



Whether you need to lose weight, control your diabetes or just want to live a healthier lifestyle, this guide is your roadmap to good health. Our list of websites, phone numbers and organizations will help steer you in the right direction. The help you need to stay on course is only a phone call...or a click...away.



Healthy Living Resources

Help is only a phone call away

UHS Outpatient Dietitian

UHS Primary Care Clinton Street
Maureen Kennedy-May, RD, CDN
(607) 762-2660

UHS Wilson Medical Center

UHS Diabetes Center
40 Arch Street, Picciano 2, Johnson City, NY 13790
(607) 763-6092 Fax: 763-6677

UHS Chenango Memorial Hospital

Diabetes Education Program
179 North Broad Street, Norwich, NY 13815
(607) 337-4111

Outpatient Dietitian

179 North Broad Street, Norwich, NY 13815
(607) 337-4223

UHS Delaware Valley Hospital

Nutrition Information
2 Titus Place, Walton, NY 13856
(607) 865-2159

UHS NurseDirect

(UHS Stay Healthy Center, Oakdale Mall)
7am – 9pm daily
(607) 763-5555 or (800) 295-8088



UHS/LS/PS/03/11/5C

Weight Control:

Always check with your medical provider before beginning a nutrition plan or exercise program.

UHS Outpatient Dietitian

Medical Nutrition Therapy by a Registered Dietitian

Binghamton..... 762-2660*
Norwich..... 337-4223*

Weight Watchers

Group and online weight loss assistance
www.weightwatchers.com 800-651-6000

Take Off Pounds Sensibly (TOPS)

www.tops.org 800-932-8677

United Medical Group's Your Weigh to Health

Individualized Weight Loss Plan.....763-8008*
Appointment with a nurse practitioner

Overeaters Anonymous Groupswww.oa.org

Boulevard Methodist Church

Monday - 7:30pm — Contact: Adrienne 724-1907
Wednesday - 7:30pm — Contact: Chris (604) 821-2853
Saturday 11:00am — Contact: 722-0421

Food Addicts in Recovery Anonymous

www.foodaddicts.org 774-6527

Calvary Community Church

Monday 7:00pm — Contact: Angie 729-8993
Friday 10:00am — Contact: Dave 772-9172

UHS Wilson Medical Center, Picciano Bldg. 2nd Floor

Thursday 7:00pm — Contact: Sharon 238-7412
Saturday 8:00am — Contact: Dave 772-9172

National Weight Control Registry

www.nwcr.ws 800-606-NWCR (6927)

Weight-Control Information Network (WIN)

www.win.niddk.nih.gov

Southern Tier Surgical Clinic

Non-surgical Weight Loss Program,
Bariatric Surgery, Behavioral Therapy763-8205*

**Fee for service -- Check with your insurance for coverage.*

Behavioral Therapy:

If you need medical intervention, contact your health care provider.

UHS Outpatient Mental Health 762-2340

Southern Tier Eating Disorder Network... 763-6326

Mental Health Association of the Southern Tier

Information and Referral for Behavioral Health Professionals and Support Groups. 771-8888
www.yourmha.com

Eating Disorder Support Group -- Center for Holistic Services

..... 729-7001

For a private counselor, contact your insurance plan or a participating licensed clinical social worker or psychologist.

Health Resources:

Cholesterol, Sodium, Diet in Heart Disease:

American Heart Association 723-0208
www.heart.org

Diabetes Information:

UHS Diabetes Center. 763-6092
American Diabetes Association 800-DIABETES
www.diabetes.org 800-342-2383

Nutrition and Health Information:

UHS Stay Healthy Center. 763-6060
UHS Nurse Direct. 763-5555
Broome County Cornell
Cooperative Extension. 772-8956 x123 or x138
www.cce.cornell.edu/broome
WIC – Women, Infants & Children 778-2881
American Dietetic Association. 800-877-1600
www.eatright.org

American Cancer Society

www.cancer.org 800-ACS-2345
www.fruitsandveggiesmorematters.org
wecan.nhlbi.nih.gov
www.nhlbi.nih.gov/health

Websites

Weight Loss Programs/Menus:

www.ediets.com
www.shapeup.org
www.mypyramid.gov
www.my-caloriecounter.com
www.nhlbi.nih.gov/health
hp2010.nhlbihin.net/menuplanner/menu.cgi

Weight Loss Information:

www.cdc.gov/healthyweight
www.womenshealth.gov
www.healthfinder.gov
www.presidentschallenge.org
www.nhlbi.support.gov



Note: There are also many recipes and cooking information available on the web as well as local bookstores and libraries.

Exercise

"In Balance" -- Twin Tier Home Health..... 763-8946

Consult Your Yellow Pages For:

Exercise and Physical Fitness Programs*
Health and Fitness Program Consultants*
Health Clubs and Gymnasiums*

**Check with your insurance company for possible membership coverage.*

Walk:

Vestal "Rail Trail" -- African Road, Vestal to North Main Street, Vestal (end to end)
Otsiningo Park -- Bevier Street, Binghamton
Chenango Valley State Park -- Chenango Forks
Hickories Park -- Owego
www.bcwalks.com
www.mapmyfitness.com
www.aom3.americaonthemove.org
Parks & Recreation - www.gobroomecounty.com/parks
www.adultfitnessstest.org

Free Catalog:

Guide to Exercise Videos..... 800-433-6769
www.collageVIDEO.com