

## Fitness and Wellness Centers

### St. Mary's Wellness Center

Address: 2470 Daniels Bridge Road Building 300  
Athens, GA 30606

Phone: (706)-389-3355

Email: [wellness@stmarysathens.org](mailto:wellness@stmarysathens.org)

Fitness Membership: Individual (\$55 enrollment fee )

3 month \$153, 6 month \$288, and annual \$550.  
Discounts available for adults over age 65.

Website: <https://www.stmarysathens.org/services/wellness-center/>

### Athens YMCA

Address: 915 Hawthorne Ave. Athens, GA  
30606

Phone: (706) 543-6596

Annual Membership Adult (16-59): \$492

Annual Senior Membership (60+): \$372

Website: <http://www.athensymca.org/cms-view-page.php?page=information-rates>

### Athens YWCO

Address: 562 Research Dr. Athens, GA 30605

Phone: (706)-354-7880

Fitness Membership (15+): \$409 annual new member, month \$46

Senior Membership (65+): \$367 annual new member, month \$46

Website: <http://www.ywco.org/>

We, St. Mary's Healthcare System and Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.



1230 Baxter Street  
Athens, GA 30606-3791



A Member of Trinity Health

## Athens Area Community Diabetes Resources

A resources guide for individuals with diabetes and their families.



## Athens Area Resources for Persons with Diabetes

This brochure was created to assist individuals with diabetes and their families in finding Athens Area Community resources for diabetes management. This brochure is not meant to be all encompassing of every resource, but offers a sampling of area resources to increase awareness of diabetes management resources in the community .

Listed resources include:

- Diabetes educations services such as classes and individual counseling
- Fitness Centers and Health Clubs
- Medication resource website

## Diabetes Education Services

### St. Mary's Diabetes Education

Classes and individual consultations available by physician's referral and are covered by Medicare and most private insurances.

Diabetes Support Group Meeting is free of charge and meets the first Tuesday of every month from 3-4:30pm at St. Mary's Hospital.

Phone: (706)-389-2060

Website: <https://www.stmarysathens.org/services/outpatient-services/diabetes-education/>

### St. Mary's Good Samaritan Hospital Diabetes Education Course

Course is free of charge and does not require a physician's referral.

Call (706)-453-5167 for more specific class dates and meeting times.

Website: <https://www.stmarysgoodsam.org/about-us/news/good-sam-offers-diabetes-education-course/>

### St. Mary's Sacred Heart Hospital Diabetes Education

Diabetes education course is free of charge through a Medicare grant and a physician's referral is not needed to attend the class.

Pre-registration for the course is required. Call (706)-356-2066 for class dates and registration.

A free support group is also offered for persons with diabetes that meets on the third Thursday of most months in the large hospital conference room from 5:30-6:30pm. Snacks are provided. Call (706)-356-7468 for more information.

Website: <https://www.stmaryssacredheart.org/sacred-heart-to-offer-free-diabetes-education-classes/>

## Diabetes Education Services Continued

### Athens Nurses Clinic Diabetes Prevention Program

For patients of lower income or without health insurance Athens Nurses Clinic offers classes weekly for persons with pre-diabetes and persons at risk for diabetes. Someone with an actual diabetes diagnosis should seek classes elsewhere.

No physician referral needed, as long as a nurse or physician has stated diabetes prevention education is needed.

Classes focus on discussing a healthy diet, physical activity, and weight loss to decrease the risk of developing diabetes.

Phone: (706)-613-6976

Address: 240 North Avenue Athens, GA 30601

### Athens YMCA: Wellness Coaching

Appointments on Tuesdays & Wednesdays with April Dorsett, RN, BSN

Phone: (706)-475-5631

Email: [April.Dorsett@piedmont.org](mailto:April.Dorsett@piedmont.org)

Website: <http://www.athensymca.org/cms-view-page.php?page=health-wellness>

## Medication Resource

### Good Rx

Good Rx is a website that helps patients find their medications at the cheapest prices possible.

Website: <https://www.goodrx.com/>

