

Rutherford County Health and Wellness Resource Guide



RUTHERFORD POLK MCDOWELL
DISTRICT HEALTH DEPARTMENT

2-2011

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This resource guide may be viewed online at:

http://www.rpmhd.org/new/health_res/index.htm

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Your Role in Preventative Care

You are responsible, in large part, for managing your own preventive care. Your primary-care practitioner should be your partner.

There are other important preventive measures —the kind of commonsense steps that could save millions of medical dollars and prevent injury, illness, disability, and premature death. Here's a checklist:

- Don't smoke, and avoid secondhand smoke.
- Maintain a healthy weight.
- Get regular exercise. Brisk walking for just half an hour every day can be a big factor in weight control and in staying healthy.
- Choose a diet low in animal fat and sodium, and rich in fruits, vegetables, whole grains, and low-fat or nonfat dairy products. Eat at least two servings of fish a week.
- Keep alcohol consumption moderate: no more than one drink daily for a woman, two drinks for a man. If you are a heavy drinker, seek counseling, and cut back or quit.
- Do self-exams of your breasts or testes, as well as skin.
- Fasten seat belts, see that kids ride in proper restraints, and obey the law. Drive sober and defensively.
- Brush and floss to prevent dental disease.

Medical experts may disagree about a lot of things, but they all agree that good health depends on improved access to and increased use of preventive services.



NUTRITION

Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

Tips to help you:

- Make half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium rich foods
- Go lean with protein
- Find your balance between food and physical activity
- Keep food safe to eat

My Pyramid Steps to a Healthier You
Mypyramid.gov



PHYSICAL ACTIVITY

Physical activity improves health and well-being. It rec the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Research shows that physical inactivity can cause premature death, chronic disease and disability. Health Canada encourages Canadians to integrate physical activity into their everyday life; at home, at school, at work, at play and on the way ... that's active living!

For children, regular physical activity is essential for healthy growth and development. For adults, it allows daily tasks to be accomplished with greater ease and comfort and with less fatigue.

For seniors, weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity also maintains strength, flexibility, balance, and coordination, and can help reduce the risk of falls.

Being physically active not only strengthens your body, it also makes you feel good about yourself.



PLACES TO GO FOR FUN AND PHYSICAL ACTIVITY

Chimney Rock at Chimney Rock State Park

<http://www.chimneyrockpark.com>

431 Main St.

Chimney Rock, NC 28720

One of NC's newest state parks, Chimney Rock at Chimney Rock State Park brings the best of the mountains together in one place with a list of things to do as infinite as the views. With unique hiking trails suitable for all ages & abilities, the Park has something for everyone from the family-friendly Great Woodland Adventure trail to the more adventurous Four Seasons trail, which climbs more than 400'.

Lake Lure

A 1,500-acre private lake with 27 miles of shoreline, a public beach access, and a magnificent view of the Blue Ridge Mountains. Boat tours are available April through November.

Lake Lure Marina

<http://www.lakelure.com>

2930 Memorial Hwy

Lake Lure, NC 28746

Hop on board one of our many boats and experience Lake Lure first hand. The Lake Lure Marina and the Resort Marina (at Lake Lure Golf and Beach Resort) have a large variety of kayaks, canoes, hydrobikes, paddle boats, electric boats and pontoon boats available for hourly, daily and weekly rental. Open March - early December.

River Creek Tubing

<http://www.rivercreektubing.com>

217 River Creek Dr.

Rutherfordton, NC 28139

Phone: (866) 287-3915

Fun for the whole family! On the Broad River, just 15 minutes from beautiful Chimney Rock. There are many beautiful areas all along the river to stop and have lunch or to relax and swim in 80-degree water temp. with 80% of river only 3' deep or less. Open Memorial Day through Labor Day.

Riverside Riding Stables

1325 Freemantown Rd.

Rutherfordton, NC 28139

828-288-1302

Horseback riding, pony rides for the young, guided trail rides, and a 2 hour River Ride for the Adventurous Lonesome Dove wanna be's, where you can swim with your horse. We also have overnight packing trips with the horses. Open YEAR ROUND! ...SEVEN DAYS A WEEK! First ride goes out at 10:00 a.m., and the last ride goes out at 4:00 p.m.

Rocky Broad Riverwalk

Main St.

Chimney Rock, NC 28720

A lovely walkway along the river in Chimney Rock Village that allows you to connect with the area's natural beauty. Steps lead down to the Rocky Broad River, picnic tables, beautiful rocks and some local wildlife such as squirrels and birds. The restaurants and shops in the Village are close to the RiverWalk. Come and relax, enjoy a great meal, and buy many, unique items.

Rutherford Outdoor Coalition

PO Box 1349

Rutherfordton, NC 28139

Phone: 828-429-3900

www.rutherfordoutdoor.org

Rutherford County has a wide range of athletic and arts & crafts programs for adults and children year around. In addition, the city recreation departments maintain several public parks, golf courses, swimming pools, tennis courts, bike trails, and baseball fields. There are T-ball and Little league teams, basketball, football, bowling, scouting, and other organizations, volunteer activities and youth groups. For more information about these activities, call the recreation

department for each city. You may also contact the Chamber office to receive a listing of local civic clubs and organizations. If your interests are golf, baseball, softball, basketball or martial arts, chances are you can find it in Rutherford County. At Callison Recreation Center the public can use a weight room, play afternoon basketball in the winter months, and participate in a variety of senior games.

Town of Forest City
Callison Recreation Center
217 Clay Street
Forest City, NC 28043
Ph. 828-248-5220

Town of Spindale
Spindale House
100 Tanner Street
Spindale, NC 28160
Ph. 828-286-3716

HEALTH & FITNESS CENTERS IN RUTHERFORD COUNTY

Bodymasters Fitness Center
320 S Oak St.
Spindale, NC 28160
828-287-5720

Butterfly Life Women's Fitness Center
368 Charlotte Road
Rutherfordton, NC 28139
828-287-7600
www.butterflylife.com

Curves for Women
2270 Highway 74 #A
Forest City, NC 28043
828-247-4040
www.curves.com

Curves For Women At Fairfield Mountains
305 Buffalo Creek Rd
Lake Lure, NC
(828) 625-0270

Douzo's Gym
214 Cornwell St
Forest City, NC
(828) 382-0284

Fitness Connection
859 W Main St
Forest City, NC
(828) 245-2557

Island Tan & Fitness
139 S Powell St
Forest City, NC
(828) 288-1103

Lifestyle Wellness
247 Oak St Ste 145
Forest City, NC
(828) 248-2947
www.lifestylewellnessspa.com

Rutherford County Health Care Services

Adult Placement of DSS
311 Callahan Koon Road
Spindale, NC
828-287-6165

Assists individuals and families with out-of-home placement of disabled and elderly adults in licensed adult care homes and nursing homes.

American National Red Cross
838 Oakland Road
Forest City, NC
828-286-2911

Responds to disasters, such as house fires, hurricanes, tornadoes, and floods. Provides immediate help with shelter, food, clothing, medications, and other emergency needs. Largest caretaker of blood donations. Offers courses in water safety, CPR, first aid, childcare, babysitting, HIV-AIDS prevention, and disease prevention.

ARP ADDICTION RECOVERY & PREVENTION

828-254-2700

Toll-free: 877-678-2696

Fax: 828-254-1524

Email: info@arpnc.org

www.arpnc.org

Referral Information for:

- Substance Abuse & Mental Health Assessments
- Adult & Youth Substance Abuse treatment
- DWI Assessments, Education & Treatment
- Integrated Mental Health & Substance Abuse Counseling
- Family and Marriage Counseling
- Medication Management - Psychiatric
- Residential Treatment for Pregnant Women & Mothers - Mary Benson House
- Science-based Prevention & Education Programs
- Methamphetamine and Crack Cocaine Treatment
- Workplace Substance Abuse Assessments & Treatment

Assertive Community Treatment Team (ACT Team)

668 Withrow Rd.

Forest City, NC 28043

Phone: 828-287-9913

ACT's goal is to give consumers adequate community care and help them have a life that isn't dominated by their mental illness. ACT Teams work with consumers to see which medication works best for them, find housing, apply for food stamps, go back to school, get a job, etc.

Auditory Advantage Hearing Center

431 S. Main Street

Rutherfordton, NC

828-286-9399

Auditory Advantage Hearing Center has been serving the Rutherford County residents for over 40 Years. Offer Affordable, Reliable Hearing Aids in a Friendly, Caring Atmosphere.

Autumn Care of Forest City

830 Bethany Church Rd

Forest City, NC 28043

828-245-2852

Provides long term nursing care for elderly residents. Staff includes attending physician for medical care supervision and nurses and specialists in attendance 24 hours a day.

Blanton & Miller, DDS

363 North Main Street
Rutherfordton, NC
828-287-4187

Blue Ridge Counseling Services

202 East Main Street
Spindale, NC
828-286-0501

Outpatient counseling for substance abuse issues; DWI assessments and treatment; employee assistance programming.

Breast, Cervical Cancer Control Program/RCHD

221 Callahan-Koon Road
Spindale, NC

Women age 50 and over are eligible for a breast and cancer cervical screening, health history, and disease detection testing provided to attempt to reduce the breast and cancer mortality in the county.

Cancer Education/Support Group-Rutherford Hospital, Inc.

Rutherford Hospital
288 S. Ridgecrest Ave.
Rutherfordton, NC
828-245-4596

This education/support group offers educational meetings with fellowship and sharing time for people with cancer, their families, friends and support people. Meets at 7:00 pm the third Thursday in every month.

Cardiac/Pulmonary Rehab of Rutherford Hospital

288 South Ridgecrest Ave.
Rutherfordton, NC
828-286-5053

Gives outpatient services for heart and stroke patients encompassing exercise, nutritional study, support for medical team. Seeks to enable patient to succeed following cardiac arrest, bypass surgery, stroke, and heart disease. Meets three days a week.

Carolina Chiropractic Plus

152 W. Main St.
Forest City, NC
828-245-0202

A Healthy Approach to a pain free life!

Carolina Community Care/Community Alternatives Program for Disabled Adults

212 Allendale Drive
Forest City, NC
828-245-3575

Provides home health nursing services for IV patients, AIDS patients, ventilator patients, disabled patients and elderly residents who require medical services and/or other assistance in order to stay at home, have ongoing health care needs, are at risk of nursing home placement, and require supportive services.

Carolina House of Forest City

493 Piney Ridge Rd
Forest City, NC
828-288-1171

Carolina House of Forest City located in Forest City, North Carolina offers Personalized Assisted Living and Alzheimer's and Dementia Care options for seniors.

Charles C. Quarles, D.D.S, F.A.G.D

204 Reservation Drive
Spindale, NC
828-286-2962

New patients and children welcome. Visa, MasterCard accepted

Chase Corner Ministries

PO Box 327
Henrietta, NC
828-247-0096

Offers emergency assistance with food, clothing utilities, rent and prescription medicines when available funding. Include food pantry, thrift store, clothing and home needs.

CNC Inc. Human Services Agency

PO Box 763
Spindale, NC

Provides personal care and in-home management service for elderly and disabled patients performed by CNAs or experience in-home aides. Services include grooming, bathing, ambulation, monitoring of medications, general cleaning, shopping, meal preparation and assistance with any personal duties.

Collins Dental Center

158 White Drive
Columbus, NC
Phone: 1-866-216-6884

Established to serve children from Polk and Rutherford Counties. Accept Medicaid and Health Choice insurance only, and have a sliding fee scale for uninsured patients.

Consumer Credit Counseling Service of the Carolina Foothills, Inc./Senior Care

200 Ohio Street
Spindale, NC

Provides counseling in money management and health insurance for senior citizens free of charge. Provides consumer credit education, financial counseling, budgeting, money management, and debt reduction programs.

Cooperative Extension Service Family and Consumer Education

193 Callahan-Koon Road
Spindale, NC
828-287-6020

Provides research-based information and education to help families and individuals improve quality of life. Programs include nutrition and wellness, parenting and care giving, financial management, safe and healthy environments, and leadership development.

Crisis Intervention Program of DSS

311 Callahan Koon Road
Spindale, NC

Assists with heating or cooling emergencies, providing payment directly to vendors for households experience life-threatening or health related emergencies.

Dialysis Care of Rutherford County, LLC

226 Commercial Drive
Forest City, NC
828-248-3660

Provides chronic hemodialysis and peritoneal dialysis for end-stage renal diseases on an out patient basis. Gives patient education and support group. Transportation for patients is available.

Division of Services for the Blind of DSS

311 Callahan Koon Road
Spindale, NC

Enables blind or visually impaired to receive free screenings, rehab counseling, retraining, job placement, in-home education, advisement and referral to rehab specialists.

Eastwood Village Retirement Center

149 Fairhaven Drive
Bostic, NC
828-245-9095

Promotes independent living for senior citizens.

Emergency Assistance of DSS

311 Callahan Koon Road
Spindale, NC
828-287-6165

Provides cash and service divisions for emergency household assistance to clients. Cash division: assists in housing and utilities. Service division: provides protective service investigations, counseling, treatment, and family preservation services.

England & Godfrey Family Practice

124 Groce Street
Forest City, NC
828-245-7626

Office Hours

Monday, Tuesday & Thursday 7:00 am - 7:00 pm
Wednesday & Friday 7:00 am - 5:00 pm

Environmental Services/RCHD

221 Callahan Koon Road
Spindale, NC
828-287-6100

Protects the public from potential health hazards by offering sanitary inspections of businesses or agencies, which serve food by checking water supplies, inspecting sewage disposal systems and follow up on complaints.

Foothills Urology, P.A.

141 Tryon Road, Suite B
Rutherfordton, NC
828-286-1445

- Urinary Tract Infections
- Impotence
- Incontinence
- Kidney Stones
- Prostate Disorders

Forest City Family Dentistry

420 South Broadway, Ste 104
Forest City, NC
828-248-9100

Providing gentle, caring, professional care.

Frank E. Jones, DDS

145 S. Powell St.
Forest City, NC
828-245-9112

Hands of Hope for Life

129 N. Powell St.
Forest City, NC
828-286-4357

Gives free pregnancy tests. Instructs with information on pregnancy, maternity, abortion risks, and alternatives. Gives post-abortion counseling. Gives abstinence counseling. May contribute maternity and baby clothes, basic furnishings. Makes referrals for community services.

Hardin's Drug

720 S. Church Street

Forest City, NC
828-245-7274

Highway 221 A
Caroleen, NC
828-657-5353

Personal, prompt, competitive computerized pharmacy service

Harris Home Care, Inc

618 W. Main St.
Spindale, NC
828-286-2050

Dedicated to providing in home care that enriches clients' lives and helps them maintain the highest possible level of independent living.

The Hearing Aid Center

2270 US Hwy 74A, Suite 520
Forest City, NC
828-245-5050

- Complete hearing aid testing and fitting
- Open Daily
- Certified Audiologist

HIV/AIDS, STD and TB Program/RCHD

221 Callahan-Koon Road
Spindale, NC
828-287-6100

Provides free testing for HIV/AIDS, syphilis, gonorrhea, and chlamydia. Provides treatment of sexually transmitted and communicable diseases and treatment for contacts to communicable disease.

Rutherford Home Health Agency

221 Callahan-Koon Road
Spindale, NC 28160
Phone: 828-287-6016

Home health aid: Registered nurse, physical therapy, speech therapy, occupational therapy, medical social worker; Medicare and Medicaid certified; Private insurance accepted. Accredited by the Commission for Health Care.

Hospice of Rutherford County

372 and 374 Hudlow Road
Forest City, NC
828-245-0095

Hospice of Rutherford County is a non-profit organization established in 1982. Hospice provides physical, emotional and spiritual care for terminally ill patients and their families at home, in skilled nursing and assisted living facilities.

Immunization Clinic/RCHD

221 Callahan-Koon Road
Spindale, NC
828-287-6100

Free immunizations for vaccine preventable diseases for children. Free tetanus immunizations for adults. No appointment needed. Some charges may apply for Hepatitis B immunizations.

Insights Psychiatric Resources

393 Oak Street, Suite 100
Spindale, NC 28160
(828) 287-3928

- Comprehensive psychiatric evaluation
- Medication management & follow-up services
- Individual therapy
- For a confidential appointment, call

Insights Psychiatric Resources is accredited by The Joint Commission. Services are covered under Medicaid, Medicare and most insurance plans.

James Medical Clinic

1269 US Highway 221-A
Caroleen, NC
828-657-5371

Office Hours

Monday, Tuesday, Thursday & Friday

8:30 am - 12 Noon

1:00 pm - 5:00 pm

Wednesday

8:30 am - 12 Noon

Lifeline of Rutherford Hospital, Inc.

288 South Ridgecrest Avenue
Rutherfordton, NC
828-286-5673

Provides security to home-bound elderly and/or physically challenged. Summons medical, fire and police emergency assistance 24 hours a day by pressing a button.

Link Medical, Inc.

440 Charlotte Road
Rutherfordton, NC
828-286-1842

- Hospital and medical equipment and supplies
- Certified mastectomy fitter

Mara C. Hamrick- Speech/Language Pathologist

202 East Main Street
Spindale, NC 28160

Makes speech and language assessments for children and adults. Performs speech and language therapy after diagnostic evaluation.

Maternity Care Coordination/RCHD

221 Callahan-Koon Road
Spindale, NC
828-287-6100

Case management for Rutherford/Polk maternity patients. Helps to identify and meet needs of maternity clients.

Maternity Program/RCHD

221 Callahan-Koon Road
Spindale, NC
828-287-6100

Provides prenatal and post partum care to pregnant women from Rutherford and Polk counties. Public health nurses and health educators provide counseling, education, referral, follow-up, childbirth classes and parenting classes. Clinics staffed by Rutherford OB-GYN physicians. Provides postpartum home visits to assess mother and infant within 5 days of hospital discharge.

Mid-Carolina Orthopedic Clinic, P.A.

112 Sparks Drive
Forest City, NC
828-286-4298

Medicine Box

664 S. Broadway
Forest City, NC
828-245-1696

“We go the extra mile to provide trusted service you deserve!”

Michael W. Jackson, DDS

837 Thunder Road
Spindale, NC
828-287-2246

Dental services with a gentle touch.

Morganton Eye Physicians & Surgery Center

640 Oak Street
Forest City, NC 28043
(828) 245-5550

Oak Grove Health Center

518 Old US Hwy 221
Rutherfordton, NC
828-287-7655

Oak Grove Health Care Center, located in Rutherfordton, North Carolina provides the following services: nursing home, skilled nursing facility, and assisted living.

One Source Rehab-Rutherford Hospital, Inc.

671 Oak Street
Forest City, NC
828-247-1588

Provides all therapy needs in an outpatient setting.

Parkway Behavioral Health

271 Callahan Koon Road
Spindale, NC 28160
808-288-8773

Provides a range services for individuals with mental health issues and dual diagnosis needs (dual diagnosis means mental health issues in conjunction with substance abuse issues).

PBH Services include:

Daytime emergency MH/SA and walk in triage

MH/SA Assessments and evaluations

Community Support Team

MH Individual Therapy

MH Medication Evaluations

Medication Evaluations

SA Individual & Group

SA Intensive Outpatient Program

DWI Asmt/tx

Pavillon

www.pavillon.org

241 Pavillon Place

Mill Springs, NC

info@pavillon.org

828-694-2300

www.pavillon.org

Pavillon is a leader in the field of chemical dependency treatment and related disorders. Our staff provides intensive residential, outpatient, extended care, alumni and family education. Pavillon is non-profit and fully accredited by CARF. We are located in the foothills of Western North Carolina. For more than a decade, we have been helping individuals reclaim their lives from the grasp of alcohol and drug addiction. Our goal is helping individuals to find fulfilling life-long recovery.

Rehabilitation (OneSource HealthCare Services)

2270 US Hwy 74 A

Forest City, NC 28043

828-247-1588

OneSource Rehab provides comprehensive outpatient rehabilitation services in a large sophisticated clinic located in Forest City, NC. A wide variety of physical, occupational, and speech therapy services are available.

RUTHERFORD CANCER RESOURCE CENTER

CANCER OUTREACH PROGRAM at OneSource Healthcare

2270 US Hwy 74A

Forest City, NC

828-245-4596

Knowing that you are not alone in the fight against cancer can make all the difference. The Cancer Resource Center will help you and your family find the information you need to understand your diagnosis, make treatment decisions, cope with side effects, and connect with support program and other cancer survivors.

Rutherford County Chiropractic Center, P.A.

134 Allendale Drive
Forest City, North Carolina 28043
(828) 245-2442

Rutherford County Senior Center

193 Callahan-Koon Road
Spindale, NC
828-287-6409

Provides counseling, information, and referral, comprehensive health screening, congregate meals and home-delivered meals, and SHIP insurance counseling.

Rutherford East Medical Center

605 NC 120 Hwy
Mooresboro, NC
828-453-0703

Rutherford Family Practice

444 NC Highway 108
Rutherfordton, NC
828-286-2302

Rutherford Home Health Agency

221 Callahan-Koon Road
Spindale, NC
828-287-6026

Provides nursing, physical therapy, speech therapy, occupational therapy, medical social work and home health services in the home to patients who meet the home-bound criteria. Allows patient to stay at home and receive skilled care.

Rutherford Hospital, Inc.

288 Ridgecrest Avenue
Rutherfordton, NC
828-286-5000

Rutherford Hospital, Inc. is a community-focused health care provider dedicated to promoting an optimal level of health and wellness for all the citizens of Rutherford County and surrounding communities. With excellence as its standard, Rutherford Hospital serves as a comprehensive resource for efficient and accessible health care services through its people and technology.

Rutherford Internal Medicine Associates, PA

181 Daniel Road
Forest City, NC
828-286-9036

Specialists in adult and preventative health care. Services include care for: diabetes, cancer, blood disorders, and nutritional and occupational health programs.

Rutherford LifeCare

859 Thunder Road
Spindale, NC
828-287-1697

Rutherford LifeCare is an Adult Day Care with Health Services that serves adults of all ages. Services include: nursing care, nutritious meals, and meaningful activities. The staff is trained to care for people who need assistance with eating, walking, transfers and bathing.

Rutherford OB-GYN Associates, P.A.

446 NC 108 Hwy. (Tryon Road)
Rutherfordton, NC
828-287-7383

Comprehensive Women's Healthcare

Rutherford Pediatrics Professional Association

141-A Tryon Road
Rutherfordton, NC
828-286-9049

1178 Old Caroleen Road
Forest City, NC
828-245-4061

- Healthcare for children and young adults
- Sick and well newborn care at Rutherford Hospital

Rutherford-Polk-McDowell District Health Department

221 Callahan-Koon Road

Spindale, NC 28160

Health Department 828-287-6100

Home Health Agency 828-287-6016

Environmental Health 828-287-6317

WIC Women, Infants and Children- 828-287-6238 & 287-6239

Dental Health 828-287-6018

Child health clinic for well child exams, child service coordination, pregnancy testing and referral, WIC nutrition education, children's and adults immunizations, women's preventive health screenings, family planning services for women of child bearing age, Maternal Care Coordination (Baby Love), referrals to OB doctors for pregnant women, post partum home visits for mother and New Born Screening home visit for infants, Communicable Disease and Sexually Transmitted Disease testing counseling and treatment.

Rutherford Psychiatric & Counseling Services

563 Old Caroleen Road

Forest City, NC

828-248-1373

Comprehensive Psychiatric, Medication Management, and Psychotherapy

Rutherford-Polk Adult Mental Outpatient Services

271 Callahan-Koon Road

Spindale, NC

828-287-6110

Provides crisis intervention for mentally ill, substance abusing or developmentally disabled. Provides psychotherapy for individuals, couples, families and groups. Provides assessment, evaluation, referral and treatment for substance abuse.

Rutherford Radiological

131 W. 2nd Street

Rutherfordton, NC

828-287-2984

Sanger Clinic

290 North Main Street

Rutherfordton, NC

828-286-2376

Committed to providing patients with region's most comprehensive services for diagnosing and treating heart disease.

Scott Jordan, DDS, and Kimberly De Sena, D.M.D

334 North Main Street
Rutherfordton, NC
828-287-4381

Comprehensive cosmetic dentistry

Smith's Drug of Forest City

139 East Main Street
Forest City, NC
828-245-4591

Spindale Drug

101 W. Main Street
828-286-3746

Therapy Plus - physical therapy

Brandon Waters, PT
247 Oak Street Ext.
Suite 145
Forest City, NC 28043

Therapy Plus is a private outpatient physical therapy practice in operation since September 2001. Therapy Plus is located within Lifestyles Wellness ans Spa in Forest City, North Carolina.

- Aquatic Physical Therapy
- Fall Prevention
- MedX Neck and Lower Back Rehab
- State-of-the-Art Equipment
- Prosthetist/Orthostist Services Available

Thera-ssage

431 S. Main St. Suite 2
Rutherfordton, NC
828-288-3727

Staff is trained in over 50 modalities of massage and bodywork and spa treatments including neuromuscular therapy, pregnancy massage and much more.

Tri-City Optometric Eye Care

247 Oak St. Ext., Ste 107
Forest City, NC
828-248-3931
Optometrist

Western North Carolina AIDS Project

PO Box 2411
Asheville, NC 28802
828-25-7489 or 800-346-3731

Provides education, confidential case management, emergency financial assistance for food, housing, utilities and other needs, counseling and therapy, support groups, a primary care physician and urgent medical expense assistance.

White Oak Manor-Retirement Community

188 Oscar Justice Road
Rutherfordton, NC 28139-9407
828-286-9001

William H Burch Medical Clinic

2556 Memorial Highway (US 64-74-NC9)
Lake Lure, NC
828-625-9121

William H. Thompson D.D.S.

148 East Main Street
Spindale, NC
828-286-4371
Family dental care, most insurance accepted

Willow Ridge Rehabilitation & Living Center

237 Tryon Road
Rutherfordton, North Carolina 28139
828-286-7200

Thanks to the following sources of information:

Rutherford County Chamber of Commerce- <http://www.rutherfordcoc.org/>

Rutherford Hospital- <http://www.rutherfordhosp.org/>

United Way of Rutherford County- <http://www.unitedwayofrutherford.com/>

Please send additions and corrections for this resource guide to:
Mary Smith, Health Educator

Rutherford-Polk-McDowell District Health Department
408 Spaulding Road
Marion, NC 28752
Phone: 828-925-0140
E-mail: msmith@rpmhd.org



RUTHERFORD POLK MCDOWELL DISTRICT HEALTH DEPARTMENT

www.rpmhd.org

**Rutherford County Health Department
221 Callahan-Koon Road
Spindale, NC 28160
Phone: 828-287-6100**

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WIC (Women, Infants, and Children) 828-287-6238 or 6239