








# UTAH COUNTY RESOURCES

## AMERICAN FORK/ALPINE: NUTRITION

	<p><b>Hee Haw Farms</b>          150 North 2000 West          American Fork, UT84003          801-368-4335  <a href="http://www.heehawfarms.com/">http://www.heehawfarms.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Happy Valley Farmers Market (moved to new location)</b>          100 East Main Street          American Fork, UT84003          801-318-2468  <a href="http://www.happyvalleyfm.com/">http://www.happyvalleyfm.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Walmart Supercenter</b>          949 West Grassland Drive          American Fork, UT84003          801-492-1102  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary</p>
	<p><b>Ridley's</b>          5353 West 11000 North          Highland, UT84003          801-756-8383  <a href="http://shopridleys.com/">http://shopridleys.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Fresh Market</b>          135 East Main Street          American Fork, UT84003          801-756-1440  <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>

# UTAH COUNTY RESOURCES

## AMERICAN FORK/ALPINE: BLOOD PRESSURE

	<p><b>Walmart Supercenter</b>            949 West Grassland Drive            American Fork, UT84003            801-492-1102  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Fresh Market</b>            135 East Main Street            American Fork, UT84003            801-756-1440  <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Target</b>            608 West Main Street            American Fork, UT84003            801-756-5449  <a href="http://www.target.com/">http://www.target.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p><b>Fire Department</b>            96 North Center Street            American Fork, UT84003            801-763-3045  <a href="https://afcity.org/190/FireRescue">https://afcity.org/190/FireRescue</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>





## **UTAH COUNTY RESOURCES**

*AMERICAN FORK/ALPINE: MENTAL HEALTH*

*NO RESOURCES CURRENTLY LISTED.*

# UTAH COUNTY RESOURCES






## LEHI/CEDAR VALLEY: PHYSICAL ACTIVITY

	<p><b>Lehi Legacy Center</b>          123 N Center Street          Lehi, UT84043          801-768-7124  <a href="http://www.lehi-ut.gov/discover/legacy-center/">http://www.lehi-ut.gov/discover/legacy-center/</a></p>	<p>Cardio room, cardio and weight room orientation, climbing wall, gymnasiums, track, weight room and aquatics center.</p>	<p>Adult (18-59): \$5 Senior (60+): \$3 or look and see what long term membership would be</p>
	<p><b>Allred Park</b>          439 Allred Park Dr          Lehi, UT84043          801-768-7102  <a href="https://www.lehi-ut.gov/recreation/parks/reserving-a-park/">https://www.lehi-ut.gov/recreation/parks/reserving-a-park/</a></p>	<p>Basketball, Volleyball, Soccer</p>	<p>Free</p>
	<p><b>Eagle Summit Park</b>          5130 N 2575 W          Lehi, UT84043          801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/reserving-a-park/">https://www.lehi-ut.gov/recreation/parks/reserving-a-park/</a></p>	<p>Basketball, Volleyball</p>	<p>Free</p>
	<p><b>Centennial Park</b>          600 W 2250 N          Lehi, UT84043          801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	<p>Basketball</p>	<p>Free</p>


	<p><b>Summercrest Park</b>  1050 E 1900 N  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	<p>Soccer</p>	<p>Free</p>
	<p><b>Dry Creek Park</b>  100 W 1600 N  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	<p>Walking/Hiking Trails</p>	<p>Free</p>
	<p><b>Gateway Park</b>  1870 N 1500 W  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	<p>Basketball</p>	<p>Free</p>
	<p><b>Green Park</b>  1850 W 1600 N  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	<p>Basketball</p>	<p>Free</p>
	<p><b>Pointe Meadow Park</b>  2100 North 2000 West (Pointe Meadow Drive)  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	<p>Tennis, Basketball</p>	<p>Free</p>

	<p><b>Olympic Park</b>  2700 W 1600 N (Parkside Drive)  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	Walking/Hiking Trails, Volleyball, Soccer, Basketball	Free
	<p><b>Jordan Willows Park</b>  125 South River Way  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	Walking/Hiking Trails	Free
	<p><b>Stagecoach Crossing Park</b>  525 S 1915 W  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	Basketball	Free
	<p><b>Lehi City Sports Park</b>  2000 W 1600 N  Lehi, UT84043  801-201-1900  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	Tennis, Horseshoes, Soccer, Volleyball, Basketball, Football	Free
	<p><b>Parkview Park</b>  14250 S 400 W  Lehi, UT84043  801-768-7124  <a href="https://www.lehi-ut.gov/recreation/parks/city-parks/">https://www.lehi-ut.gov/recreation/parks/city-parks/</a></p>	Walking/Hiking Trails	Free

	<p><b>Swimming Pool Park</b>  451 E 200 S  Lehi, UT84043  801-768-7190  <a href="https://www.lehi-ut.gov/recreation/lehi-outdoor-pool/">https://www.lehi-ut.gov/recreation/lehi-outdoor-pool/</a></p>	Volleyball, Basketball	Free
	<p><b>Lehi Junior High</b>  700 East Cedar Hollow Road  Lehi, UT84043  801-610-8754  <a href="http://lehijr.alpineschools.org/">http://lehijr.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Willowcreek Middle</b>  2275 West 300 North  Lehi, UT84043  801-610-8766  <a href="http://willowcreek.alpineschools.org/">http://willowcreek.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Lehi High</b>  180 North 500 East  Lehi, UT84043  801-610-8766  <a href="http://lhs.alpineschools.org/">http://lhs.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Jordan River Parkway</b>  Thanksgiving Point Trailhead  Lehi, UT84043  801-536-4158  <a href="http://jordanrivercommission.com/jordan-river-parkway-trail-map/">http://jordanrivercommission.com/jordan-river-parkway-trail-map/</a></p>	Walking/Jogging Path	Free

	<p><b>Jordan River Parkway</b>  2650 W Parkside Drive Trailhead  Lehi, UT84043  801-536-4158  <a href="http://jordanrivercommission.com/jordan-river-parkway-trail-map/">http://jordanrivercommission.com/jordan-river-parkway-trail-map/</a></p>	Walking/Jogging Path	Free
	<p><b>Jordan River Parkway</b>  Wildlife Park Trailhead  Lehi, UT84043  801-536-4158  <a href="http://jordanrivercommission.com/jordan-river-parkway-trail-map/">http://jordanrivercommission.com/jordan-river-parkway-trail-map/</a></p>	Walking/Jogging Path	Free
	<p><b>Jordan River Parkway</b>  300 N 9800 W Trailhead  Lehi, UT84043  801-536-4158  <a href="http://jordanrivercommission.com/jordan-river-parkway-trail-map/">http://jordanrivercommission.com/jordan-river-parkway-trail-map/</a></p>	Walking/Jogging Path	Free
	<p><b>Vista Heights Middle</b>  484 West Pony Express Parkway  Saratoga Springs, UT84045  801-610-8770  <a href="http://vistaheights.alpineschools.org/">http://vistaheights.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Westlake High</b>  99 North Thunder Blvd  Saratoga Springs, UT84045  801-610-8815  <a href="http://whs.alpineschools.org/">http://whs.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free









	<p><b>Jordan River Parkway</b> 6700 N Saratoga Road Trailhead Saratoga Springs, UT84045 801-536-4158 <a href="http://jordanrivercommission.com/jordan-river-parkway-trail-map/">http://jordanrivercommission.com/jordan-river-parkway-trail-map/</a></p>	Walking/Jogging Path	Free
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# UTAH COUNTY RESOURCES

## LEHI/CEDAR VALLEY: NUTRITION






	<p><b>Bountiful Baskets</b>                  Rockwell High School                  Eagle Mountain, UT84005                  TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Lehi Farmers Market and Boutique</b>                  1870 North State Street                  Lehi, UT84043                  801-362-6649  <a href="http://www.agrilicious.org/Lehi_Farmers_Market">http://www.agrilicious.org/Lehi Farmers Market</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Thanksgiving Point Farmers Market</b>                  3003 North Thanksgiving Point                  Lehi, UT84043                  801-768-2300  <a href="http://thanksgivingpoint.org/">http://thanksgivingpoint.org/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Bountiful Baskets</b>                  Lehi Center Steet Fire Station                  Lehi, UT84043                  TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>

	<p><b>Bountiful Baskets</b>          Bellaview Landscape &amp; Garden Center          Lehi, UT84043          TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Smith's Marketplace</b>          1550 East 3500 North          Lehi, UT84043          801-341-6500  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Macey's</b>          760 East Main Street          Lehi, UT84043          801-766-9455  <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Bountiful Baskets</b>          Saratoga Springs Fire Station          Saratoga Springs, UT84045          TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>

	<p><b>Walmart Supercenter</b>  136 W State Road 73  Saratoga Springs, UT84045  801-766-4272  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Smith's</b>  1320 Redwood Road  Saratoga Springs, UT84045  801-768-8455  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>

# UTAH COUNTY RESOURCES

## LEHI/CEDAR VALLEY: BLOOD PRESSURE

	<p><b>Walmart Supercenter</b>            949 West Grassland Drive            American Fork, UT84003            801-492-1102  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Fresh Market</b>            135 East Main Street            American Fork, UT84003            801-756-1440  <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Target</b>            608 West Main Street            American Fork, UT84003            801-756-5449  <a href="http://www.target.com/">http://www.target.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p><b>Fire Department</b>            96 North Center Street            American Fork, UT84003            801-763-3045  <a href="https://afcity.org/190/FireRescue">https://afcity.org/190/FireRescue</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>
	<p><b>Smith's Marketplace</b>            1550 East 3500 North            Lehi, UT84043            801-341-6500  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>

	<p><b>Macey's</b>  760 East Main Street  Lehi, UT84043  801-766-9455  <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Walgreens</b>  102 North 1200 East  Lehi, UT84043  801-653-2090  <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p><b>Fire Department</b>  176 North Center Street  Lehi, UT84043  801-768-7130  <a href="https://www.lehi-ut.gov/departments/fire/">https://www.lehi-ut.gov/departments/fire/</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>
	<p><b>Walmart Supercenter</b>  136 W State Road 73  Saratoga Springs, UT84045  801-766-4272  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Smith's</b>  1320 Redwood Road  Saratoga Springs, UT84045  801-768-8455  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Walgreens</b>  1410 North Redwood Road  Saratoga Springs, UT84045  801-766-1426  <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>



## **UTAH COUNTY RESOURCES**

*LEHI/CEDAR VALLEY: MENTAL HEALTH*

*NO RESOURCES CURRENTLY LISTED.*

# UTAH COUNTY RESOURCES







## OREM: PHYSICAL ACTIVITY



	<p><b>Orem Fitness Center</b>                      580 W 165 S                      Orem, UT84057                      801-229-7154  <a href="http://www.oremrecreation.com/">http://www.oremrecreation.com/</a></p>	<p>Aquatic and Fitness Center</p>	<p>adult (14-54) \$4                      and senior                      (55+) \$3</p>
	<p><b>Scera Park Pools</b>                      701 South State Street                      Orem, UT84057                      801-724-3751  <a href="http://www.oremrecreation.com/">http://www.oremrecreation.com/</a></p>	<p>Aquatic Center</p>	<p>Adult (14-54):                      \$6 and Senior                      (55+): \$5 After                      6 pm Tuesday-                      Thursday: half                      price</p>
	<p><b>Bonneville Park</b>                      1450 N 800 W                      Orem, UT84057                      801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	<p>Walking/Jogging Path, Tennis, Softball</p>	<p>Free</p>
	<p><b>Cascade Park</b>                      950 E 200 N                      Orem, UT84057                      801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	<p>Tennis, Volleyball, Open grass</p>	<p>Free</p>



	<p><b>Cherryhill Park</b>  1800 S 240 E  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Tennis	Free
	<p><b>City Center Park</b>  300 East Center Street 100 North  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Baseball	Free
	<p><b>Community Park</b>  581 W 165 S  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Exercise station, Tennis, Baseball	Free
	<p><b>Foothill Park</b>  1011 N 1240 E  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Tennis	Free
	<p><b>Geneva Park</b>  260 N 700 W  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Horseshoes, Basketball	Free
	<p><b>Hillcrest Park</b>  1400 S 650 E  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Tennis, Softball	Free




	<p><b>Lakeside Sports Park</b>  400 S 1850 W  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Soccer	Free
	<p><b>Northridge Park</b>  1750 N 165 E  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Tennis, Softball	Free
	<p><b>Orchard Park</b>  1000 N 750 E  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Outdoor Track (school facilities), Tennis	Free
	<p><b>Scera Park</b>  600 South State Street  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path	Free
	<p><b>Sharon Park</b>  600 N 300 E  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path	Free
	<p><b>Springwater Park</b>  945 S Artesian Road  Orem, UT84057  801-229-7154  <a href="http://www.orem.us/springwater-park--orem.html">http://www.orem.us/springwater-park--orem.html</a></p>	Walking/Jogging Path, Tennis, Basketball	Free

	<p><b>Westmore Park</b>  1050 South Main Street  Orem, UT84057  801-229-7154  <a href="http://www.orem.us/westmore-park---orem.html">http://www.orem.us/westmore-park---orem.html</a></p>	Walking/Jogging Path	Free
	<p><b>Windsor Park</b>  200 W 1270 N  Orem, UT84057  801-229-7154  <a href="http://orem.org/parks-guide/">http://orem.org/parks-guide/</a></p>	Walking/Jogging Path, Horseshoes, Tennis	Free
	<p><b>Orem Junior High</b>  765 North 600 West  Orem, UT84057  801-610-8142  <a href="http://oremjr.alpineschools.org/">http://oremjr.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Mountain View High</b>  655 West Center Street  Orem, UT84057  801-610-8160  <a href="http://mvhs.alpineschools.org/">http://mvhs.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Timpanogos High</b>  1450 North 200 East  Orem, UT84057  801-610-8175  <a href="http://ths.alpineschools.org/">http://ths.alpineschools.org/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Lakeridge Junior High</b>  951 South 400 West  Orem, UT84058  801-610-8134</p>	Track, Open grass, Tennis	Free

	<a href="http://lakeridge.alpineschools.org/">http://lakeridge.alpineschools.org/</a>		
	<b>Canyon View Junior High</b> 655 East 950 North Orem, UT84097 801-610-8130 <a href="http://canyonview.alpineschools.org/">http://canyonview.alpineschools.org/</a>	Track, Open grass, Tennis	Free
	<b>Orem High</b> 175 South 400 East Orem, UT84097 801-610-8165 <a href="http://ohs.alpineschools.org/">http://ohs.alpineschools.org/</a>	Track, Open grass, Tennis	Free

# UTAH COUNTY RESOURCES






## OREM: NUTRITION




	<p><b>Macey's</b> 880 North State Street Orem, UT84057 801-225-6002 <a href="https://maceys.com/8th_north_orem">https://maceys.com/8th_north_orem</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Super Target</b> 175 West Center Street Orem, UT84057 801-224-6007 <a href="http://www.target.com/">http://www.target.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Ridley's</b> 25 West Center Street Orem, UT84057 801-224-3620 <a href="http://shopridleys.com/">http://shopridleys.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Ridley's</b> 1585 North State Street Orem, UT84057 801-221-7718 <a href="http://shopridleys.com/">http://shopridleys.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>WinCo</b> 895 North 980 West Orem, UT84057 801-494-8361 <a href="http://wincofoods.com/">http://wincofoods.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>

	<p><b>Bountiful Baskets</b>  Habitat for Humanity ReStore  Orem, UT84058  TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Walmart Supercenter</b>  1355 Sandhill Road  Orem, UT84058  801-221-0600  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Smith's</b>  45 South State Street  Orem, UT84058  801-224-6111  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Harmons</b>  870 East 800 North  Orem, UT84097  801-225-1770  <a href="http://www.harmonsgrocery.com/">http://www.harmonsgrocery.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>

# UTAH COUNTY RESOURCES

## OREM: BLOOD PRESSURE


	<p><b>Macey's</b> 880 North State Street Orem, UT84057 801-225-6002 <a href="https://maceys.com/8th_north_orem">https://maceys.com/8th_north_orem</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Super Target</b> 175 West Center Street Orem, UT84057 801-224-6007 <a href="http://www.target.com/">http://www.target.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Walgreens</b> 763 North State Street Orem, UT84057 801-734-1624 <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p><b>Fire Department</b> 300 East 1000 South Orem, UT84057 801-229-7021 <a href="https://orem.org/departments/fire/">https://orem.org/departments/fire/</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>
	<p><b>Walmart Supercenter</b> 1355 Sandhill Road Orem, UT84058 801-221-0600 <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>Smith's</b>  45 South State Street  Orem, UT84058  801-224-6111  <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>Harmons</b>  870 East 800 North  Orem, UT84097  801-225-1770  <a href="http://www.harmonsgrocery.com/">http://www.harmonsgrocery.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Walgreens</b>  850 South State Street  Orem, UT84097  801-616-5237  <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>



# UTAH COUNTY RESOURCES

## OREM: MENTAL HEALTH



	<p><b>Institute for Cognitive Therapy</b> 560 South State Street Suite G1 Orem, UT84058 801-802-8608 <a href="http://www.ictutah.org/">http://www.ictutah.org/</a></p>	<p>They provide outpatient treatment for mental health, substance abuse or domestic issues. Individual and group therapy, psycho educational classes including: anger management, cognitive restructuring, parenting, relapse prevention, self-esteem, goal setting</p>	<p>Most insurances accepted - fees are on a sliding scale. Call for more details.</p>
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# UTAH COUNTY RESOURCES

## PLEASANT GROVE/LINDON: PHYSICAL ACTIVITY





	<p><b>Lindon City Aquatics Center</b>                  Behind the Lindon City Center at 100 N State Street                  Lindon, UT84042                  801-610-4160  <a href="http://www.lindoncity.org/contact.htm">http://www.lindoncity.org/contact.htm</a></p>	<p>Fitness center, Lap pool</p>	<p>Adults: \$5.50                  (Lindon residents get \$1 off) Seniors: \$3.50                  Fitness/Lap Swim Time: \$3.50</p>
	<p><b>Oak Canyon Junior High</b>                  111 South 725 East                  Lindon, UT84042                  801-610-8138  <a href="http://oakcanyon.alpineschools.org/">http://oakcanyon.alpineschools.org/</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Uinta-Wasatch-Cache National Forest</b>                  Pleasant Grove Ranger District 390 North 100 East                  Pleasant Grove, UT84062                  801-785-3563  <a href="https://www.fs.usda.gov/recarea/uwcnf/recarea/?recid=8988">https://www.fs.usda.gov/recarea/uwcnf/recarea/?recid=8988</a></p>	<p>55 Hiking Trails</p>	<p>Prices vary</p>
	<p><b>Pleasant Grove Recreation Center</b>                  547 South Locust Avenue                  Pleasant Grove, UT84062                  801-785-6172  <a href="http://www.plgrove.org/most-requested-info/recreation-center">http://www.plgrove.org/most-requested-info/recreation-center</a></p>	<p>3 full size gyms, cardio area, weight area, indoor track, dance/aerobic room</p>	<p>Prices vary by resident/non-resident status and length of pass.</p>



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	<p><b>Pleasant Grove Junior High</b>        810 North 100 East        Pleasant Grove, UT84062        801-610-8146  <a href="http://pleasantgrove.alpineschools.org/">http://pleasantgrove.alpineschools.org/</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>
	<p><b>Pleasant Grove High</b>        700 East 200 South        Pleasant Grove, UT84062        801-610-8170  <a href="http://pghs.alpineschools.org/">http://pghs.alpineschools.org/</a></p>	<p>Track, Open grass, Tennis</p>	<p>Free</p>

# UTAH COUNTY RESOURCES






## PLEASANT GROVE/LINDON: NUTRITION

	<p><b>Walmart Supercenter</b>                      585 North State Street                      Lindon, UT84042                      801-785-7683  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Pleasant Grove Promenade</b>                      200 South Main Street                      Pleasant Grove, UT84062                      801-922-4555  <a href="https://www.eatwellguide.org/listings/75001/locations/30874?latitude=40.3767693&amp;longitude=-111.7959181">https://www.eatwellguide.org/listings/75001/locations/30874?latitude=40.3767693&amp;longitude=-111.7959181</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Bountiful Baskets</b>                      Lincoln Academy                      Pleasant Grove, UT84062                      TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Walmart Supercenter</b>                      4689 West Cedar Hills Drive                      Cedar Hills, UT84062                      801-756-2372  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>

	<p><b>Macey's</b>  931 West State Road  Pleasant Grove, UT84062  801-796-6601  <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Smith's</b>  210 East 700 South  Pleasant Grove, UT84062  801-785-9445  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>

# UTAH COUNTY RESOURCES

## PLEASANT GROVE/LINDON: BLOOD PRESSURE

	<p><b>Walmart Supercenter</b>                      585 North State Street                      Lindon, UT84042                      801-785-7683  <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>Walmart Supercenter</b>                      4689 West Cedar Hills Drive                      Cedar Hills, UT84062                      801-756-2372  <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>Macey's</b>                      931 West State Road                      Pleasant Grove, UT84062                      801-796-6601  <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Smith's</b>                      210 East 700 South                      Pleasant Grove, UT84062                      801-785-9445  <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>Walgreens</b>                      815 West State Road                      Pleasant Grove, UT84062                      801-922-4256  <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>

# UTAH COUNTY RESOURCES

*PLEASANT GROVE/LINDON: BLOOD PRESSURE*

*NO RESOURCES CURRENTLY LISTED.*

# UTAH COUNTY RESOURCES

## PROVO/BYU: PHYSICAL ACTIVITY

	<p><b>Utah Lake State Park</b>            ** (Closed for construction, reopen in May 2018)</p> <p>4400 W Center Street            Provo, UT84601            801-375-0731  <a href="https://stateparks.utah.gov/parks/utah-lake/">https://stateparks.utah.gov/parks/utah-lake/</a></p>	<p>Boating: PWC, Powerboating, Kayaking, Sailing, Canoeing. Trails: Interpretive. Watersports: Swimming, Paddle Boarding, Wakeboarding, Water Skiing, Windsurfing.</p>	<p>Day-use fee:            \$10 per vehicle            \$5 per vehicle for Utah Seniors (62+)            \$2 per person to walk in</p>
	<p><b>Canyon Glen Park</b>            2.5 miles from the mouth of Provo Canyon on SR-189            Provo, UT84601            801-852-6600  <a href="http://provo-canyon-parks.weebly.com/canyon-glen.html">http://provo-canyon-parks.weebly.com/canyon-glen.html</a></p>	<p>Large open field, Volleyball, Horseshoes</p>	<p>Free</p>
	<p><b>Carterville Park</b>            2400 N Carterville Road            Provo, UT84601            801-852-6000  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	<p>Walking Trail, Baseball/softball, Basketball, Volleyball</p>	<p>Free</p>
	<p><b>Exchange Park</b>            900 N 700 W            Provo, UT84601            801-852-6600  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	<p>Walking Trail, Volleyball, Basketball, Horseshoes</p>	<p>Free</p>




	<p><b>Fort Utah Park</b>  200 N Geneva Rd (2050 W)  Provo, UT84601  801-852-6000  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Walking Trail, Horseshoes, Volleyball, Baseball/softball , Soccer	Free
	<p><b>Grandview Park</b>  1460 N Jordan Ave  Provo, UT84601  801-852-6606  <a href="https://www.utahvalley.com/listing/grandview-park/944/">https://www.utahvalley.com/listing/grandview-park/944/</a></p>	Volleyball, Soccer	Free
	<p><b>Kiwanis Park</b>  820 N 1100 E  Provo, UT84601  801-852-6606  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Walking Trails, Soccer, Tennis, Baseball/Softball	Free
	<p><b>Lakeview Park</b>  2825 W 1390 N  Provo, UT84601  801-852-6606  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Tennis	Free
	<p><b>Lions Park</b>  1280 N 950 W  Provo, UT84601  801-852-6000  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Walking Trails, Horseshoes, Volleyball, Baseball/softball	Free
	<p><b>Maeser Parks</b>  600 S 500 E  Provo, UT84601  801-852-6606  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Walking Trails, Basketball	Free

	<p><b>Paul Ream Wilderness Park</b>  1600 W 500 N  Provo, UT84601  801-852-6606  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Walking Trails, Horseshoes	Free
	<p><b>Riverview Park</b>  4620 N 300 W  Provo, UT84601  801-852-6606  <a href="http://provo.org/departments/parks/park-info">http://provo.org/departments/parks/park-info</a></p>	Walking Trails, Volleyball, Tennis, Disc golf, Baseball/softball	Free
	<p><b>Rock Canyon Park</b>  2620 N 1200 E  Provo, UT84601  801-852-6000  <a href="http://www.provo.org/Home/Components/FacilityDirectory/FacilityDirectory/53/200?npage=2">http://www.provo.org/Home/Components/FacilityDirectory/FacilityDirectory/53/200?npage=2</a></p>	Walking Trails, Horseshoes, Volleyball	Free
	<p><b>Rock Canyon Trailhead</b>  2620 N 1450 E  Provo, UT84601  801-852-6606  <a href="http://www.provo.org/Home/Components/FacilityDirectory/FacilityDirectory/52/35?sortn=FCPhone&amp;sortd=desc">http://www.provo.org/Home/Components/FacilityDirectory/FacilityDirectory/52/35?sortn=FCPhone&amp;sortd=desc</a></p>	Trails (Walking/Hikin g)	Free
	<p><b>Rotary Park</b>  1460 N 1500 W  Provo, UT84601  801-852-6606  <a href="http://www.provo.org/departments/parks/park-info/-npage-2">http://www.provo.org/departments/parks/park-info/-npage-2</a></p>	Volleyball, Tennis	Free
	<p><b>Sertoma Park</b>  150 E Canyon Road (2400 N)  Provo, UT84601  801-852-6606</p>	Volleyball, Soccer	Free

	<a href="http://www.provo.org/departments/parks/park-info/-npage-2">http://www.provo.org/departments/parks/park-info/-npage-2</a>		
	<b>Sherwood Hillside Park</b> 1100 E 4450 N Provo, UT84601 801-852-6606 <a href="http://www.provo.org/departments/parks/park-info/-npage-2">http://www.provo.org/departments/parks/park-info/-npage-2</a>	Walking Trails, Tennis	Free
	<b>South Fork Park</b> 4988 N South Fork Road Provo, UT84601 801-852-6606 <a href="http://www.provo.org/departments/parks/park-info/-npage-2">http://www.provo.org/departments/parks/park-info/-npage-2</a>	Walking Trails	Free
	<b>Timp Kiwanis Bounous Park</b> 3250 N 650 E Provo, UT84601 801-852-6606 <a href="http://www.provo.org/departments/parks/park-info/-npage-2">http://www.provo.org/departments/parks/park-info/-npage-2</a>	Volleyball	Free
	<b>Provo Recreation Center &amp; Pool</b> 320 W 500 N Provo, UT84601 801-852-6600 <a href="http://www.provo.org/community/recreation-center">http://www.provo.org/community/recreation-center</a>	Pool, Fitness room, Tennis, Racquetball	Adult (18- 59): \$5 Senior (60+): \$4 or look and see what long term membershi p would be
	<b>Dixon Middle</b> 750 West 200 North Provo, UT84601 801-374-4980 <a href="https://sites.google.com/site/dmsprovo/">https://sites.google.com/site/dmsprovo/</a>	Track, Open grass, Tennis	Free

	<p><b>College Connector</b>  From Brigham Young University to Utah Valley University  Provo, UT84603  801-852-6606  <a href="http://www.provo.org/departments/parks/trails">http://www.provo.org/departments/parks/trails</a></p>	Walking/Jogging Path	Free
	<p><b>Foothills Connector</b>  4800 North and University Avenue  Provo, UT84603  801-852-6606  <a href="http://www.provo.org/departments/parks/trails">http://www.provo.org/departments/parks/trails</a></p>	Walking/Jogging Path	Free
	<p><b>Lover's Lane</b>  3352 North 100 East  Provo, UT84603  801-852-6606  <a href="http://www.provo.org/departments/parks/trails">http://www.provo.org/departments/parks/trails</a></p>	Walking/Jogging Path	Free
	<p><b>Y Mountain Trailhead</b>  Provo, UT84603  801-852-6606  <a href="http://www.provo.org/departments/parks/trails">http://www.provo.org/departments/parks/trails</a></p>	Walking/Hiking Path	Free
	<p><b>South Provo Trail</b>  1860 South  Provo, UT84603  801-852-6606  <a href="http://www.provo.org/departments/parks/trails">http://www.provo.org/departments/parks/trails</a></p>	Walking/Jogging/Biking Path	Free
	<p><b>Mount Timpanogos Wilderness Area</b>  Beginning at the junction with SR-189 (Provo Canyon), go 4.9 miles up the Alpine Loop to the Mount Timpanogos Trailhead  Provo, UT84604</p>	Timpooneke Trailhead and Aspen Grove Trailhead 10-30% Trail grade	Free





	<p><b>Canyon View Park</b>  1.5 miles up Provo Canyon off the state highway  Provo, UT84604  801-851-8600  <a href="http://www.utahcounty.gov/parks/ParkDetails.asp?IDNO=4">http://www.utahcounty.gov/parks/ParkDetails.asp?IDNO=4</a></p>	Volleyball, Walking Trails	Free
	<p><b>Big Springs Trailhead</b>  Big Springs  Provo, UT84604  801-852-6600  <a href="http://provo-canyon-on-foot.weebly.com/big-springs-trail.html">http://provo-canyon-on-foot.weebly.com/big-springs-trail.html</a></p>	Walking/Hiking Trails	Free
	<p><b>Bonneville Shoreline Trail</b>  Provo, UT84604  801-852-6606  <a href="http://www.provo.org/departments/parks/trails">http://www.provo.org/departments/parks/trails</a></p>	Walking/Hiking Trails	Free
	<p><b>Centennial Middle</b>  305 East 2320 North  Provo, UT84604  801-370-4621  <a href="http://www.cms.provo.edu/">http://www.cms.provo.edu/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Provo High</b>  1125 North University Avenue  Provo, UT84604  801-373-6550  <a href="http://www.phs.provo.edu/">http://www.phs.provo.edu/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Timpview High</b>  3570 Timpview Dr.  Provo, UT84604  801-221-9720  <a href="http://www.timpview.provo.edu/">http://www.timpview.provo.edu/</a></p>	Track, Open grass, Tennis	Free

	<p><b>Bicentennial Park</b>  1440 S 1600 E  Provo, UT84606  801-852-6000  <a href="http://www.provo.org/departments/parks/park-info/-selcat-33">http://www.provo.org/departments/parks/park-info/-selcat-33</a></p>	<p>Walking Trails, Horseshoes,  Volleyball</p>	<p>Free</p>
	<p><b>Big Springs Park</b>  Off of South Fork Road and Spring Hollow Road  Provo, UT84606  801-852-6606  <a href="http://www.utahcounty.gov/parks/">www.utahcounty.gov/parks/</a></p>	<p>Big Springs and Western  Trailheads, Open fields</p>	<p>Free</p>
	<p><b>Provost Park</b>  629 S 1000 E  Provo, UT84606  801-852-6606  <a href="http://www.provo.org/Home/Components/FacilityDirectory/FacilityDirectory/55/200">http://www.provo.org/Home/Components/FacilityDirectory/FacilityDirectory/55/200</a></p>	<p>Open grass</p>	<p>Free</p>

# UTAH COUNTY RESOURCES

## PROVO/BYU: NUTRITION

	<p><b>Community Action Food Bank</b>              815 South Freedom Blvd #100              Provo, UT84601              801-373-8200  <a href="http://communityactionprovo.org/">http://communityactionprovo.org/</a></p>	<p>Food Assistance</p>	<p>Free</p>
	<p><b>Provo Farmers Market</b>              450 W 100 S, Pioneer Park              Provo, UT84601              385-204-4151  <a href="http://www.provofarmersmarket.org/">http://www.provofarmersmarket.org/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Smith's</b>              350 North Freedom Blvd              Provo, UT84601              801-377-9050  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Reams</b>              1201 South University Avenue              Provo, UT84601              801-623-5184  <a href="http://reamsfoods.com/">http://reamsfoods.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Fresh Market</b>              560 West Center Street              Provo, UT84601              801-374-1558  <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary -</p>

	<p><b>Lavell Edwards Farmers Market</b>  213 E University Parkway  (Lavell Edwards Stadium)  Provo, UT84602  801-422-2571  <a href="https://www.utahsown.org/profile/byu-lavell-edwards-farmers-market">https://www.utahsown.org/profile/byu-lavell-edwards-farmers-market</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>La Nay Ferme</b>  4800 East Lawn Drive  Provo, UT84604  <a href="http://lanayferme.com/">http://lanayferme.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Bountiful Baskets</b>  Riverwoods Business Park  Provo, UT84604  TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Bountiful Baskets</b>  Provo Food &amp; Care Coalition  Provo, UT84604  TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>





	<p><b>Bountiful Baskets</b>  Z Ultimate Self Defense Studios  Provo, UT84604  TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Walmart Neighborhood Market</b>  2255 North University Parkway  Provo, UT84604  385-219-3070  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Macey's</b>  1400 North State Street  Provo, UT84604  801-356-3216  <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Lolos Fresh Food Warehouse **Permanently closed</b>  2250 North University Parkway  Provo, UT84604  801-396-3700  <a href="http://lolosfoods.com/">http://lolosfoods.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Food and Care Coalition</b>  299 East 900 South  Provo, UT84606  801-373-1825  <a href="https://www.foodandcare.org/">https://www.foodandcare.org/</a></p>	<p>Food Assistance</p>	<p>Free</p>

# UTAH COUNTY RESOURCES



## PROVO/BYU: BLOOD PRESSURE

	<p><b>Smith's</b> 350 North Freedom Blvd Provo, UT84601 801-377-9050 <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>Fresh Market</b> 560 West Center Street Provo, UT84601 801-374-1558 <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Fire Department</b> 80 South 300 West Provo, UT84601 801-852-6321 <a href="http://www.provo.org/">http://www.provo.org/</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>
	<p><b>Walmart Neighborhood Market</b> 2255 North University Parkway Provo, UT84604 385-219-3070 <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>Macey's</b> 1400 North State Street Provo, UT84604 801-356-3216 <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>

	<p><b>Walgreens</b> 1315 North State Street Provo, UT84604 801-616-5223 <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	Blood Pressure Machine	Free
	<p><b>CVS Pharmacy</b> 1273 North University Avenue Provo, UT84604 801-377-3280 <a href="http://www.cvs.com/">http://www.cvs.com/</a></p>	Blood Pressure Machine	Free

# UTAH COUNTY RESOURCES

## PROVO/BYU: MENTAL HEALTH

	<p><b>BYU Comprehensive Clinic</b>          1190 North 900 East          Provo, UT84602          801-422-7759  <a href="https://cc.byu.edu/">https://cc.byu.edu/</a></p>	<p>They provide counseling and psychological assessments for individuals, couples and families in the Utah County Area.</p>	<p>Individual, couple, or family counseling costs \$15/session. Fees may be decreased for financial need. Psychological assessments are \$50.</p>
	<p><b>UVRMC Psychiatry/Depression Center</b>          1034 North 500 West South Building, 2nd Floor          Provo, UT84604          801-357-7850  <a href="http://intermountainhealthcare.org/hospitals/uvrmc/">http://intermountainhealthcare.org/hospitals/uvrmc/</a></p>	<p>The Utah Valley Psychiatry and Counseling Clinic at Utah Valley Regional Medical Center offers counseling services for Utah County.</p>	<p>Varies - call for an estimated cost.</p>



# UTAH COUNTY RESOURCES

## SOUTHERN UTAH COUNTY: PHYSICAL ACTIVITY

	<p><b>Mt. Nebo Junior High</b> 851 West 450 South Payson, UT84651 801-465-6040 <a href="http://mnjhs.nebo.edu/">http://mnjhs.nebo.edu/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Payson Junior High</b> 1025 South Highway 198 Payson, UT84651 801-465-6015 <a href="http://pjhs.nebo.edu/">http://pjhs.nebo.edu/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Payson High</b> 1050 South Main Street Payson, UT84651 801-465-6025 <a href="http://phs.nebo.edu/">http://phs.nebo.edu/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Salem Junior High</b> 598 North Main Street Salem, UT84653 801-423-6550 <a href="http://sajhs.nebo.edu/">http://sajhs.nebo.edu/</a></p>	Track, Open grass, Tennis	Free
	<p><b>Salem Hills High</b> 150 North Skyhawk Blvd Salem, UT84653 801-423-3200 <a href="http://shhs.nebo.edu/">http://shhs.nebo.edu/</a></p>	Track, Open grass, Tennis	Free





# UTAH COUNTY RESOURCES

## SOUTHERN UTAH COUNTY: NUTRITION

	<p><b>Walmart Supercenter</b>          1052 Turf Farm Road          Payson, UT84651          801-465-8246  <a href="http://www.walmart.com/">http://www.walmart.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Smith's</b>          632 South 100 West          Payson, UT84651          801-465-9213  <a href="https://www.smithsfoodanddrug.com/">https://www.smithsfoodanddrug.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Payson Market</b>          586 North Main Street Suite D          Payson, UT84651          801-465-2324  <a href="http://paysonmarket.com/">http://paysonmarket.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Bountiful Baskets</b>          CS Lewis Academy          Santaquin, UT84655          TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>

# UTAH COUNTY RESOURCES

## SOUTHERN UTAH COUNTY: BLOOD PRESSURE

	<p><b>Walmart Supercenter</b>          1052 Turf Farm Road          Payson, UT84651          801-465-8246  <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>Smith's</b>          632 South 100 West          Payson, UT84651          801-465-9213  <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>Walgreens</b>          132 North Main Street          Payson, UT84651          801-465-0125  <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>
	<p><b>Fire Department</b>          439 West Utah Avenue          Payson, UT84651          801-465-5252  <a href="https://paysonutah.org/">https://paysonutah.org/</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>

## **UTAH COUNTY RESOURCES**






*SOUTHERN UTAH COUNTY: MENTAL HEALTH*

*NO RESOURCES CURRENTLY LISTED.*






# UTAH COUNTY RESOURCES

## SPRINGVILLE/SPANISH FORK: PHYSICAL ACTIVITY

	<p><b>Uinta-Wasatch-Cache National Forest</b>          Spanish Fork Ranger District 44 West 400 North          Spanish Fork, UT84660          801-798-3571  <a href="https://www.fs.usda.gov/recarea/uwcnf/recreation/hiking/recarea/?recid=8987&amp;actid=33">https://www.fs.usda.gov/recarea/uwcnf/recreation/hiking/recarea/?recid=8987&amp;actid=33</a></p>	55 Hiking Trails	Call for prices
	<p><b>Benjamin Park</b>          7300 S 3259 W          Benjamin, UT84660          801-851-8600  <a href="http://utahcounty.maps.arcgis.com/apps/MapSeries/index.html?appid=22988950bec043229a0bcf5c3c435a56">http://utahcounty.maps.arcgis.com/apps/MapSeries/index.html?appid=22988950bec043229a0bcf5c3c435a56</a></p>	Biking, Horseshoes, Walking Trails	Free
	<p><b>Abbie Court Park</b>          1438 S 2050 E          Spanish Fork, UT84660          801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/details.php?id=1002">http://www.spanishfork.org/dept/parkrec/parks/details.php?id=1002</a></p>	Open grass	Free
	<p><b>Canyon View Park</b>          3300 East Powerhouse Road          Spanish Fork, UT84660          801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/details.php?id=1003">http://www.spanishfork.org/dept/parkrec/parks/details.php?id=1003</a></p>	Open grass, Volleyball	Free
	<p><b>Centennial Park</b>          572 S 600 E          Spanish Fork, UT84660          801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/details.php?id=1005">http://www.spanishfork.org/dept/parkrec/parks/details.php?id=1005</a></p>	Open grass	Free




	<p><b>North Park</b>  1185 N 400 E  Spanish Fork, UT84660  801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/">http://www.spanishfork.org/dept/parkrec/parks/</a></p>	Walking/Jogging Path	Free
	<p><b>Parkside Estates Park</b>  1221 E 1480 S  Spanish Fork, UT84660  801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/">http://www.spanishfork.org/dept/parkrec/parks/</a></p>	Open grass	Free
	<p><b>Spanish Oaks Campground</b>  2939 South Spanish Oaks Drive  Spanish Fork, UT84660  801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/">http://www.spanishfork.org/dept/parkrec/parks/</a></p>	Hiking Trails (Easy to Difficult)	Free
	<p><b>Spanish Oaks Reservoir</b>  2931 South Spanish Oaks Drive  Spanish Fork, UT84660  801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/">http://www.spanishfork.org/dept/parkrec/parks/</a></p>	Swimming, Walking/Jogging Path	Free
	<p><b>Sports Park</b>  295 West Volunteer Drive (950 South Main Street)  Spanish Fork, UT84660  801-804-4600  <a href="http://www.spanishfork.org/dept/parkrec/parks/">http://www.spanishfork.org/dept/parkrec/parks/</a></p>	Walking/Jogging Path, Tennis	Free
	<p><b>Spanish Fork Community Pool</b>  199 N 300 W  Spanish Fork, UT84660  801-798-5091</p>	Swimming/Lap Pools, Volleyball	(4-54): \$3.50


	<a href="http://www.spanishfork.org/dept/parkrec/waterpark/">http://www.spanishfork.org/dept/parkrec/waterpark/</a>		(55+) : \$2
	<b>Diamond Fork Junior High</b> 50 North 900 East Spanish Fork, UT84660 801-798-4052 <a href="http://dfjhs.nebo.edu/">http://dfjhs.nebo.edu/</a>	Track, Open grass, Tennis	Free
	<b>Spanish Fork Junior High</b> 600 South 820 East Spanish Fork, UT84660 801-798-4075 <a href="http://sfjhs.nebo.edu/">http://sfjhs.nebo.edu/</a>	Track, Open grass, Tennis	Free
	<b>Maple Mountain High</b> 51 North 2550 East Spanish Fork, UT84660 801-794-6740 <a href="http://mmhs.nebo.edu/">http://mmhs.nebo.edu/</a>	Track, Open grass, Tennis	Free
	<b>Spanish Fork High</b> 99 North 300 West Spanish Fork, UT84660 801-798-4060 <a href="http://sfhs.nebo.edu/">http://sfhs.nebo.edu/</a>	Track, Open grass, Tennis	Free
	<b>Springville Community Pool</b> 1015 E 900 S Springville, UT84663 801-489-2731 <a href="http://www.springville.org/recreation/swimming-pool/">http://www.springville.org/recreation/swimming-pool/</a>	Swimming/Lap Pools, Cardio Equipment	Adult : \$3.50
	<b>Springville Junior High</b> 189 South 1470 East Springville, UT84663 801-489-2880	Track, Open grass, Tennis	Free

	<a href="http://sjhs.nebo.edu/">http://sjhs.nebo.edu/</a>		
	<b>Springville High</b> 1205 East 900 South Springville, UT84663 801-489-2870 <a href="http://shs.nebo.edu/">http://shs.nebo.edu/</a>	Track, Open grass, Tennis	Free
	<b>Mapleton Junior High</b> 362 East 1200 North Mapleton, UT84664 801-489-2892 <a href="http://mjhs.nebo.edu/">http://mjhs.nebo.edu/</a>	Track, Open grass, Tennis	Free
	<b>Hobble Creek Parkway</b> Take the 400 South Springville exit (260) from I-15, turning east on U-77. Go straight through Springville. As you begin to climb the foothills, you'll come to a 4-way stop. Turn right (southward) towards Hobble Creek Canyon. The road will begin to veer b Springville, UT 801-851-8600 <a href="http://www.utahcounty.gov/parks/">www.utahcounty.gov/parks/</a> <a href="http://www.utahmountainbiking.com/trails/hobblecreek.htm">http://www.utahmountainbiking.com/trails/hobblecreek.htm</a>	2 Mile Trails (Jogging/Biking/Walking)	Free

# UTAH COUNTY RESOURCES






## SPRINGVILLE/SPANISH FORK: NUTRITION


	<p><b>Bountiful Baskets</b>          American Leadership Academy          Spanish Fork, UT84660          TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>
	<p><b>Macey's</b>          187 East 1000 North          Spanish Fork, UT84660          801-798-9803  <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Supermarket</p>	<p>Prices vary.</p>
	<p><b>Fresh Market</b>          652 North 800 East          Spanish Fork, UT84660          801-798-9748  <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Fresh Produce and other products</p>	<p>Prices vary</p>
	<p><b>Bountiful Baskets</b>          Reagan Academy          Springville, UT84663          TanyaandSally@BountifulBaskets.org  <a href="http://www.BountifulBaskets.org">http://www.BountifulBaskets.org</a></p>	<p>The Co-op offers a conventional produce basket very other week which is generally 1/2 fruit and 1/2 veggies.</p>	<p>The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25.</p>

	<b>Walmart Supercenter</b> 660 South 1750 West Springville, UT84663 801-489-6293 <a href="http://www.walmart.com/">http://www.walmart.com/</a>	Supermarket	Prices vary.
	<b>Mapleton Farmers Market</b> 125 West 400 North Mapleton, UT84664 801-491-1111 <a href="http://www.mapletonmarket.org/">http://www.mapletonmarket.org/</a>	Fresh Produce and other products	Prices vary

# UTAH COUNTY RESOURCES

## SPRINGVILLE/SPANISH FORK: BLOOD PRESSURE

	<p><b>Macey's</b> 187 East 1000 North Spanish Fork, UT84660 801-798-9803 <a href="http://maceys.com/">http://maceys.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure measurements are free</p>
	<p><b>Fresh Market</b> 652 North 800 East Spanish Fork, UT84660 801-798-9748 <a href="http://www.freshmarketstores.com/">http://www.freshmarketstores.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Blood Pressure free</p>
	<p><b>Fire Department</b> 370 North Main Street Spanish Fork, UT84660 801-798-5075 <a href="http://www.spanishfork.org/dept/pubsafety/fire/">http://www.spanishfork.org/dept/pubsafety/fire/</a></p>	<p>Free Measurement - call before</p>	<p>Free</p>
	<p><b>Walmart Supercenter</b> 660 South 1750 West Springville, UT84663 801-489-6293 <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>Walgreens</b> 420 S Main Street Springville, UT84663 801-853-1214 <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>	<p>Blood Pressure Machine</p>	<p>Free</p>

	<p><b>Fire Department</b> 75 West Center Street Springville, UT84663 801-491-5600 <a href="https://www.springville.org/fire-rescue/">https://www.springville.org/fire-rescue/</a></p>	Free Measurement - call before	Free
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# UTAH COUNTY RESOURCES

*SPRINGVILLE/SPANISH FORK: MENTAL HEALTH*

*NO RESOURCES CURRENTLY LISTED.*