

healthy yancey brings you.....

in collaboration with **path** 

a partnership of concerned citizens working together to improve the quality of health in Yancey County.



a path forward to cope with pain and stress

Are you or a loved one

- Experiencing chronic pain?
- Feeling the effects of stress?
- Seeking to reduce or avoid use of pain medications?
- Facing surgery?

There are free, local resources available to support your wellness and resilience. The Home Remedies program partners with complementary health providers to present evidence-based strategies for pain management and stress reduction.

Home Remedies has published an online course series that is freely available to access at your own pace and convenience. The courses present an introduction to each complementary health modality and offer practices that you can try at home. Topics and modalities include

- Mindfulness
- Examination of thought patterns
- Physical therapy strategies
- Massage
- Nutrition
- Tai Chi
- Qigong

By completing the online course, you can become eligible to receive vouchers to redeem for individualized treatment services or movement classes.

To enroll in the online course and learn more about how you can receive vouchers, visit our website at www.path-homeremedies.org or contact us at homeremedies@pathwnc.org or 828.214.7885.



FREE, LOCAL RESOURCES FOR PAIN AND STRESS

www.path-homeremedies.org



MOUNTAIN COMMUNITY HEALTH PARTNERSHIP

Bakersville: 688-2104

Spruce Pine: 766-7778

Celo: 675-4116

Dental: 537-5991

And Our New Office In Burnsville!

Care For The Entire Family!

High Country Area Agency on Aging Family Caregiver Support Program

Services

- Care Management & Emergency Plan Assistance
- Connection to Community Resources
- Dementia Friends Workshops
- Educational Programs
- Grandparents Raising Grandchildren Program
- Supplemental Services (e.g. Home Safety Improvements, Food Assistance, Self-Care Items)
- Respite Voucher Services

Contact Amber Chapman:

(828) 278-7406 or

achapman@hccog.org



DO YOU NEED HELP?

- Domestic Violence
- Evictions/Foreclosures
- Benefits/Unemployment
- Health Care
- Immigration Services

Apply online: pisgahlegal.org or call 828-253-0406



BURNSVILLE SPRUCE PINE MARSHALL NEWLAND

Drug Dropbox Locations:

Mitchell County Sheriff's Office - 828-688-3982 (Mon.- Fri. 8am-7pm)

Spruce Pine Police Department - 828-688-9974 (Mon.- Fri. 8am-5pm)

Yancey County Sheriff's Office - 828-682-2124 (24 hours/7 days a week)

Burnsville Town Hall (Mon.- Fri. 8:30am-4:30pm)

Leave medication in the original bottle and mark out personal information.



Yancey County Health Department
202 Medical Campus Drive
Burnsville, NC 28714
(828) 682-6118
www.toeivhealth.org
A part of Toe River Health District

PRIMARY HEALTH CARE
DENTAL VARNISHING
POSITIVE PARENTING PROGRAM
BREAST & CERVICAL CANCER PREVENTION
SMOKING CESSATION OPPORTUNITY
FAMILY PLANNING PROGRAM
LABORATORY SERVICES
CASE MANAGEMENT FOR AT-RISK FAMILIES
WIC NUTRITION PROGRAM
PHYSICALS
BREASTFEEDING SUPPORT
CAR SEAT INSTALLATION PROGRAM
CHILD HEALTH SERVICES

The health department operates on a sliding fee scale based on income and family size. Costs vary depending on service and may include a minimum payment. We accept the following forms of payment: Cash or Check, Debit or Credit Card, Medical Insurance, Medicaid, Medicare, and Health Check/Health Choice.

LIKE US ON  



Bringing people together to identify community needs and improve the health of children and families.

pathwnc.org



BLUE RIDGE REGIONAL HOSPITAL
care
close to home
828-765-4201



We aim to foster and defend the health & healthcare needs of residents in Mitchell & Yancey

searchwnc.org

find us on Facebook @searchwnc

searchwnc@gmail.com

We Accept Medicaid RHA Health Services

RHA Health Services provides treatment and recovery support services for people with mental health needs and those who are struggling with substance use/addiction.

We offer:

- Intensive In-Home Services (IIH)
- Outpatient Services (including Individual, Group and Family Therapy)
- Substance Use Treatment

We accept Medicaid for eligible individuals. Call us or come by our Burnsville location for services:

RHA Health Services
72 Blue Ridge Lane
Burnsville, NC 28714



Call 828-682-2111

Sharing our Stories: Yancey Gardens through the Years

This month, we invite you to:

Share a story about family garden traditions or gardening wisdom.

Call (828) 419-0657 or visit bit.ly/mountainfoodstories to share your garden story.



Providing greater access to medical care for students and faculty in Yancey, Mitchell, and Madison County schools through telehealth.



Email appt@hri.org to request an appointment. For more information, visit health-e-schools.com. Be on the lookout for an enrollment form from your child's school!



WEAR



WAIT



WASH

