






BEAR RIVER RESOURCES

Physical Activity

	<p>Rich Middle 54 East 100 South Laketown, UT84038 35-946-3358 http://www.richschool.org/District/Department/3-Rich-Middle-School</p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p>Rich High 145 West Church Street Randolph, UT84064 435-793-2365 http://www.richschool.org/District/Department/4-Rich-High-School</p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p>Brigham City Pool 720 West Forest Street Brigham City, UT84302 435-734-6610 http://brighamcity.utah.gov/brigham-city-pool.htm</p>	<p>Swimming</p>	<p>Call for prices</p>
	<p>Rotary Constitution Park 450 East 700 South Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/</p>	<p>Walking/Jogging Path, Horseshoes Playground, grill, soccer field, skate park</p>	<p>Free (Resident fee \$40 Non- resident fee \$80)</p>
	<p>Horsley Park 560 South Main Street Brigham City, UT84302 435-734-6615</p>	<p>Walking/Jogging Path</p>	<p>Free (Resident fee \$30 Non-</p>

	http://brighamcity.utah.gov/horsley-park.htm		residnet fee \$60)
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	<p>John Adams Park 600 East 100 North Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/john-adams-park.htm</p>	Walking/Jogging Path Bowery, tables, grill, sand volleyball pit, tennis, court, fire pit, disc golf court	Free (Resident fee \$40, Non- residne tfee \$80)
	<p>Lindsay Park 300 West and Fishburn Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/lindsay-park.htm</p>	Walking/Jogging Path	Free (Resident fee \$30, Non- residne tfee \$60)
	<p>Mary E. Christensen Park Corner of Highland and Sycamore Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/mary-e-christensen-park.htm</p>	Walking/Jogging Path	Free (Resident fee \$30, Non- residne tfee \$60)
	<p>Rees Pioneer Park 800 West Forest Street Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/rees-pioneer-park.htm</p>	Walking/Jogging Path	Free (Resident fee \$60, Non- residne tfee \$120)
	<p>Snow Park 500 North Main Street Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/snow-park.htm</p>	Walking/Jogging Path	Free (Resident fee \$30, Non-

			residue fee \$60)
	Watkins Park 705 West Forest Street Brigham City, UT84302 435-734-6615 http://brighamcity.utah.gov/watkins-park.htm	Walking/Jogging Path	Free (Resident fee \$30, Non- residue fee \$60)
	Box Elder Middle 18 South 500 East Brigham City, UT84302 435-734-4880 http://www.bems.besd.net/	Track, Open grass, Tennis	Free
	Adele C. Young Intermediate 830 Law Drive Brigham City, UT84302 435-734-4940 http://www.acyi.besd.net/	Track, Open grass, Tennis	Free
	Box Elder High 380 South 600 West Brigham City, UT84302 435-734-4840 http://www.behs.besd.net/	Track, Open grass, Tennis	Free
	Bear River Middle 300 East 1500 South Garland, UT84312 435-257-2540 http://www.brms.besd.net/	Track, Open grass, Tennis	Free
	Bear River High 1450 South Main Street	Track, Open grass, Tennis	Free

	Garland, UT84312 435-257-2500 http://www.brhs.besd.net/		
	Cedar Ridge Middle 65 North 200 West Hyde Park, UT84318 435-563-6229 https://www.ccsdut.org/Domain/400	Track, Open grass, Tennis	Free
	Mountain Crest High 255 South 800 East Hyrum, UT84319 435-792-7765 https://www.ccsdut.org/mc	Track, Open grass, Tennis	Free
	Adams Park 550 North 500 East Logan, UT84321 435-716-9250 https://mappca.com/adams-park-i189402.html	Walking/Jogging Path	Free
	Boulevard Parkway 520 East Boulevard Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Bridger Park 1181 North 400 West Logan, UT84321 435-716-9250 http://exhibits.usu.edu/exhibits/show/urbanfarm/item/10051	Walking/Jogging Path	Free
	Bridgerland Park	Walking/Jogging Path	Free

	<p>900 North 100 West Logan, UT84321 435-716-9250 https://www.facebook.com/pages/Bridgerland-Park/131092890306457</p>		
	<p>Brookside Park 500 North Brookside Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/parks_and_trails/park_facilities.php</p>	Walking/Jogging Path	Free
	<p>Canal Corner Park 800 North 300 East Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/parks_and_trails/park_facilities.php</p>	Walking/Jogging Path	Free
	<p>Canyon Entrance Park US 89 and Canyon Road Logan, UT84321 435-716-9250 https://www.facebook.com/pages/Canyon-Entrance-Park/364115796986693</p>	Walking/Jogging Path	Free
	<p>Canyon Road Park 955 East Canyon Road Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Center Street Parkway</p>	Walking/Jogging Path	Free

	<p>231 East Center Street Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>		
	<p>Denzil Stewart Nature Park 800 East 100 South Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Devere and Velda Harris Park Dry Canyon Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Eliason Park 200 North 500 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Fairview Park 451 South 500 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Garff Wayside Gardens 100 South Main</p>	Walking/Jogging Path	Free

	Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php		
	Gateway Park LeGrand Street US 89-91 Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Hillcrest Park 900 North 1500 East Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Hyrum Gibbons Mt Logan Park 1400 East 350 South Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Jens Johansen Park 850 East 100 North Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Jones Neighborhood Park 400 West 625 North Logan, UT84321	Walking/Jogging Path	Free



	435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php		
	Kilowatt Park 331 South 300 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Logan Meadows Park 350 South 600 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Lundstrom Park 1600 East 1350 North Logan, UT84321 435-716-9250 http://www.loganutah.org/PR/parks_and_trails/parks	Walking/Jogging Path	Free
	Lynn and Merle Olsen Park Canyon Road and Center Street Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Majestic Park 766 Majestic Drive Logan, UT84321 435-716-9250	Walking/Jogging Path	Free






	http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php		
	Merlin Olsen Central Park 300 East Cente Street Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Morningside Park 450 East 1150 North Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Pioneer Parkway Park 165 East Poplar Avenue Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Quail Bluff Park 1569 Quail Way Logan, UT84321 435-716-9250 http://www.loganutah.org/PR/parks_and_trails/parks	Walking/Jogging Path	Free
	Quail West Park 1473 Quail Way Logan, UT84321 435-716-9250	Walking/Jogging Path	Free

	http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php		
	Ray Hugie Hydro Park US 89 and Canyon Road Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Rendezvous Park 1500 South US 89-91 Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	River Hollow Park 10 River Park Drive Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Second Dam Park 3670 East US 89 Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Soccer Sports Complex 1500 S LeGrand Street Logan, UT84321 435-716-9250	Walking/Jogging Path	Free

	http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php		
	Sumac Park 1020 Sumac Drive Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	The Point Mountain Road and Cliffside Drive Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Trapper Park 1500 South 1600 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Willow Horseshoe Park 500 West 700 South Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php	Walking/Jogging Path	Free
	Willow Park 450 West 700 South Logan, UT84321 435-716-9250	Walking/Jogging Path	Free

	http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php		
	<p>Don Reese Park 1200 North 400 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Recreation Center 195 South 100 West Logan, UT84321 435-716-9250 http://www.loganutah.org/government/departments/parks_and_recreation/departmental_info/facilities.php</p>	Walking/Jogging Path	Free
	<p>Mount Logan Middle 875 North 200 East Logan, UT84321 435-755-2370 https://www.mlms.loganschools.org/</p>	Track, Open grass, Tennis	Free
	<p>Logan High 162 West 100 South Logan, UT84321 435-755-2380 http://loganhigh.org/</p>	Track, Open grass, Tennis	Free
	<p>Jardine Juniper Hike The trailhead is at the Wood Camp turn-off, about 10 miles up Logan Canyon, on the west side of the road. From there, a signed trail leads to the NE, up the ridge. Logan, UT84321</p>	Walking/Hiking Trails	Free


	800-200-1160 http://www.utah.com/hike/jardine-juniper-trail		
	Old Ephraim Trail 1.6 mile up Right Hand Fork in Logan Canyon , stay to the left at the first junction Logan, UT84321 800-200-1160 http://logancanyonhiking.com/ephraims.htm	Walking/Hiking Trails	Free
	Wind Cave Trail The hike starts about 5.3 miles up Logan Canyon National Scenic Byway, near the Guinavah-Malibu Campground. The trailhead is on the left side of the road as you are driving up-canyon. Logan, UT84321 800-200-1160 http://www.utah.com/hike/wind-cave-trail	Walking/Hiking Trails	Free

	<p>Spring Creek Middle 350 West 100 North Providence, UT84332 435-753-6200 https://www.ccsdut.org/springcreek</p>	Track, Open grass, Tennis	Free
	<p>White Pine Elementary 184 West 100 North Richmond, UT84333 435-258-2344 https://www.ccsdut.org/whitepine</p>	Track, Open grass, Tennis	Free
	<p>Sky View High 520 South 250 East Smithfield, UT84335 435-563-6273 https://www.ccsdut.org/SkyView</p>	Track, Open grass, Tennis	Free
	<p>Alice C. Harris Intermediate 515 North 800 West Tremonton, UT84337 435-257-2560 http://www.achi.besd.net/</p>	Track, Open grass, Tennis	Free
	<p>Willow Valley Middle 525 North 200 West Wellsville, UT84339 435-245-0505 https://www.greatschools.org/utah/wellsville/102-Willow-Valley-Middle-School/</p>	Track, Open grass, Tennis	Free

BEAR RIVER RESOURCES






Nutrition

	<p>Rich County Courthouse 21 North Main Street Randolph, UT84064 435-793-2122 http://www.richcountyut.org/seniors.html</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Acts Six Soup Kitchen 271 North 100 West Brigham City, UT84302 435-723-7960 https://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=2106</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Box Elder Community Food Pantry 272 North 200 West Brigham City, UT84302 435-723-1449 http://www.boxelderfoodpantry.org/</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Smith's 156 S Main St Brigham City, UT84302 435-734-2500 https://www.smithsfoodanddrug.com/stores/details/706/00178</p>	<p>Supermarket</p>	<p>Prices vary.</p>

	<p>Perry Walmart Supercenter 1200 S Commerce Way Perry, UT84302 435-734-9660 https://www.walmart.com/store/3454/perry-ut/details</p>	<p>Supermarket</p>	<p>Prices vary.</p>
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	<p>Cache Community Food Pantry 359 South Main Street Logan, UT84321 435-753-7140 http://cachefoodpantry.com/</p>	<p>Food Assistance</p>	<p>Free</p>
	<p>Cache Valley Gardener's Market 199 N Main Street Logan, UT84321 435-754-7402 https://gardenersmarket.org/</p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p>Walmart Supercenter 1150 S 100 W Logan, UT84321 435-753-2111 https://www.walmart.com/store/4272/logan-ut</p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p>Smith's Marketplace 750 N Main St Logan, UT84321 435-753-1004 https://www.smithsfoodanddrug.com/stores/details/706/00477?cid=loc70600477_other</p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p>Smith's 175 E 442 N</p>	<p>Supermarket</p>	<p>Prices vary.</p>



	Logan, UT84321 435-753-6840 https://www.smithsfoodanddrug.com/stores/details/706/00087?cid=loc70600087_other		
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	Macey's 50 N Highway 165 Providence, UT84332 435-753-3301 https://maceys.com/providence	Supermarket	Prices vary.
	Harvest Market at Rockhill 563 South State Street Richmond, UT84333 435-258-1278 http://www.farmersmarketonline.com/fm/HarvestMarketatRockhill.html	Fresh Produce and other products	Prices vary
	Tremonton Community Food Pantry 180 South Tremont Street Tremonton, UT84337 435-257-9530 http://tremontoncity.org/community/food-pantry/	Food Assistance	Free
	Ridley's Family Market 74 S 100 E Tremonton, UT84337 435-257-3312 http://shopridleys.com/	Supermarket	Prices vary.
	Walmart Supercenter 1550 N Main St	Supermarket	Prices vary.


	North Logan, UT84341 435-753-0880 https://www.walmart.com/store/1888/north-logan-ut/details		
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BEAR RIVER RESOURCES

Blood Pressure

	<p>Smith's 156 S Main St Brigham City, UT84302 435-734-2500 https://www.smithsfoodanddrug.com/stores/details/706/00178</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p>Walmart Supercenter 1200 S Commerce Way Perry, UT84302 435-734-9660 https://www.walmart.com/store/3454/perry-ut/details</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p>Walgreens 999 N Main St Logan, UT84321 435-227-1100 https://www.walgreens.com/locator/walgreens-999+n+main+st-logan-ut-84321/id=10552</p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p>Walmart Supercenter 1150 S 100 W Logan, UT84321 435-753-2111 https://www.walmart.com/store/4272/logan-ut/details</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p>Smith's Marketplace 750 N Main St Logan, UT84321</p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>



	<p>435-753-1004 https://www.smithsfoodanddrug.com/stores/details/706/00477?cid=loc70600477_gmb</p>		
	<p>Smith's 175 E 442 N Logan, UT84321 435-753-6840 https://www.smithsfoodanddrug.com/stores/details/706/00087?cid=loc70600087_gmb</p>	Blood Pressure Machine	Blood Pressure measurements are free
	<p>Logan Fire Department 76 E 200 N Logan, UT84321 435-716-9500 http://www.loganutah.org/government/departments/fire/index.php</p>	Free Measurement - call before	Free
	<p>Macey's 518 W 100 N Providence, UT84332 435-753-3301 http://maceys.com/</p>	Blood Pressure Machine	Blood Pressure measurements are free
	<p>Ridley's Family Market 74 S 100 E Tremonton, UT84337 435-257-3312 https://shopridleys.com/choose.php</p>	Blood Pressure Machine	Blood Pressure measurements are free
	<p>Walmart Supercenter 1550 N Main St North Logan, UT84341 435-753-0880 https://www.walmart.com/store/1888/north-logan-ut/details</p>	Blood Pressure Machine	Blood Pressure measurements are free

	<p>North Logan Fire Department 2005 N 1200 E North Logan, UT84341 435-755-5739 http://www.northloganfire.org/</p>	Free Measurement - call before	Free
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BEAR RIVER RESOURCES

Mental Health

	<p>Bear River Mental Health 663 West 950 South Brigham City, UT84302 435-734-9449 http://brmh.com/</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
	<p>Bear River Mental Health 90 East 200 North Logan, UT84321 435-752-0750 http://brmh.com/</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
	<p>The Family Institute of Northern Utah 190 East Center Street Logan, UT84321 435-752-1976 http://www.finu.org/</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
	<p>USU Marriage & Family Therapy Clinic 493 North 700 East Logan, UT84321 435-797-7430 http://fchd.usu.edu/services/mftc/mft</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
	<p>USU Psychology Community Clinic 2810 Old Main Hill Logan, UT84322 435-797-3401 http://directory.usu.edu/department/761/</p>	<p>Individual therapy</p>	<p>Call for pricing</p>

	<p>Bear River Mental Health 440 West 600 North Tremonton, UT84337 435-257-2168 http://brmh.com/</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
	<p>Bear Lake Community Health Center 1515 North 400 East North Logan, UT84341 435-755-6061 https://www.bearlakecommunityhealthcenter.org/cache-valley-community-health-center-north-logan-utah/</p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>