

Bloomington

Fitness Centers:

	Monroe County YMCA (Northwest) 1375 N. Wellness Way Bloomington, IN 47404 812-331-5556 http://www.monroecountyymca.org/
	Monroe County YMCA (Southeast) 2125 S. Highland Ave. Bloomington, IN 47401 812-331-5555 http://www.monroecountyymca.org/
	Twin Lakes Recreation Center 1700 W. Bloomfield Rd. Bloomington, IN 47403 812-349-3720 http://bloomington.in.gov/tlrc
	Hoosier Crossfit 501 N Rogers St Bloomington, IN 47403 812-340-0360 http://www.hoosiercrossfit.com/
	Bloomington Martial Arts 1921 S Liberty Dr Bloomington, IN 47403 812-337-1282 http://www.bloomingtonmartialarts.com/bloomington-fitness-kickboxing/signup.php
	Anytime Fitness 889 S College Mall Rd Bloomington, IN 47401 812-334-7979 https://www.anytimefitness.com/gyms/2822/bloomington-in-47401/
	Iron Pit Gym

	<p>122 E Miller Dr Bloomington, IN 47405 812-339-1679 http://www.ironpit.com/</p>
	<p>Indiana Fitness Club 3643 W State Rd 46 Bloomington, IN 47404 812-876-9891 http://www.indianafitnessclub.com/</p>
	<p>Urban Fitness Studio 582 E Hillside Dr #1 Bloomington, IN 47401 812-269-2837 http://www.urbanfitnessstudio.com/</p>
Wellness:	
	<p>Community Health Programs and Outreach—City of Bloomington http://bloomington.in.gov/documents/viewDocument.php?do</p>
	<p>Monroe Tobacco Prevention and Cessation Coalition 812-679-7216 http://www.smokefreebloomington.org/</p>
	<p>IU Health Bloomington Hospital—Community Health resource (contains a number of links for community partnerships and resources) http://iuhealth.org/bloomington/for-patients/community-</p>
	<p>Bloomington Active Living Coalition 333 E Miller Dr Bloomington, IN 47401 http://www.activelivingcoalition.org/</p>
	<p>City of Bloomington Parks and Recreation Dept. http://bloomington.in.gov/parks</p>
	<p>Monroe County Parks and Recreation Dept. www.co.monroe.in.us/tsd/Community/ParksRecreation.aspx</p>
	<p>Mental Health America of Monroe County</p>

	info@mha-monroe.com http://mha-monroe.com/
	IU Health - Behavioral Health Resources
	www.iuhealth.org/behavioral-health
	Centerstone - Community Mental Health 645 S Rogers St Bloomington, IN 47403 <u>Centerstone (community mental health):</u> www.centerstone.org/facilities/645-South-Rogers-Street-Bloomington
	Monroe & Owen County Medical Society 812-332-4033 http://www.indiana.edu/~mocms/
<u>Carmel</u>	
Acupuncture:	
	Yiming (Amy Yang, O.MoD., M.S., Lac. 9640 Commerce Drive, Suite 411 Carmel, In 46032 (317) 876-1054
<u>Evansville</u>	
Day Spas:	
	Bodyworks Spa & Boutique 2809 Lincoln Ave., Suite 110 Evansville, Indiana 47714 (812) 490-9009 http://www.bwmessage.com
	Fusion Spa & Boutique 7144 E. Virginia Street, #D Evansville, Indiana 47715 (812) 402-6004 http://www.fusionspaevansville.com
Dentistry:	
	Aspen Dental 5020 W. Lloyd Expressway, Suite 200 Evansville, Indiana 47712 (812) 463-8000

	http://www.aspendental.com
	<p>Oral Surgery Group 550 W. Virginia Street Evansville, Indiana 47710 (812) 425-5194 http://www.oralurgerygroupin.com</p>
	<p>TriState Family Dental Centers 800 N. 1st Avenue Evansville, Indiana 47710 (812) 425-4206 http://www.catertocowards.net</p>
Diet Centers:	
	<p>St. Mary's Weight Management Center 950 S. Kenmore Drive Evansville, Indiana 47714 (812) 485-5858 http://www.stmarys.org/services/weight-management/</p>
	<p>GNC 800 N. Green River Road Evansville, Indiana 47715 (812) 429-3333 www.gnc.com</p>
	<p>Natural Health Shoppe 1108 Lincoln Avenue Evansville, IN (812) 429-3333</p>
	<p>Adele's Natural Foods 4488 1st Avenue Evansville, Indiana 47710 (812) 467-0295</p>
Fitness:	
	<p>Elite Fitness Center 9515 Seib Road Evansville, Indiana 47725 (812) 868-8650 http://www.elitefitnesscenter.net</p>

	<p>Club Fitness Zone 201 W. Iowa St. Evansville, Indiana 47710 (812) 253-1100</p>
Mental Health:	
	<p>United Family Counseling Services, Inc. 33 W. Virginia Street Evansville, Indiana 47710 (812) 424-5680</p>
	<p>Southwestern Behavioral Healthcare, Inc. 415 Mulberry Street Evansville, Indiana 47713 (812) 423-7791 http://www.southwestern.org</p>
	<p>Acacia Center 815 John St. Evansville, Indiana 47710 (812) 491-1805 http://www.acaciacenter.com</p>
YMCA:	
	<p>YMCA of Southwestern Indiana 222 N.W. 6th Street Evansville, Indiana 47708 (812) 423-9622 http://www.ymca.net</p>
	<p>YMCA Dunigan Branch 6846 Oak Grove Road Evansville, Indiana 47715 (812) 401-9622 http://www.ymca.net</p>
<u>Fort Wayne</u>	
Fitness:	
	<p>Fort4Fitness, Inc. P.O. Box 9007 Fort Wayne, Indiana 46899 260-760-3371 http://www.fort4fitness.org</p>

	<p>Greater Metropolitan Fort Wayne YMCA 347 W. Berry St. #500 Fort Wayne, IN 46802 260-422-6488 http://www.fwymca.org</p>
	<p>Rivergreenway / Aboite Trails Fort Wayne Parks & Recreation Department 705 E. State Blvd. Fort Wayne, IN 46805 260-427-6002 http://www.fortwayneparks.org/index.php?option=com_content&id=151&Itemid=34</p>
	<p>Fort Wayne Trails, Inc. Auer Center for Arts and Culture 300 East Main Street Fort Wayne, IN 46802 260-969-0079 http://www.fwtrails.org</p>
	<p>Tom Seifert Sport Massage One, LLC Village of Coventry 5750 Coventry Ln., Suite 101 Fort Wayne, IN 46804 260-436-9136</p>
	<p>Fort Wayne Velo Club http://www.3rvs.com</p>
	<p>Fort Wayne Running Club PO Box 11703 Fort Wayne, IN 46860-1703 http://www.fwtrc.org</p>
	<p>Spiece Fitness 5310 Merchandise Drive Fort Wayne, IN 46825 260-483-1415 www.spiecefitness.com</p>
	<p>Prana Yoga</p>

1301 Lafayette St.
Fort Wayne, IN 46802
and
10329 Illinois Road
Fort Wayne, IN 46814
260-627-9642
<http://www.pranayogaschool.com/>

Indianapolis

Alternative and Integrated Medicine:

Integrative Health Specialists of Indiana
9333 North Meridian, Suite 202
Indianapolis, Indiana 46260
(317) 581-4053

Day Spas:

Tyler Mason Salon Spa
9004 W. 10th Street
Indianapolis, Indiana 46234
(317) 271-3330
<http://www.tylermason.com>

Complexions Day Spa & Boutique
5420 N. College Ave.
Indianapolis, Indiana 46220
(317) 423-9000
www.complexionsspa.com

Dentistry:

Aspen Dental
3935 E. Southport road
Indianapolis, Indiana 46237
(317) 244-3000
<http://www.aspendental.com>

Affordable Dental Care
6249 S. East Street, Suite J
Indianapolis, Indiana 46227
(317) 789-1000
<http://www.indyaffordabledental.com>

	<p>Small Smiles Dental Centers of Indianapolis 5430 E. Washington Street Indianapolis, Indiana 46219 (317) 322-1840 http://www.smallsmiles.com</p>
Diet Centers:	
	<p>Seattle Sutton's Healthy Eating 5560 N. Illinois Street Indianapolis, Indiana 46208 (800)-442-3438 www.seattlesutton.com</p>
	<p>GNC 49 W. Maryland Street, #155 Indianapolis, Indiana 46204 (317) 634-5881 http://www.gnc.com</p>
	<p>Alix Litwack Local Nutritionist, Radio Host & Essayist http://www.anotherdayofliving.com/about-us.asp</p>
	<p>Weight Watchers http://www.weightwatchers.com</p>
Family Health and Exercise:	
	<p>Michelle Obama's Let's Move http://www.letsmove.gov</p>
	<p>NFL Play 60 http://www.nflrush.com/play60/wmuplanner</p>
	<p>Indiana Healthy Weight Initiative Indiana Public Health Foundation 615 North Alabama Street, Suite 426 Indianapolis, Indiana 46204 http://www.inhealthyweight.org/273.htm</p>
	<p>Quit Now Indiana Employer Toolkit http://www.in.gov/quitline/files/QuitNowIndianaEmployerToolkit.pdf</p>
	<p>Live Well Indiana http://www.livewellindiana.com</p>

Fitness:	
	<p>Life Time Fitness 8705 Castle Creek Parkway East Drive Indianapolis, Indiana 46250 (317) 595-9700 http://www.lifetimefitness.com</p>
	<p>Transformation Fitness & Wellness 2509 N. Delaware Street Indianapolis, Indiana 46205 (317) 927-9689 http://www.tfwellness.com</p>
	<p>LA Fitness 6160 N. Keystone Avenue Indianapolis, Indiana 46220 (317) 254-8977 http://www.lafitness.com</p>
	<p>Irvington Wellness Center 17 N. Layman Street Indianapolis, Indiana 46219 (317) 292-2802 http://www.irvingtonwellnesscenter.com</p>
	<p>Jewish Community Center 6701 Hoover Road Indianapolis, Indiana 46260 (317) 251-9467 www.jccindy.org</p>
	<p>St. Vincent's Sports Performance 8227 Northwest Blvd., Suite 160 Indianapolis, Indiana 46278 (317) 415-5743 http://www.definingsportperformance.com</p>
	<p>Bicycle Indiana http://bicycleindiana.org/index.php</p>
	<p>Indy Runners http://www.indyrunners.org</p>

	<p>Carmel Runners www.carmelrunners.com</p>
	<p>Triathlon/running/walking events http://www.tuxbro.com</p>
Heart Health:	
	<p>American Heart Association www.heart.org/HEARTORG</p>
Mental Health:	
	<p>Integrity Health 12800 N. Meridian St., Suite 305 Carmel, IN 46032 (317) 819-7700 http://www.integrityhealthstrategies.com/</p>
	<p>Midtown Community Mental Health 720 Eskenazi Ave. Indianapolis, IN 46202 http://www.eskenazihealth.edu/our-services/midtown-community-mental-health</p>
	<p>Mental Health Association 1431 N. Delaware Street Indianapolis, Indiana 46202 (317) 638-3501 http://www.mhai.net</p>
	<p>Dave Nee Foundation Depression / Law Students (646) 801-7392 www.daveneefoundation.com/uncommon-counsel-0</p>
YMCA:	
	<p>YMCA 430 S. Alabama Street Indianapolis, Indiana 46204 (317) 955-9622 www.ymca.net</p>
	<p>YMCA 222 E. Market Street, #E100 Indianapolis, Indiana 46240</p>

	(317) 612-3083 www.ymca.net
	YMCA 501 N. Shortridge Road Indianapolis, Indiana 46219 (317) 357-8441 www.ymca.net
<u>Lafayette</u>	
Day Spas:	
	Bliss Salon & Spa 3730 Rome Drive Lafayette, Indiana 47905 (765) 807-0343 https://www.blissalonlafayette.com/
	Love's Hair & Spa 3401 Fairfield Court, Suite C Lafayette, Indiana 47909 (765) 471-1198 www.loveshairstpa.com
Dentistry:	
	Challgren family Dentistry 170 Professional Court Lafayette, Indiana 47905 (765) 446-9606 www.challgrendentistry.com
	Awl Dentistry 170 S. Creasy Lane Lafayette, Indiana 47905 (765) 446-0042
	Dental Care of Lafayette 38 N. 23 rd Street Lafayette, Indiana 47904 (765) 447-0959 www.dentalcarelafayette.com
Diet Centers:	
	Natures Pharm

	<p>3500 State Road 38 E, #105 Lafayette, Indiana 47905 (765) 446-2929 http://www.natures-pharm.com</p>
	<p>GNC 1400 W. State Street, #20 Lafayette, Indiana 47906 (765) 743-4706 http://www.gnc.com Lafayette, Indiana 47905 (765) 448-1003 https://www.completenutrition.com/stores/indiana-in/nutrition-stores-lafayette/</p>
Fitness:	
	<p>Club Newtone 725 Sagamore Parkway N. Lafayette, Indiana 47904 (765) 447-2400 http://www.clubnewtone.com</p>
	<p>Metamorphic Fitness 200 Farabee Drive North, Suite E Lafayette, Indiana 47905 (765) 543-1259 http://www.metamorphicfitness.com</p>
	<p>Lifelong Fitness 11 Shenandoah Dr. Lafayette, Indiana 47905 (765) 448-1981</p>
Mental Health:	
	<p>Mental Health America 914 South Street Lafayette, Indiana 47901 (765) 742-1800 www.mhalafayette.org</p>
	<p>Buck Black Mental Health Services, LLC 100 Saw Mill Road, Suite 3102 Lafayette, Indiana 47905 (765) 807-6778</p>

	http://www.buckblack.com
	Heartland Clinic 2201 Ferry Street Lafayette, Indiana 47904 (765) 446-9898 http://www.heartland-clinic.com/
YMCA:	
	YMCA 1950 S. 18 th Street Lafayette, Indiana 47905 (765) 474-3448 http://www.ymca.net
	YMCA-Downtown 250 Main Street Lafayette, Indiana 47901 (765) 838-3605 http://www.ymca.net
<u>La Porte</u>	
Day Spa:	
	Posh Day Spa 1021 Indiana Avenue La Porte, Indiana 46350 (219) 324-9624 http://poshlaporte.com/
<u>New Albany</u>	
YMCA:	
	Floyd County YMCA 33 State Street New Albany, IN 47150 (812) 206-0688 http://www.ymcalouisville.org/floyd-county/
Health Food:	
	Rainbow Blossom 3003 Charlestown Crossing New Albany, IN 47150 (812) 941-0080

Fitness:	
	Anytime Fitness
	Planet Fitness
	Southern Indiana Wheelmen - http://www.siwheelmen.org/
Karate / Boxing:	
	Terry Middleton's http://terrymiddletons.com/
Yoga:	
	Pure Bikram 824 University Woods Dr. Suite 1 New Albany, IN 47150 812-948-9648 http://www.indianabikram.com/
	Flowmotion 3660 Paoli Pike Floyds Knobs, IN 47119 502-396-8376 http://www.movewell-agewell.com/class_scheduleclass_prices/class_descriptions
<u>Rensselaer</u>	
Fitness:	
	KV Health Center 4109 Indiana 10 Wheatfield, IN 46392 (219) 956-4811 http://www.ichh.com/f_kvhc.html
	Solid Fitness, Inc. <i>personal training, corrective training, and group training for corporations/businesses</i> Joshua Huff-owner 200 5 th Ave. Demotte, Indiana 46310 (219) 798-0726 Email: solidfitness@hotmail.com

	<p>Infinity Fitness, Inc. <i>membership-based gym</i> 5844 W State Road 10 DeMotte, IN 219-987-8300 Web: http://www.infinityfit.com/</p>
	<p>Curves N Halleck St De Motte, IN 46310 (219) 987-5858</p>
	<p>Curves 706 W Kannal Ave Rensselaer, IN 47978 (219) 866-8699</p>
	<p>24/7 Club Fit 214 W. Washington St. Rensselaer, IN 47978 http://www.247clubfit.com</p>
<u>Rochester</u>	
	<p>Fulton County Wellness Center 529 Main Street, Rochester, IN 46975 574-223-3657 http://www.fultoncountywellness.net/</p>
	<p>Four County Counseling Center 401 E. 8th Street, Rochester, IN 46975 574-223-8565 http://fourcounty.org/pages/home/1</p>
	<p>Round Barn Golf Club at Mill Creek 1024 Lakeview Drive, Rochester, IN 46975 574-223-5717 http://www.rtccl.com/millcreek/</p>
	<p>Elk's Lodge Golf Course 2506 Country Club Dr S, Rochester, IN 574-223-4427 http://www.elks2120.com/</p>

	<p>Manitou Wetlands Complex http://www.in.gov/dnr/naturepreserve/files/np-ManitouBurtonKern-color.pdf</p>
	<p>Nickel Plate Trail http://www.nickelplatetrail.org/</p>
<u>Richmond</u>	
Day Spas:	
	<p>Mona Lisa Salon & Day Spa 1901 National Road W. Richmond, Indiana 47374 (765) 935-0734</p>
	<p>Cosmotique Salon & Day Spa 203 S. 5th Street Richmond, Indiana 47374 (765) 966-4667 http://www.cosmotiquesalon.com/</p>
Dentistry:	
	<p>West Main Family Dental 1836 W. Main Street Richmond, Indiana 47374 (765) 966-6802</p>
	<p>Stults Family Dentistry 1055 Engel Drive Richmond, Indiana 47374 (765) 966-0218 http://www.stultsfamilydentistry.com</p>
	<p>Ringenberg Family Dentistry 2519 E. Main Street, #112 Richmond, Indiana 47374 (765) 962-1519 www.ringenbergfamilydentistry.com</p>
Diet Centers:	
	<p>Nature's Nook 1601 Chester Boulevard Richmond, Indiana 47374 (765) 965-1646</p>

	<p>GNC 3801 National Road E, #773 Richmond, Indiana 47674 (765) 962-3263 www.gnc.com</p>
Fitness:	
	<p>Family Fitness Works 213 N. 3rd Street Richmond, Indiana 47374 (765) 935-9191 www.familyfitnessworks.com</p>
	<p>Anytime Fitness 2500 National Road W Richmond, Indiana 47374 (765) 966-6171 www.anytimefitness.com</p>
Mental Health:	
	<p>Consulting Psychologists 600 E. Main Street, Suite 2 Richmond, Indiana 47374 (765) 966-1180</p>
	<p>Dunn Mental Health 809 Dillon Drive Richmond, Indiana 47374 (765) 983-8005</p>
YMCA:	
	<p>YMCA 1215 South J Street Richmond, Indiana 47374 (765) 962-7504 www.richmondfamilyymca.org</p>
<u>Rushville</u>	
Chiropractic:	
	Dr. James Todd Chiropractor

	<p>312 North Main Street Rushville, IN 46173 (765) 932-4234</p>
	<p>Wallace Chiropractic Office 1105 N. Benjamin St. Rushville, IN 46173 (765) 732-5600</p>
Fitness:	
	<p>Anytime Fitness 222 South Main Street Rushville, IN 46173 (765) 938-3055 www.anytimefitness.com</p>
General:	
	<p>Rush Memorial Hospital – Acupuncture, Rehabilitation Therapy, Myriad of Doctors’ Offices 1300 N. Main Street Rushville, IN 46173 (765) 932-4111</p>
<u>South Bend / Mishawaka</u>	
Day Spas:	
	<p>Salon Nouveau 1733 North Ironwood Drive South Bend, Indiana 46635 (574) 277-6767 http://www.salonnouveau.com/</p>
	<p>Selah Day Spa 301 West University Drive Mishawaka, IN 46545 (574) 315-4000 http://thespaselah.com/</p>
Dentistry:	
	<p>Afdent Dental 605 West Douglas Road Mishawaka, IN 46545 (574) 277-2220</p>

<http://www.afdent.com/>

Diet Centers:

Nutrition Works
225 Toscana Boulevard
Suite 3
Granger, IN 46530
(574) 271-2076
<http://nutritionworksinc.net/health-food-store.html>

Weight Loss and Bariatric Center
6913 North Main Street
Granger, IN 46530
(574) 647-6400
<http://www.qualityoflife.org/memorialcms/index.cfm/bariatric/s/contact-us/>

Fitness:

Ice Athletic Center
1526 Deer Run Drive
Mishawaka, IN 46545
(574) 258-0204
http://www.ice-gym.com/group_fitness.php

Kroc Center
900 West Western Avenue
South Bend, IN
(574) 233-9471
<http://www.mykroc.org/>

Mental Health:

Memorial EPWORTH CENTER
420 North Niles Avenue
South Bend, IN
(574) 647-8400
<http://www.qualityoflife.org/epworthcenter/>

YMCA:

Michiana Family YMCA
1201 Northside Blvd
South Bend, IN 46615
(574) 287-9622
<http://www.michianaymca.org/homepage>

General Wellness:

Memorial Health Discovery Center
100 Navarre Place
Suite 6670
South Bend, IN 46601
(574) 647-1801
<http://www.qualityoflife.org/memorialcms/index.cfm/hdc/>

Terre Haute**Fitness:**

Vigo County YMCA
951 Dresser Drive
Terre Haute, IN 47807
812-232-8446
<http://vigocountyyymca.org/>

Anytime Fitness (South)
4425 S 7th Street
Terre Haute, IN
812-917-4336

Anytime Fitness (North)
101 S. Fruitridge Ave.
Terre Haute, IN
812-235-8463

Stan's Nautilus & Fitness Center
3102 S 13th Street
Terre Haute, IN
812-235-1229

Union Hospital Fitness Center
1606 N. 7th Street
Terre Haute, IN 47804
812- 238-7000
<http://www.myunionhospital.org/unionhospital/fitness-center>

Ultimate Fitness
3171 S 3rd place
Terre Haute, IN

	812-235-4006 http://www.ultimatefitnessbariatric.com/
	Fox Family Fitness 2820 Franklin Street Terre Haute, IN 47803 812-232-7584
	Huxford's Training Zone 5799 E Newcomer Ave Terre Haute, IN 47805 812-460-4741
	Body Change 940 Durkees Ferry Rd Terre Haute, IN 47885 812-234-9136
	Farah Fitness 5131 S US Highway 41 Terre Haute, IN 47802 812-299-3272
	Wabash Valley Family Sport Center 599 S Tabortown St. Terre Haute, IN 47803 812-877-1388 http://www.wabashvalleyfamilysportscenter.com/
	Cross Fit Terre Haute 1839 N 4 th Street Terre Haute, IN 47804 812-238-7311 http://crossfitterrehaute.uhhg.org/
	ISU Recreational Center 601 N 6 th Street Terre Haute, IN 47809 812-237-4358 https://www.indstate.edu/student-affairs/campus-rec
	Rose Hulman Recreational Center 5500 Wabash Ave Terre Haute, IN 47803

812-877-1511

<http://www.rose-hulman.edu/offices-and-services/recreational-sports-and-athletic-facilities.aspx>