diabetes Education Program	<a href="http://www.ndep.nih.gov/">www.ndep.nih.gov/</a>	X	X		
Diabetes North Carolina	<a href="http://www.diabetesnc.com">www.diabetesnc.com</a>	X			
Spark People	<a href="http://www.sparkpeople.com">www.sparkpeople.com</a>		X		Nutrition Info
Cooking Light	<a href="http://www.cookinglight.com">www.cookinglight.com</a>		X		
Reader's Digest	<a href="http://www.rd.com">www.rd.com</a>		X		
Diabetic Gourmet Magazine	<a href="http://www.diabeticgourmet.com">www.diabeticgourmet.com</a>		X		
Eatright.org	<a href="http://www.eatright.org">www.eatright.org</a>			X	
Diabetic Living	<a href="http://www.diabeticlivingonline.com">www.diabeticlivingonline.com</a>		X		Nutrition Info
Calorie King	<a href="http://www.calorieking.com">www.calorieking.com</a>				Nutrition Info
Strong Seniors	<a href="http://www.strongseniors.com">www.strongseniors.com</a>				Exercise Info

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**Smart Phone Apps - iPhone**

APP	Description		Carb Counting	BG Tracking	Activity Tracker	Cost
<b>IPHONE</b>						
Calorie King	Food database of nutrition information		X			Free
My Fitness Pal	Records food and nutrition information		X		X	Free
Track 3 Lite	Food and nutrition information		X	X	X	Free
Track 3 - Diabetes Planner	Food and nutrition information		X	X	X	\$5.99
7 Minute Workout	Exercise app					Free
Diabetes Pilot Pro	Food and nutrition information		X	X	X	Free
Diabetes App	Food and nutrition information		X	X	X	Free
Fitday	Food and nutrition information				X	Free
Carbs Control	Food and nutrition information		X			\$2.99
Nutrition Lookup by SparkPeople	Database of nutrition info, scans food pkg		X			Free
Lose It	Food and exercise log, scans food pkg		X		X	Free
Fat Secret	Food and nutrition information		X			Free
dbees.com	Food and nutrition information		X	X	X	Free
Go Meals	Food and nutrition information		X			Free
WaveSense Diabetes Manager	Food and nutrition information		X	X	X	Free
Glucose Buddy	Food and nutrition information		X	X	X	Free
Daily Carb	Food and nutrition information		X			Free
Fooducate	Food and nutrition info, scans food items		X		X	Free
Diabetic Connect	Social network for DM and sharing recipes					Free
Moves	Exercise app, Phone pedometer				X	Free
Glooko Logbook	Synchs glucometer to phone		X	X	X	Free

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Smart Phone Apps - Android

APP	Description		Carb Counting	BG Tracking	Activity Tracker	Cost
<b>ANDROID:</b>						
My Fitness Pal	Records food and nutrition information		X		X	Free
Track 3 Lite	Food and nutrition information		X	X	X	Free
Track 3	Food and nutrition information		X	X	X	\$5.99
Spark People	Food and nutrition information, exercise		X		X	Free
Lose It	Food and exercise log, scans food pkg				X	Free
Fat Secret	Food and nutrition information		X			Free
dbees.com	Food and nutrition information		X	X	X	Free
Glucose Buddy	Food and nutrition information		X	X	X	Free
Fooducate	Food and nutrition info, scans food items		X		X	Free
Diabetic Audio Recipes Lite	Reads recipes while you cook					Free
Glucool Diabetes	Food and nutrition information		X	X	x	\$4.99
Diabetic Connect	Social network for DM and sharing recipes					Free
Glooko Logbook	Syncs glucometer to phone		X	X	X	Free
Moves	Exercise app, Phone pedometer				X	Free
OnTrack Diabetes	Food and nutrition information		X	X		Free
<b>BLACKBERRY:</b>						
My Fitness Pal	Food and nutrition information		X		X	Free
Sparkpeople	Food and nutrition information, exercise		X		X	Free
Fat Secret	Food and nutrition information		X			Free

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**Food Assistance**

Name	Location	Phone	Meal Delivery	Food Packages	Congregate Meals	Other
One Harvest Food Ministries - First Christian Church	Reidsville 27323	336-342-5078	X			
Reidsville Outreach Center	Reidsville 27323	336-342-7770	X			Food Pantry
Aging, Disability & Transit Services of Rockingham Co	Reidsville 27320	336-349-2343	X			
Leaksville Nutrition Center	Eden 27288	336-623-5343			X	
Madison-Mayodan Nutrtrion Center	Mayodan 27027	336-445-9840			X	
Salvation Army	Reidsville	336-349-4923			X	

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**Medicaid Resources**

Title	Location	Phone	Medicaid
Partners for Community Care - Social Work	Reidsville 27320		X
Piedmont Foot Center	Eden 27288	336-627-4861	X
Piedmont Foot Center	Reidsville 27320	336-342-5701	X*
Wound Healing Center	Eden 27288	336-627-0295	X
*= no Carolina Access			



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**Trails & Parks**

Trail/ Greenway/ Park	Length	Description
Smith River Greenway	1.3 miles	301 S. Kennedy St in Eden, River walk trail
Chinqua-Penn Walking Trail	1.7 miles	2138 Wentworth Street in Reidsville, Walking trail
Rockingham Co. Animal Shelter Trail	1/3 mile	250 Cherokee Camp Road in Reidsville, Walking trail, dog walking
Rockingham Community College	5 miles	215 Wrenn Memorial Drive, Highway 65, in Wentworth, Nature trails
Sherwood Trail	2 miles	Begins at Courtland Park and ends at Sherwood Dr. in Reidsville
School Loop Trail	1/5 mile	Carmel Street in Madison
Annie Penn Walking Trail		Walking trail
Stoneville Memorial Park	1/4 mile	Highway NC 770 West in Stoneville. Walking trails, playground
Lake Reidsville Recreational Park	3 miles	630 Waterworks Rd in Reidsville. Walking trails, playground, disc golf course
Cambridge Park		1401 Windsor court in Reidsville. Playground
Courtland Ave Park		1200 Courtland Ave in Reidsville. Playground
Barnes Street Park		1102 Barnes St in Reidsville. Playground
Jaycee Park	1.44 miles	125 Jaycee Park in Reidsville. 8 tennis courts, Jaycee Park trail (part of the Reidsville Greenway),
Glendale Park		328 Roanoke Street in Reidsville. Playground
H.K. Griggs Park	1/4 mile	400 Marcellus St in Reidsville. Playground
Woodland Park		2212 Woodland Drive in Reidsville. Playground
Oaks Field		640 NW Market St in Reidsville. Playground
Idol Park	1/2 mile	500 Westview Dr in Madison. Walking trails, playground
Nat Wall Park		Gene Hairston Street in Madison. Playground
Farris Memorial Park	1.1 miles	2878 Park Rd in Mayodan. 2 tennis courts, walking trails, playground
Elliot Duncan Park	1/4 mile	505 W. Main Street in Mayodan. Walking trail, Playground
Mayo River State Park	2 (1/4 & 1.8 mi)	500 Old Mayo Park Rd in Mayodan. Walking trails
Haw River State Park	2 miles	339 Conference Center Dr in Brown Summit. Walking trails
Blue Creek Park/Peter Hill Park		200 Peter Hill Street in Eden. Walking track, playground
Dehart Park/Spray Recreation Park		512 Gresham Street in Eden. Playground, ball field
Freedom Park	2 (1/4 & 1 mile)	121 Noth Edgewood Drive in Eden. Walking track, playground
Mill Avenue Park		1719 Mill Avenue in Eden. Walking track, playground, tennis courts, ball field, pool
Morgan Road Park	4 (1/4 -1/2 mile)	508 Orchard Drive in Eden. Walking track, playground
Bridge Street Park	2 (1/6 & 1/4 mile)	319 Bridge Street in Eden. Walking track, playground

**Community Diabetes & Wellness Guide****Physical Activity Organizations**

Organization	Cost	Description/ Website
YMCA	Monthly: \$15 - \$20	Aquatics lessons, water aerobics classes, summer day camps, specialty camps, sports for youths, teens and adults, wellness fitness equipment and personal training sessions, numerous fitness classes including yoga, pilates and cycling
Reidsville Recreation Dept	\$30 per 6 months	Front Desk Phone: 336-349-1090