Wellness Resources
Insuring Healthy Lifestyles
February 2016
**ALZHEIMER’S DISEASE**

Administration on Aging  
http://www.aoa.gov  
1-202-619-0724

Alzheimer's Association®  
www.alz.org  
24/7 Helpline 1-800-272-3900

Dolan DNA Learning Center –  
http://yourgenesyourhealth.org/alz/whatis.htm

What is Alzheimer Disease?  
http://yourgenesyourhealth.org/alz/whatis.htm

National Institute of Neurological Disorders & Stroke  
www.ninds.nih.gov  
1-800-352-9424

National Institute on Aging  
http://www.nia.nih.gov/alzheimers

Alzheimer’s Foundation of America  
www.alzfdn.org  
1-866-232-8484

The Fisher Center for Alzheimer’s Research Foundation  
www.alzinfo.org  
1-800-259-4636

Alzheimer’s Disease Education and Referral Center  
1-800-438-4380

National Institutes of Health  
http://nihseniorhealth.gov/alzheimersdisease/whatisalzheimersdisease/01.html

**ARTHRITIS**

National Institute of Arthritis & Musculoskeletal & Skin Disease  
http://www.niams.nih.gov/Health_Info/Arthritis/default.asp  
1-877-226-4267

The Arthritis Foundation  
www.arthritis.org  
1-404-872-7100

Center for Disease Control and Prevention - Arthritis  
www.cdc.gov/arthritis  
1-800-232-4636
### Chronic Disease Management

#### ASTHMA & ALLERGIES

<table>
<thead>
<tr>
<th>Organization</th>
<th>Website</th>
<th>Phone</th>
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<tr>
<td>Allergy &amp; Asthma Network-Mothers of Asthmatics</td>
<td><a href="http://www.aanma.org">www.aanma.org</a></td>
<td>1-800-878-4403</td>
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<tr>
<td>American Academy of Allergy Asthma &amp; Immunology</td>
<td><a href="http://www.aaaai.org">www.aaaai.org</a></td>
<td>1-414-272-6071</td>
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<tr>
<td>Centers for Disease Control and Prevention – Asthma</td>
<td><a href="http://www.cdc.gov/asthma/">www.cdc.gov/asthma/</a></td>
<td>1-800-232-4636</td>
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<tr>
<td>Food Allergy and Anaphylaxis Network</td>
<td><a href="http://www.foodallergy.org">www.foodallergy.org</a></td>
<td>1-800-929-4040</td>
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<tr>
<td>The American Lung Association-Asthma &amp; Allergy</td>
<td><a href="http://www.lung.org">http://www.lung.org</a></td>
<td>1-800-548-8252</td>
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<tr>
<td>The Asthma &amp; Allergy Foundation of America</td>
<td><a href="http://www.aafa.org">www.aafa.org</a></td>
<td>1-800-727-8462</td>
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<tr>
<td>Celiac Disease Foundation</td>
<td><a href="http://www.celiac.org">www.celiac.org</a></td>
<td>1-818-716-1513</td>
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**Chronic Disease Management**

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<tr>
<th><strong>CANCER</strong></th>
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<td>American Cancer Society®</td>
<td><a href="http://www.cancer.org">www.cancer.org</a> 1-800-227-2345</td>
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<tr>
<td>American Institute for Cancer</td>
<td><a href="http://www.aicr.org">www.aicr.org</a> 1-800-843-8114</td>
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<tr>
<td>Research</td>
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<tr>
<td>Cancer Care Services</td>
<td><a href="http://www.cancercare.org">www.cancercare.org</a> 1-800-813-4673</td>
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<td>Greater St. Louis</td>
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<tr>
<td>Cancer.net</td>
<td><a href="http://www.cancer.net">www.cancer.net</a> 1-888-651-3038</td>
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<tr>
<td>CancerNews- Information</td>
<td><a href="http://www.cancernews.com">www.cancernews.com</a> 1-877-391-5051</td>
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<tr>
<td>Clearinghouse</td>
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<tr>
<td>National Cancer Institute®</td>
<td><a href="http://www.cancer.gov">www.cancer.gov</a> 1-800-422-6237</td>
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<tr>
<td>National Coalition for Cancer</td>
<td><a href="http://www.canceradvocacy.org">www.canceradvocacy.org</a> 1-877.622.7937</td>
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<tr>
<td>Survivorship</td>
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<td>Prevent Cancer Foundation</td>
<td><a href="http://www.preventcancer.org">www.preventcancer.org</a> 1-800-227-2732</td>
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<tr>
<td>Susan G. Komen Breast Cancer</td>
<td><a href="http://www.komenstlouis.org">www.komenstlouis.org</a> 314-569-3900</td>
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<tr>
<td>Foundation®</td>
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<tr>
<td>The Skin Cancer Foundation</td>
<td><a href="http://www.skincancer.org">www.skincancer.org</a> 1-212-725-5176</td>
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**J.W. TERRILL**

J.W. Terrill Wellness Resources / February 2016
## Chronic Disease Management

### DIABETES
- **American Diabetes Association®**
  - [www.diabetes.org](http://www.diabetes.org)
  - 1-800-342-2383
- **Defeat Diabetes Foundation**
  - [www.defeatdiabetes.org](http://www.defeatdiabetes.org)
- **Diabetes & Vascular Research Foundation**
  - [www.kilorf.com](http://www.kilorf.com)
  - 314-434-6500
- **Diabetes Mall**
  - [www.diabetesnet.com](http://www.diabetesnet.com)
  - 1-800-988-4772
- **Diabetes Research & Wellness Foundation®**
  - [http://www.diabeteswellness.net](http://www.diabeteswellness.net)
  - 1-202-298-9211
- **International Diabetes Federation**
  - [www.idf.org](http://www.idf.org)
- **National Center for Chronic Disease Prevention**
  - [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)
  - 1-800-232-4636
- **National Institute of Diabetes & Digestive & Kidney Diseases**
  - [www.niddk.nih.gov](http://www.niddk.nih.gov)
  - 1-301-496-3583

## Fitness Clubs/Corporate Memberships

- **24 Hour Fitness® – Corporate Wellness**
  - [www.24hourfitness.com](http://www.24hourfitness.com)
  - 1-925-543-3024
- **Bally Total Fitness™**
  - [www.ballyfitness.com](http://www.ballyfitness.com)
  - 1-800-515-2582
- **City of Saint Peters RecPlex**
  - [http://www.stpetersmo.net/about-the-rec-plex.aspx](http://www.stpetersmo.net/about-the-rec-plex.aspx)
  - 636-939-2386
- **Club Fitness™**
  - [www.clubfitness.us](http://www.clubfitness.us)
  - 1-866-551-2582
- **Curves®**
  - [www.curves.com](http://www.curves.com)
  - 1-800-287-8373
- **Gold’s Gym®**
  - [www.goldsgym.com/gyms/missouri](http://www.goldsgym.com/gyms/missouri)
  - [www.goldsgym.com/gyms/illinois](http://www.goldsgym.com/gyms/illinois)
- **Lifetime Fitness®**
  - [www.lifetimefitness.com](http://www.lifetimefitness.com)
Wellbridge Athletic Club & Spa
www.wellbridge.com
314-746-1500 – Clayton
636-207-3000 – Town & Country

YMCA® of Greater St. Louis
www.ymcastlouis.org
314-436-1177

American College of Sports Medicine
www.acsm.org
1-317-637-9200

Let’s Move
http://www.letsmove.gov/

Map My Run
http://www.mapmyrun.com/

National Association for Health & Fitness
www.physicalfitness.org

Shape Up America
www.shapeup.org

Small Changes for Health
www.smallchangesforhealth.com

Spirit of St. Louis Marathon & Family Fitness Weekend
www.gostlouis.org
314-727-0800

Rock ‘n’ Roll Marathon
http://runrocknroll.competitor.com/st-louis
1-800-311-1255

The Cooper Institute
www.cooperinstitute.org
1-800-635-7050

The President’s Fitness Challenge
www.presidentschallenge.com
1-800-258-8146

Trailnet
www.trailnet.org
314-436-1324

American Heart Association®
www.heart.org
1-800-242-8721

Know Stroke
http://stroke.nih.gov/
1-800-352-9424

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**Mental Health**

Kristin Brooks Hope Center – suicide prevention  
[www.hopeline.com](http://www.hopeline.com)  
1-800-442-4673

Disaster Distress Helpline  
1-800-985-5990

Missouri Dept. of Mental Health  
573-751-8017

**Suicide Crisis Hotline**  
1-800-784-2433

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)  
1-866-615-6464

National Suicide Prevention Line  
1-800-273-8255

Postpartum Support International  
[http://www.postpartum.net](http://www.postpartum.net)  
1-800-944-4773

Provident – Creating Hope, Self-Reliance & Social Impact  
[www.providentstl.org](http://www.providentstl.org)  
24-hour Suicide Crisis Hotline:  
314-647-4357  
Adult Treatment Groups  
314-802-2672  
Free Counseling to youth under 20 and their families  
314-533-8200

Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)  
1-877-726-4727

Suicide Prevention  
[www.metanoia.org/suicide](http://www.metanoia.org/suicide)  
1-800-273-8255
| Nutrition |
|-----------------|---------------------------------|
| Weight Watchers® Corporate Solutions | www.weightwatchers.com 1-800-828-9675 |
| Academy of Nutrition and Dietetics - Corporate Relations | www.eatright.org 312-899-0040 (ext. 4804) |
| Castlewood Treatment Center - St. Louis Eating Disorders Treatment Programs | http://www.castlewoodtc.com 1-877-937-4418 |
| CDC Work Place Health Promotion | http://www.cdc.gov/workplacehealthpromotion/ |
| Center for Science in the Public Interest | www.cspinet.org 1-202-332-9110 |
| Centers for Disease Control-Obesity & Overweight | http://www.cdc.gov/obesity/index.html |
| Food & Nutrition Information Center | http://fnic.nal.usda.gov/ 1-301-504-5414 |
| Jenny Craig® Corporate Programs | www.jennycraig.com/corporate/programs 1-760-696-4526 |
| McCallum Place – St. Louis Eating Disorders Treatment Programs | www.mccallumplace.com 1-800-828-8158 |
| National Osteoporosis Foundation | http://www.nof.org/ 1-800-231-4222 |
| NIH Osteoporosis and Related Bone Diseases National Resource Center | http://www.niams.nih.gov/Health_Info/Bone/default.asp 1-800-624-2663 |
| Nutrition Information For You | http://www.nutrition.gov |
The Whole Grains Council  www.wholegrainscouncil.org  1-617-896-4888
Tufts University Health & Nutrition Letter  www.tuftshealthletter.com
UC Berkeley Wellness Letter  http://www.berkeleywellness.com
USDA Choose My Plate  www.choosemyplate.gov

Parks & Recreation

St. Louis County Parks  www.stlouisco.com/parks  314-615-4386
St. Charles County Parks Dept.  http://parks.sccmo.org/parks/  636-949-7535
Missouri State Parks & Historic Sites  www.mostateparks.com  1-800-334-6946
Jefferson County Parks  http://www.jeffcomo.org/parks/index.cfm  636-797-5334
City of St. Peters Missouri  www.stpetersmo.net  636-477-6600
Illinois Department of Natural Resources  www.dnr.illinois.gov  217-782-6232
Illinois State Parks  http://www.stateparks.com/il.html

Safer Living

American Red Cross  http://www.redcross.org/  1-800-733-2767
Federal Emergency Management Agency  www.fema.gov  1-800-621-3362
McGruff the Crime Dog®  www.mcgruff.org

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National Crime Prevention Council  
www.ncpc.org  
1-202-466-6272

National Safety Council®  
www.nsc.org  
1-800-621-7615

SafeKids®  
www.safekids.org  
1-202-662-0600

The Safe America Foundation®  
www.safeamerica.org  
1-770-973-7233

US Consumer Product Safety Commission  
www.cpsc.gov  
1-800-638-2772

AARP  
www.aarp.org  
1-888-687-2277

Eldercare Locator  
http://eldercare.gov/Eldercare.NET/Public/index.aspx  
1-800-677-1116

Family Caregiver Alliance®  
https://www.caregiver.org  
1-800-445-8106

Health Information for Older Adults  
http://nihseniorhealth.gov

MEDLINEplus Senior Health Issues  

Mid-East Area Agency on Aging  
http://mid-eastaaa.org/  
636-207-1323  
1-800-243-6060

US Administration on Aging  
www.aoa.gov  
202-401-1116

National Senior Games Assoc®  
www.nsga.com

St. Louis Senior Olympics  
www.stlouisseniorolympics.org

12-step Approach to Quitting  
www.nicotine-anonymous.org  
1-877-879-6422

American Cancer Society®  
www.cancer.org  
1-800-227-2345

American Lung Association Online  
www.ffsonline.org
Freedom from Smoking
American Lung Association®
http://www.lung.org/
314-645-5505

ASHES (Assistance & Self-Help to End Smoking)
314-539-9550

Become An Ex™
www.becomeanex.org

Campaign for Tobacco Free Kids™
www.tobaccofreekids.org
1-202-296-5469

Hypnosis and Smoking Cessation
314-434-4434

QuitNet®
www.quitnet.com

Smokefree.gov
http://smokefree.gov

Tobacco free St. Louis Quit Line
www.tobaccofreestl.org
1-800-784-8669

Tobacco-free
www.tobaccofree.org

Tobacco-free Missouri
www.tobaccofreemo.org

Vision

All About Vision
http://www.allaboutvision.com

American Academy of Ophthalmology
http://www.aao.org/

National Eye Institute
www.nei.nih.gov
1-301-496-5248

Prevent Blindness America®
www.preventblindness.org

Work/Life Balance

The American Institute of Stress
http://www.stress.org/workplace-stress/

Child Care Aware®-Child Care Locator
www.childcareaware.org
1-800-424-2246
General Health Resources

Eldercare Locator  
www.eldercare.gov  
1-800-677-1116

Family First®  
www.familyfirst.net

MedlinePlus Stress management  

Parents As Teachers  
www.parentsasteachers.org  
314-432-4330

American Cleaning Institute  
www.cleaninginstitute.org

BJC Community Health Services  
http://www.bjc.org/In-Your-Community/BJC-Community-Health-Services  
314-996-3740

Find a Doctor from Healthgrades  
http://www.healthgrades.com

U.S. Food and Drug Administration  
www.fda.gov/

Glo Germ™  
www.glogerm.com

Health Central  
www.healthcentral.com

Healthfinder  
www.healthfinder.gov

Healthy People  
www.healthypeople.gov

KidsHealth®  
www.kidshealth.org

Mayo Clinic  
www.mayoclinic.com

Medical News and Information from MDLinx  
http://www.mdlinx.com

Medline Plus Trusted Health Information  
www.nlm.nih.gov/medlineplus/

National Institutes of Health  
www.nih.gov

Office of Disease Prevention and Health Promotion  
www.health.gov  
240-453-8280

Pan American Health Organization  
www.paho.org
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<th>Service</th>
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<td>St. Charles County Dept.</td>
<td><a href="http://www.sccchealth.org">http://www.sccchealth.org</a></td>
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<td>Community Health &amp; The Environment</td>
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<td>St. Louis County Health Department</td>
<td><a href="http://www.stlouisco.com/healthandwellness">http://www.stlouisco.com/healthandwellness</a></td>
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<td>The American Red Cross</td>
<td><a href="http://www.redcrossstl.org">www.redcrossstl.org</a></td>
<td>314-516-2800</td>
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<tr>
<td>Women's Health Information Center</td>
<td><a href="http://womenshealth.gov/">http://womenshealth.gov/</a></td>
<td>1-202-690-7650</td>
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<td>WebMD®</td>
<td><a href="http://www.webmd.com">www.webmd.com</a></td>
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<td><strong>Hospitals</strong></td>
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<tr>
<td>Barnes-Jewish Hospital At</td>
<td><a href="http://www.barnesjewish.org">www.barnesjewish.org</a></td>
<td>314-747-3000</td>
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<tr>
<td>Washington University Medical Center (BJC)</td>
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<tr>
<td>Barnes-Jewish St. Peters (BJC)</td>
<td><a href="http://www.bjsph.org">www.bjsph.org</a></td>
<td>636-916-9000</td>
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<td>Barnes-Jewish West County (BJC)</td>
<td><a href="http://www.barnesjewishwestcounty.org">www.barnesjewishwestcounty.org</a></td>
<td>314-996-8000</td>
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<tr>
<td>Cardinal Glennon Children's Hospital (SSM)</td>
<td><a href="http://www.cardinalglennon.com">www.cardinalglennon.com</a></td>
<td>314-577-5600</td>
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<tr>
<td>Children's- St. Louis Children's Hospital (BJC)</td>
<td><a href="http://www.stlouischildrens.org">www.stlouischildrens.org</a></td>
<td>314-454-6000</td>
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<tr>
<td>Christian Hospital (BJC)</td>
<td><a href="http://www.christianhospital.org">www.christianhospital.org</a></td>
<td>314-653-5000</td>
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<td>DePaul Health Center (SSM)</td>
<td><a href="http://www.ssmhealth.com/depaul">www.ssmhealth.com/depaul</a></td>
<td>314-344-6000</td>
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<tr>
<td>Des Peres Hospital</td>
<td><a href="http://www.despereshospital.com">www.despereshospital.com</a></td>
<td>314-966-9100</td>
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Mercy Hospitals
http://www.mercy.net/
314-251-6000

Mercy Hospital Jefferson
https://www.mercy.net/festusmo

Missouri Baptist Medical Center (BJC)
www.missouribaptist.org
314-996-5000

Progress West Hospital (BJC)
www.progresswesthealthcare.org
636-344-1000

Shriners Hospital
www.shrinershospitalsforchildren.org
314-432-3600

St. Alexius Hospital
www.stalexishospital.com
314-865-7000

St. Anthony's Medical Center
www.stanthonyssmedcenter.com
314-525-1000

St. Clare Health Center (SSM)
www.ssmhealth.com/stclare
636-496-2000

St. Elizabeth's Hospital of Belleville
www.steliz.org
618-234-2120

SSM Health
www.ssmhealth.com
855-989-6789

St. Joseph Hospital – Lake Saint Louis (SSM)
www.ssmhealth.com/hospitalwest
636-625-5200

St. Joseph Hospital – St. Charles (SSM)
www.ssmhealth.com/stjoseph
636-947-5000

St. Joseph Hospital – Wentzville (SSM)
http://www.ssmhealth.com/sjwz
636-327-1000

St. Louis University Hospital
http://www.ssmhealth.com/sluhospital
314-577-8000

St. Luke's Hospital
www.stlukes-stl.com
314-434-1500

St. Mary's Health Center (SSM)
www.ssmhealth.com/stmarys
314-768-8000

* If this is a medical emergency call 911
<table>
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<tr>
<th>Health Insurance Carriers</th>
<th><a href="http://www.aetna.com">www.aetna.com</a></th>
<th>1-800-872-3862</th>
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<tbody>
<tr>
<td>Aetna®</td>
<td><a href="http://www.anthem.com">www.anthem.com</a></td>
<td></td>
</tr>
<tr>
<td>Anthem®- Blue Cross Blue Shield</td>
<td><a href="http://www.cigna.com">www.cigna.com</a></td>
<td>1-800-997-1654</td>
</tr>
<tr>
<td>Cigna®</td>
<td><a href="http://www.coventryhealthcare.com">www.coventryhealthcare.com</a></td>
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<td>Coventry HealthCare</td>
<td><a href="http://www.uhc.com">www.uhc.com</a></td>
<td>1-800-627-0687</td>
</tr>
<tr>
<td>United Healthcare®</td>
<td></td>
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<td>The Health Enhancement Research</td>
<td><a href="http://www.the-hero.org/">http://www.the-hero.org/</a></td>
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<td>National Wellness Institute</td>
<td><a href="http://www.nationalwellness.org">www.nationalwellness.org</a></td>
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<td>Partnership for Prevention</td>
<td><a href="http://www.prevent.org">www.prevent.org</a></td>
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<td>President’s Council on Fitness,</td>
<td><a href="http://www.fitness.gov">www.fitness.gov</a></td>
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<td>Sports and Nutrition</td>
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<td>Small Changes for Health</td>
<td><a href="http://www.smallchangesforhealth.com">www.smallchangesforhealth.com</a></td>
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<td>Wellness Council of America</td>
<td><a href="http://www.welcoa.org">www.welcoa.org</a></td>
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<td>Workplace Health Promotion</td>
<td><a href="http://www.cdc.gov/workplacehealthpro">http://www.cdc.gov/workplacehealthpro</a></td>
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<td>Healthy Recipes</td>
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<td>American Heart Association</td>
<td><a href="http://www.heart.org">www.heart.org</a></td>
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<td>American Institute for Cancer</td>
<td><a href="http://www.aicr.org/reduce-your-cancer-">http://www.aicr.org/reduce-your-cancer-</a></td>
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<table>
<thead>
<tr>
<th>Websites</th>
<th>URLs</th>
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<tr>
<td>Cooking Light</td>
<td><a href="http://www.cookinglight.com">www.cookinglight.com</a></td>
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<td><a href="http://coxhealth.webhealthyrecipes.com/">http://coxhealth.webhealthyrecipes.com/</a></td>
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<td>Mrs. Dash</td>
<td><a href="http://www.mrsdash.com">www.mrsdash.com</a></td>
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