











# SOUTHEAST UTAH RESOURCES

## Physical Activity


	<p><b>Mont Harmon Junior High</b>          60 West 400 North          Price, UT84501          435-637-0510  <a href="https://www.carbonschools.org/">https://www.carbonschools.org/</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Carbon High</b>          750 East 400 North          Price, UT84501          435-637-2463  <a href="http://www.carbonschools.org/CarbonHigh.cfm">http://www.carbonschools.org/CarbonHigh.cfm</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Black Dragon Canyon Rock Art Trail</b>          From Green River, UT, take Interstate 70 west approximately 15 miles. Turn north on a dirt road after mile marker 147, and go a little over a mile, turning west on another dirt road for about a half mile to the mouth of Dragon Canyon.          Price, UT84501          435-636-3600  <a href="http://www.utah.com/hike/black_dragon.htm">http://www.utah.com/hike/black_dragon.htm</a></p>	<p>Walking/Hiking Trail</p>	<p>Free</p>
	<p><b>9-Mile Canyon Hike</b>          The main access route is eight miles east of Price, on Highway 6/191, turning north on 2200 East (Soldier Creek Road, at Walkers Chevron gas station). There is a Back Country Byway sign and information kiosk on the corner, which contains information on N          Price, UT84501          435-636-3701  <a href="http://www.castlecountry.com/Trails-Nine-Mile-Canyon">http://www.castlecountry.com/Trails-Nine-Mile-Canyon</a></p>	<p>Walking/Hiking Trail</p>	<p>Free</p>



	<p><b>Washington Park</b>  150 East 450 North  Price, UT84501  435-636-3180  (Patleys Canyon. Exit 134 on I-90 East)  <a href="http://www.slcgov.com/cityparks/parks-washington-park-parleys-canyon">http://www.slcgov.com/cityparks/parks-washington-park-parleys-canyon</a></p>	Walking/Jogging Paths, Open grass	Free
	<p><b>Pioneer Park</b>  100 East 550 North  Price, UT84501  435-636-3180  <a href="https://www.yelp.com/biz/pioneer-park-price">https://www.yelp.com/biz/pioneer-park-price</a></p>	Walking/Jogging Paths, Open grass	Free
	<p><b>Basso-Dino-Mine Park</b>  1050 East 700 North  Price, UT84501  435-636-3180  <a href="http://www.castlecountry.com/Attraction-Basso-Dino-Mine-Adventure-Park">http://www.castlecountry.com/Attraction-Basso-Dino-Mine-Adventure-Park</a></p>	Walking/Jogging Paths, Open grass	Free
	<p><b>South Park</b>  175 East 300 South  Price, UT84501  435-636-3180  <a href="http://www.pricacityutah.com/city_dir/parks/parks.asp">http://www.pricacityutah.com/city_dir/parks/parks.asp</a></p>	Walking/Jogging Paths, Open grass	Free
	<p><b>Rose Park</b>  600 South 100 East  Price, UT84501  435-636-3180  <a href="http://www.pricacityutah.com/city_dir/parks/parks.asp">http://www.pricacityutah.com/city_dir/parks/parks.asp</a></p>	Walking/Jogging Paths, Open grass	Free
	<p><b>Heritage Park</b>  300 West Main Street</p>	Walking/Jogging Paths, Open grass	Free

	Price, UT84501 435-636-3180 <a href="http://www.pricacityutah.com/city_dir/parks/parks.asp">http://www.pricacityutah.com/city_dir/parks/parks.asp</a>		
	<b>Covebasin Park</b> 1100 North 300 East Price, UT84501 435-636-3180 <a href="http://www.pricacityutah.com/city_dir/parks/parks.asp">http://www.pricacityutah.com/city_dir/parks/parks.asp</a>	Walking/Jogging Paths, Open grass	Free
	<b>Albert R. Lyman Middle</b> 535 N 100 E Blanding, UT84511 435-678-1398 <a href="http://schools.sjsd.org/albert-r-lyman-middle">http://schools.sjsd.org/albert-r-lyman-middle</a>	Track, Open grass, Tennis	Free
	<b>San Juan High</b> 311 North Bronco Blvd Blanding, UT84511 435-678-13071 <a href="http://schools.sjsd.org/san-juan-high">http://schools.sjsd.org/san-juan-high</a>	Track, Open grass, Tennis	Free
	<b>Emery High</b> 975 North Center Castle Dale, UT84513 435-381-2689 <a href="http://www.emeryschools.org/">http://www.emeryschools.org/</a>	Track, Open grass, Tennis	Free
	<b>Emery County Aquatic Center</b> 240 East 800 North Castle Dale, UT84513 435-381-7946 <a href="http://www.emerycounty.com/pool">http://www.emerycounty.com/pool</a>	Aquatic Center	Individuals: \$4, Seniors (62+): \$3

	<p><b>Emery City Community Center</b>  90 North 100 West  Emery, UT84522  435-286-2227  <a href="https://www.merchantcircle.com/emery-city-community-center-emery-ut">https://www.merchantcircle.com/emery-city-community-center-emery-ut</a></p>	<p>Fitness center</p>	<p>Prices vary - call for more details</p>
	<p><b>San Rafael Junior High</b>  390 West 500 South  Ferron, UT84523  435-384-2335  <a href="http://srms.emeryschools.org/">http://srms.emeryschools.org/</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Crack Canyon Trail</b>  Narrow slot running through San Rafael Reef in the San Rafael Swell  Green River, UT84525  800-200-1160  <a href="http://www.utah.com/hike/crack-canyon-trail">http://www.utah.com/hike/crack-canyon-trail</a></p>	<p>Walking/Hiking Trail</p>	<p>Free</p>
	<p><b>Jones Hole Trail</b>  At the Jones Hole Fish Hatchery. A 47-mile drive on paved roads north of the Quarry Visitor Center. This road is normally plowed and kept open year round.  Green River, UT84525  435-781-7700  <a href="http://www.nps.gov/dino/">http://www.nps.gov/dino/</a></p>	<p>Walking/Hiking Trails</p>	<p>Vehicle: \$10,  Per Person: \$5</p>
	<p><b>Canyon View Junior High</b>  550 North 400 West  Huntington, UT84528  435-687-2265  <a href="http://www.emerycsd.org/CanyonView.cfm">http://www.emerycsd.org/CanyonView.cfm</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>






	<p><b>Canyonlands National Park</b>  2282 SW Resource Blvd  Moab, UT84532  435-719-2313  <a href="http://www.nps.gov/cany/">http://www.nps.gov/cany/</a></p>	<p>Walking/Hiking Trails</p>	<p>Individuals: \$5  (Good for 7 Days), Vehicles: \$10 (Good for 7 Days), Local Passport: \$25 (Good for one year) Good for entrance to Arches, Canyonlands, Hovenweek and Natural Bridges</p>
	<p><b>Grand County Middle</b>  439 South 100 East  Moab, UT84532  435-259-7158  <a href="http://www.grandschools.org/middleschool">http://www.grandschools.org/middleschool</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Grand County High</b>  608 South 400 East  Moab, UT84532  435-259-8931  <a href="http://grandschools.org/">http://grandschools.org/</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>

	<p><b>Arches National Park</b>  5 miles north of Moab  Moab, UT84532  435-719-2100  <a href="http://www.nps.gov/arch/">http://www.nps.gov/arch/</a></p>	<p>Walking/Hiking Trails</p>	<p>Individuals: \$5  (Good for 7 Days), Vehicles: \$10 (Good for 7 Days), Local Passport: \$25 (Good for one year) Good for entrance to Arches, Canyonlands, Hovenweek and Natural Bridges</p>
	<p><b>Glen Canyon National Recreation Area</b>  The Bullfrog Visitor Center is located on Utah Highway 276. Ferry Service is provided from Bullfrog to Halls Crossing. In-park shuttle service is available at Bullfrog.  Bullfrog, UT84533  928-608-6200  <a href="http://www.nps.gov/glca/">http://www.nps.gov/glca/</a></p>	<p>Walking/Hiking Trails, Swimming</p>	<p>1-7 Day Vehicle Pass: \$15, 1-7 Day Individual Permit: \$7/person</p>
	<p><b>Whitehorse High</b>  UT-162,  Montezuma Creek, UT84534  435-678-1854  <a href="http://schools.sjsd.org/whitehorse-high">http://schools.sjsd.org/whitehorse-high</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Monticello High</b>  148 South 200 West  Monticello, UT84535  435-587-2465  <a href="http://www.sjsd.org/monticello-high">http://www.sjsd.org/monticello-high</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>

	<p><b>Monticello Pool</b>  17 North 100 East  Monticello, UT84535  435-587-2271  <a href="https://localdata.us/biz/city-monticello-swimming-pool-monticello-ut">https://localdata.us/biz/city-monticello-swimming-pool-monticello-ut</a></p>	<p>Aquatic Center</p>	<p>Adult: \$4,  Senior: \$4,  Water Aerobics:  \$4/class</p>
	<p><b>Monument Valley High</b>  US State Highway #163 (100 Cougar Ln)  Monument Valley, UT84536  435-678-1208  <a href="http://schools.sjsd.org/monument-valley-high">http://schools.sjsd.org/monument-valley-high</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>


# SOUTHEAST UTAH RESOURCES

## Nutrition

	<p><b>Carbon County Food Bank</b>            75 East 400 South            Price, UT84501            435-637-9232  <a href="http://seualg.utah.gov/">http://seualg.utah.gov/</a></p>	<p>Food Assistance</p>	<p>Free</p>
	<p><b>Smith's</b>            1075 E Main St            Price, UT84501            435-637-6200  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary</p>
	<p><b>Walmart Supercenter</b>            255 S Highway 55            Price, UT84501            435-637-6712  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary</p>
	<p><b>Fresh Market</b>            760 W Price River Dr            Price, UT84501            435-637-7104  <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Supermarket</p>	<p>Prices vary</p>
	<p><b>Blanding Farmers Market</b>            12 North Grayson Parkway            Blanding, UT84511            801-742-1592  <a href="http://www.ediblewasatch.com/">http://www.ediblewasatch.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>








	<p><b>Clark's Market</b>        820 S Main St        Blanding, UT84511        435-250-3466  <a href="http://www.clarksmarket.com/">http://www.clarksmarket.com/</a></p>	<p>Supermarket</p>	<p>Prices vary</p>
	<p><b>Emery County Food Bank</b>        40 South Center Street        Castle Dale, UT84513        435-381-5410  <a href="http://www.emerycounty.com/">http://www.emerycounty.com/</a></p>	<p>Food Assistance</p>	<p>Free</p>
	<p><b>Grand County Food Bank</b>        56 North 200 East        Moab, UT84532        435-259-6456  <a href="https://www.homelesshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=8071">https://www.homelesshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=8071</a></p>	<p>Food Assistance</p>	<p>Free</p>
	<p><b>Moab Farmers Market</b>        100 West 100 North (Park Drive)        Moab, UT84532        435-259-5602  <a href="http://www.moabfarmersmarket.com/">http://www.moabfarmersmarket.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>City Market</b>        425 S Main St        Moab, UT84532        435-259-5181  <a href="https://www.citymarket.com/">https://www.citymarket.com/</a></p>	<p>Supermarket</p>	<p>Prices vary</p>

	<p><b>Monticello Farmers Market</b> 505 Walnut Street Monticello, MN55362 763-295-2954 <a href="http://www.monticellocommunitycenter.com/farmers-market.html">http://www.monticellocommunitycenter.com/farmers-market.html</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
---	--	---	--------------------


# SOUTHEAST UTAH RESOURCES

## Blood Pressure

	<p><b>Smith's</b> 1075 E Main St Price, UT84501 435-637-6200 <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Walmart Supercenter</b> 255 S Highway 55 Price, UT84501 435-637-6712 <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Fresh Market</b> 760 W Price River Dr Price, UT84501 435-637-7104 <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Clark's Market</b> 820 S Main St Blanding, UT84511 435-250-3466 <a href="http://www.clarksmarket.com/">http://www.clarksmarket.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>City Market</b> 425 S Main St Moab, UT84532 435-259-5181 <a href="https://www.citymarket.com/">https://www.citymarket.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>

# SOUTHEAST UTAH RESOURCES

## Mental Health

	<p><b>Four Corners Community Behavioral Health</b> 575 East 100 South Price, UT84501 435-637-2358 <a href="http://www.fourcorners.ws/">http://www.fourcorners.ws/</a></p>	<p>Individual, couple/marriage and family therapy</p>	<p>Call for pricing</p>
---	---	---	-------------------------