

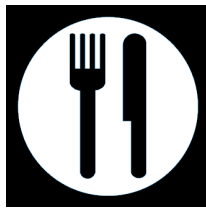
# Need Assistance?

DIAL

2.1.1



Utility



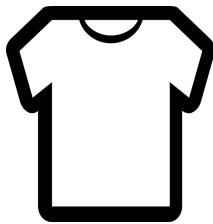
Food



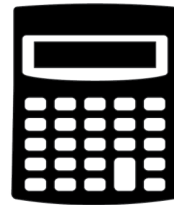
Rent



Transportation



Clothing



Tax Preparation



Job Finding  
Assistance



Medical



Legal Services



United Way of  
McMinn and Meigs Counties

## 9-8-8 National Suicide and Crisis Lifeline

**Report Child Abuse**, (877) 237-0004

**Adult Protective Services**, 1-888-APS-TENN

**Street Grace**, (833) FREE 2 BE or (833) 373-3223,  
Exploitation, Runaway

**National Domestic Violence Hotline**, 800-799-7233

**Statewide Crisis Line, Help in Mental Health Crisis**  
(855) CRISIS 1 or Text 'TN' to 741741

**Love is Respect, 24/7 Relationship Help, Safety Plans**, (866) 331-9474 or Text 'LOVEIS' to 22522

**Community Compass**: Search for free or reduced cost services like medical care, food, job training, and more. <https://communitycompass.tn.gov/>

## Substance Use-

**10<sup>th</sup> Judicial District Recovery Court-**  
170 North Ocoee St., Suite 301, Cleveland  
(423) 339-0480

**AA- Cooke Ministry Center-** 714 Walter St., Athens,  
Monday @ 5:30pm, (423) 506-0736

**AA- Christ Community Church-** 14 Congress Pkwy  
S., Athens, (866) 641-9190  
Monday @ 7:00pm and Friday @ 7:00pm

**AA- Keith Memorial United Methodist Church-**  
600 W. Madison Ave., Athens

**Al-Anon (Family Group)** - Keith Memorial United  
Methodist Church, 600 W. Madison Ave., Athens  
(423) 745-2612

## **Celebrate Recovery -**

**-Englewood Church of God**, 9 Church St.,  
Englewood- Meets on Sunday @ 6pm  
(423) 887-5901

**- Jones Chapel UMC**, 590 C.R. 778, Athens-  
Meets on Sunday @7:30pm, (423) 887-5901

**-Woodward Ave. Church of God**, 507 Woodward  
Ave., Athens- Meets on Tuesday @ 6pm,  
(423) 435-1722

**Clean Living Athens-** Women's Sober Living House.  
405 Cleveland Ave., Athens. (305) 842-1805.  
[www.cleanlivingathens.org](http://www.cleanlivingathens.org)

**Foundation House-** A Maternity home that walks  
with women trapped in a crisis lifestyle on their journey  
towards faith and stability. We provide job training,  
classes of all types, family and court advocacy, case  
management, supervised visits, and non-residential  
services. Serves mothers in crisis. Non-Residential as  
well as Residential services. (423) 464-5351

**Freedom from Smoking, Smoking Cessation-**  
Starr Regional Medical Center, 1114 W. Madison  
Ave., Athens (423) 745-7431

**"Journey" Support Group** – Hillcrest Church, 581  
Hillcrest Cir., Etowah, (423) 781-5033

**Health Connect America** – Teen & Adult programs,  
808 S. White St., Athens, (423) 252-0871

**Lifeline Peer Project**, connect people to treatment  
for mental health and substance misuse, faith-  
based support, peer support and mentoring  
support. (423) 933-6772

**Miracle Lake Christian Training Center-** Biblical  
approach to recovery, residential and transitional  
living.  
182 Co. Rd. 498, Etowah  
(423) 263-2583



## Healthy Relationship Resources

**NA (Narcotics Anonymous)** - St. Paul's Episcopal, 123 S. Jackson St., Athens (423) 745-2224

**Planted in Christ Outreach Fellowship**- Thursdays at 7pm, 317 Maple St., Athens (423) 435-8986

**Remnant House Ministries**- 12-month Christ-centered program for men (18-45yrs.) who have life struggles. 3230 Hwy. 411, Englewood (423) 370-6015

[www.recoverywithinreach.org](http://www.recoverywithinreach.org) - Tennessee resource for help with recovery: housing, peer support, legal, living with systems involved and healing from trauma

**Rick Ingram Ministry**- Faith-based, transitional living facility for men releasing from jail or prison, 2371 Hwy. 411 N., Etowah, (423) 781-8165

**RISE Navigator (Recovery, Information, Support and Engagement)**- McMinn County Health Dept., navigate and linkage to recovery resources, counseling, detox and treatment for substance use. (423) 362-6252 (call or text).

**Straightway Ministry**- Faith-based, transitional living facility for men, 1303 Frye St., Athens (423) 371-0269

**Women at the Well**- Residential, faith-based discipleship and recovery program, 881 Co. Rd. 655, Athens, (423) 745-0010

### Difficult Feelings/ Behavioral Health-

**Agile Mind Counseling**- 506 Maple St., Athens (423) 746-2441

**Alzheimer's Support Group** - Starr Regional Medical Center, 1114 W. Madison Ave., Athens, 2<sup>nd</sup> Tuesday @ 7pm, (423) 746-5212

**Area Widows Group**, Athens Church of Christ, 1016 North Ave., Athens, (423) 618-0439

**Cherokee Health Systems, Medical Therapy**- 3360 Hwy 411 N., Englewood, (423) 887-5131

**Christian Counseling Services**- (423) 507-4557

**Evolve Counseling Services**- 744 Tell St., Athens, (423) 507-8826

**Grief Support Groups** – GRIEFSHARE

- *Clearwater Baptist Church*, 964 CR 180, Athens, (423) 744-7147

- *Athens Church of Christ*, 1016 North Ave., Athens, (423) 745-0554 or (865) 603-8313

**Health Connect America**- 808 S. White St., Athens, (423) 252-0871

**Helen Ross McNabb Center**- 584 Congress Pkwy. S., Athens, (423) 507- 0887

**Hiwassee Mental Health Center**- 1701 Ingleside Ave., Athens, (423) 745-8802

**Love Without Walls Mental Health Center**- 111 Park St., Athens, (423) 252-0075

**Omni Community Health**- 404 S. White St., Athens, (877) 258-8795

**PTSD Support Group**- Athens Lutheran Church, 710 Forrest Ave., Athens, 1<sup>st</sup> Tuesday @ 6:30pm (423) 745-9419



**HRM**

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Healthy Relationships McMinn

## Healthy Relationship Resources

**RELAX, Anger Management** –UT Extension,  
McMinn Higher Education Center, 2345 Denso Dr.,  
Suite 167 Athens, (423) 745-2852

**Stephen Ministry-** (care for hurting people) – Keith  
Memorial United Methodist Church, 600 W.  
Madison Ave., Athens, (423) 745-2612

**Volunteer Behavioral Health-** 1805 Ingleside Ave.,  
Athens, (423) 745-8802

### Couples Relationships-

**5 Love Languages Workshop** for couples or  
parents, UT Extension, 2345 Denso Dr., Suite 167  
Athens, (423) 745-2852

**A Step Ahead Chattanooga-** Couple relationship  
education, free contraception and well check exams –  
(423) 265-7838

**Hope Center, Inc.-** Domestic Violence Program,  
Sexual Assault Center, Athens, 423-744-0599  
24/7 Hotline & Crisis Line, (423) 745-5289

**Marriage L.I.N.K.S. Workshop** - UT Extension, 2345  
Denso Dr., Suite 167 Athens, (423) 745-2852

**P.I.C.K. a Partner (How to Avoid Falling in a Love  
with Jerk(ette))** - UT Extension, 2345 Denso Dr.,  
Suite 167 Athens, (423) 745-2852

### **Pre-Marital Counseling:**

- Athens Christin Church 423-333-5085
- Keith United Methodist Church 423-745-2612

**OneLife** - Full Circle, 510 Old Riceville Rd., Athens,  
(423) 744-3005

### **Serve and Sow Ministries**

Premarital Counseling & Marriage Enrichment  
Counseling

Website: [serveandsow.org](http://serveandsow.org)

Phone: 423-453-2041

### Divorced-

**Co-Parenting, Parenting Apart** - UT Extension,  
2345 Denso Dr., Suite 167 Athens, (423) 745-2852

**Divorce Education-** Cleveland State Community  
College, (423) 473-2270

**Divorce Recovery Group** - Allen Memorial United  
Methodist Church, 800 Decatur Pike, Athens  
(423) 745-1560

**Health Connect America** – Outpatient Therapy  
808 S. White St., Athens (423) 252-0871

**Legal Aid of East Tennessee-** 535 Chestnut St.  
#360, Chattanooga, (423) 756-4013

### Parenting/ Parents-

**A Step Ahead Chattanooga** - Parenting classes  
(423) 265-7838

**Athens City Schools, Family Engagement-**  
943 Crestway Dr., Athens  
(423) 745-2863

**Department of Children Services (DCS)-** 1008  
Knight Rd., Athens, (423) 744-2804

-Child Support Hotline (24/7), (800) 838-6911



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Healthy Relationships McMinn

## Healthy Relationship Resources

### **Full Circle Medical Center for Women**

Parent Education, Post-Abortion Care and  
Materials Support for Expectant Mothers  
510 Old Riceville Rd., Athens  
(423) 744-3005

### **Health Connect America, Parent Education**

808 S. White St., Athens, (423) 252-0871

**McMinn County Health Department-** 393 CR 554,  
Athens, TN., (423) 745-7431

**McMinn County Schools** - Family Engagement and  
Parent Liaison, 423-745-1612 ext 1318

**Nurture the Next**, Healthy Families and Nurturing  
Parenting- 5709 Uptain Rd., Chattanooga  
(423) 333-6999

**Relative Caregiver-** Provides services for relatives  
raising non-birth children. (866) 735-8752

**Tennessee Department of Human Services, Smart  
Steps**, Childcare assistance, application online:

<https://www.tn.gov/humanservices/for-families/child-care-services/child-care-payment-assistance.html>

(833) 740-1440

**tnstep**, we help caregivers with children birth to 26  
years with a diagnosed or suspected disability or  
special healthcare/ mental health need.  
(423) 638-5819

### **UT Extension, Parent Piece by Piece**

UT Extension, 2345 Denso Dr., Suite 167 Athens  
(423) 745-2852

### **Senior Citizens-**

**Etowah Senior Center** – 435 Cooper St., Etowah,  
(423) 781-7632

**Home Helpers-** Non-medical in-home care. (423)  
339-5593

**McMinn County Senior Activity Center** –  
205 McMinn Ave., Athens, (423) 745-6830

**TN Adult Protective Services-**To report abuse,  
neglect or exploitation of vulnerable adults.  
1008 Knight Road, Athens, TN 37303  
Intake hotline: 888-277-8366 or web referral  
<https://reportadultabuse.dhs.tn.gov>

### **Youth-**

**Afterschool Care-**YMCA and YCAP – 205 Knoxville  
Ave., Athens, (423) 745-4904

### ***Before and After School Care-***

-Athens City Schools Kids Connection, (423) 745-  
6295

-McMinn County Schools, MPP Program, (423) 745-  
1612 ext. 1318

**CASA (Court Appointed Special Advocates) For  
Children-** 112 E. Washington Ave., Athens, (423)  
746-9037

### ***Church Youth Groups***

**Foster Village East TN.**, Support for foster families.  
2911 Congress Pkwy., Athens. (423) 405-3503

### ***Health Connect America***

808 S. White St., Athens, (423) 252-0871



**HRM**

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Healthy Relationships McMinn

## *Healthy Relationship Resources*

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**Headstart-** School readiness of children ages 0-5 from eligible families through education, health, social and other support services.

- Athens, (423) 479-9339
- Calhoun, (423) 336-1049
- EK Baker, (423) 745-8274
- Mtn. View (423) 479-9339
- Niota (423) 479-9339

**Helen Ross McNabb Center** – Outpatient mental health services. 584 S. Congress Pkwy., Athens, (800) 255-9711

**Hiwassee Mental Health, Positive Actions**  
1701 Ingleside Ave., Athens, (423) 745-8802

**Homeless/Foster Care Liaison-** McMinn County Schools - 423-745-1612 ext 1318

**Hope Center, Inc.- Child Advocacy Center,** 704 W. Madison Ave., Athens, (423) 744-0599

**Isaiah 117 House-** Provides physical and emotional support in a safe and loving home for children awaiting foster care placement.  
(423) 519-3393

**McMinn Co. Juvenile Services,** Child and Family Services, (423) 745-8782

**System of Care Across Tennessee (SOCAT)** serves children, youth and families experiencing emotional or behavioral concerns that affect their daily life. (615) 981-0074 or  
<https://socacrosstn.org/make-a-referral/>

Updated, 8/25/25  
Healthy Relationships McMinn (HRM), [skite@utk.edu](mailto:skite@utk.edu)  
(Information may change, please contact the agency first).



**HRM**

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Healthy Relationships McMinn

## 9-8-8 National Suicide and Crisis Lifeline

**Report Child Abuse**, (877) 237-0004

**Adult Protective Services**, 1-888-APS-TENN

**Street Grace**, (833) FREE 2 BE or (833) 373-3223,  
**Exploitation, Runaway**

**National Domestic Violence Hotline**, 800-799-7233

**Statewide Crisis Line, Help in Mental Health Crisis**  
(855) CRISIS 1 or Text 'TN' to 741741

**Love is Respect, 24/7 Relationship Help, Safety Plans**, (866) 331-9474 or Text 'LOVEIS' to 22522

**Community Compass:** Search for free or reduced cost services like medical care, food, job training, and more. <https://communitycompass.tn.gov/>

## **SNAP (Supplemental Nutrition Assistance Program)**

Apply online: <https://faonlineapp.dhs.tn.gov/>

McMinn County Office, 1008 Knight Rd., Athens, TN.  
423-744-2800

M-F, 8:00am – 4:30pm

## **WIC**

**McMinn County Health Dept.**

393 County Road 554, Athens TN 37303.

423-745-7431

M-F, 8:00am-4:30pm (MUST set up an appointment)

## **Budgeting/ Debt Reduction-**

**Serve and Sow Ministries**

Debt Elimination & Budgeting Coaching

Website: [serveandsow.org](http://serveandsow.org)

Phone: 423-453-2041

## **Educational/Employment-**

### **Adult Education**

202 Hicks St., Athens

423-745-5111

Day Classes: Tues, Wed. Thurs., 9am-noon

Night Classes: Mon-Thurs., 5pm-8pm

### **American Job Center @ TCAT**

1635 Technology Way, Athens

(423) 745-2028

### **Cleveland State Community College**

McMinn Higher Education Center

2345 Denso Dr., Suite 132, Athens

(423) 745-8486

### **Manpower**

313 Decatur Pike, Athens, TN

423-381-8810

M-F, 8:00-6:00pm

### **McMinn Higher Education Center**

(Cleveland State Community College, Tennessee  
College of Applied Technology and UT Extension)

2345 Denso Drive, Athens TN

423-745-8158

### **Randstand**

614 Decatur Pike, Athens, TN

423-745-0082

M-F, 8:00-5:00pm

More jobs? 423-420-0645

### **Tennessee College of Applied Technology (TCAT)**

1635 Vo-Tech Dr., Athens

423-744-2814

### **Tennessee Promise Scholarship,**

[www.tn.gov/tnpromise](http://www.tn.gov/tnpromise)



**HRM**

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Healthy Relationships McMinn



# Financial Difficulty Resources

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## **Tennessee Wesleyan University**

204 E. College St., Athens  
423-745-7504

## **Tri- County Center**

School to Work Transitional Program  
Ages 17 years and older  
3030 Lee Hwy., Athens TN.  
423-745-8902

## **Skill Up Tennessee (SNAP Employment & Training)**

### **UT Extension- McMinn**

2345 Denso Drive, Suite 167, Athens, TN.  
423-745-2852  
Support for job skills, training, school, & employment.  
Helps with school expenses, gas cards, uniform,  
supply needs, etc.

## **Vocational Rehabilitation Department**

3069 Overlook Dr. NE #A, Cleveland, TN  
423-478-0330  
Employment-focus for individuals with disabilities

## **Free Meals-**

### **Englewood Church of God**

18 West Athens Street, Englewood, TN  
423-887-5901  
Every Wednesday at 6:00 pm

### **Etowah Senior Center**

435 Cooper St., Etowah, TN.  
423-781-7632  
Lunch 11:30 Monday – Friday  
Food Boxes on Thursdays between 10-12p.m.

### **Grace and Mercy Ministries**

714 Walter Street Athens, TN  
Monday and Friday 12:00p.m.

## **McMinn Co. Veteran Services**

Veterans, spouses, and widows  
5 E. Madison Avenue, Athens TN  
Call to register for the Food Voucher Program  
423-744-1605

## **Seventh Day Adventist Church**

230 New Englewood Road Athens, TN  
2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month  
12:00 meal after service

## **Food Pantry/ Distribution-**

### **Better Living Center**

407 New Englewood Road, Athens, TN  
423-744-7325  
*Food Bags:* Apply in person (Every Tuesday  
10:00a.m.-4:00p.m. food pantry closed for lunch 12-  
1pm  
*Thrift Store:* (Every Thursday 9:00am–1:00pm)

### **Calhoun United Methodist Church**

820 Highway 163 Calhoun TN, 37309  
423-336-2484  
Food pantry open the 1<sup>st</sup> & 3rd Thursday of the  
month. Call for more info.

### **Coordinated Charities**

109 Rocky Mount Road, Athens, TN  
*Assistance Center (food, utilities, rent, etc.)*  
423-745-9625,  
(Monday-Thursday) 9:30am – 1:30pm  
*Thrift Store-* 423-745-0860, (M-F, 9:00am–5:00pm/  
Sat. 10:00am–3:00pm)

### **Etowah Food Pantry (Wesley Memorial Church) 923**

Ohio Avenue, Etowah, TN  
423-263-2087  
Must be in Etowah Utility District  
Tuesday and Thursday 9:00-11:45a.m



# Financial Difficulty Resources

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## **Love Thy Neighbor Project Campus and Mobile Food Bank. Must Register**

202 Green Street, Athens, TN  
423-746-5215

New Registration begins the 1<sup>st</sup> Monday of every month. Must register.

Food pick up (2pm-4pm) on Tuesday's and Thursday's

## **SETHRA (Commodities, Transportation, Energy Bills, Upward Bound)**

Apply in person at the SETHRA Office,  
814 S. White St., Athens, TN  
423-745-8095

## **Table Graces**

Market Park Pavilion, Downtown Athens, TN.  
423-745-2224

Wednesday 9:00a.m.-12:00p.m.

Pick-up details:

Last name begins with A-K pick up on 1<sup>st</sup> and 3<sup>rd</sup> Wed.

Last name begins with L-Z pick up on 2<sup>nd</sup> and 4<sup>th</sup> Wed.

## **Youth Feeding Program-**

### **YMCA**

(18 years and younger)

423-745-4904

### **Sites:**

YMCA (Breakfast and Lunch) M-F

Circle Drive-Etowah (Lunch)M-F

EG Fisher Library (Lunch)M-F

Etowah Community Center (Breakfast and Lunch) M-F

Etowah Library (Lunch) M-F

Heritage Park (Lunch) M-F

Lee Manor Apartments (Lunch) M-F

Niota Elementary School (Breakfast, Lunch, Snack)

North Etowah Baptist Church (Lunch)

## **Athens City Schools Summer Feeding Program**

Call for sites, dates and times

423-745-2863

## **Athens City School- Kids Care Closet**

423-745-1796

## **Nourish One Child**

Weekend Food Bags/ Backpacks, Athens City Schools,  
423- 745-2863

Keith United Methodist Church 600 W. Madison Ave.,  
Athens, 423-745-2612

## **School-Aged Children**

Contact your school/ school system for children needs

## **Other:**

**Findhelp.org** (Find free or reduced-cost resources like food, housing, financial assistance, health care, legal)

**Helping Hands Ministry**, Assistance with small home repair for widows, shut-ins, or veterans.

412 S. White St., Athens, TN.

423-920-4179

**McMinn Warming Center**, at Cooke Ministry,

714 Walter St., Athens, (Open Dec.1 - March 8)

Monday - Tuesday, 7pm - 7am

Wednesday - Sunday, 6pm - 7am

Opens when temps are 32 degrees or below

## **Shower Bus**

Grace and Mercy Ministries

714 Walter Street Athens

Monday and Friday 11:00am

## **Unconditional Love Ministry**

Provides emergency shelter depending on funds

865-335-1870

## **Zion Hill Baptist Church Clothing Ministry-**

Free clothes and household items for those in need

Located beside Library on Ohio Avenue Etowah TN.

Open Wednesdays 4:00pm-7:00pm



**HRM**

Healthy Relationships 8/15/25

Healthy Relationships McMinn (HRM), [skite@utk.edu](mailto:skite@utk.edu)  
(Information may change, please contact the agency first).

## **9-8-8 National Suicide and Crisis Lifeline**

**Report Child Abuse**, (877) 237-0004

**Adult Protective Services**, 1-888-APS-TENN

**Street Grace**, (833) FREE 2 BE or (833) 373-3223, **Exploitation, Runaway**

**National Domestic Violence Hotline**, 800-799-7233

**Statewide Crisis Line, Help in Mental Health Crisis** (855) CRISIS 1 or Text 'TN' to 741741

**Love is Respect, 24/7 Relationship Help, Safety Plans**, (866) 331-9474 or Text 'LOVEIS' to 22522

**Community Compass**: Search for free or reduced cost services like medical care, food, job training, and more.

<https://communitycompass.tn.gov/>

## **Cancer-**

**Live Strong**, YMCA, 205 Knoxville Ave., Athens, (423) 745-4904

**Cancer, Thriving & Surviving Workshop**, MHEC-UT Extension, 2345 Denso Dr., Suite 167 Athens, (423) 745-2852

## **Diabetes-**

**Diabetes Prevention Program (DPP)**, Starr Regional Medical Center and UT Extension. To register (423) 744-3249

**Diabetes Self-Management Education, Meal Planning**, Starr Regional Medical Center, 1114 W. Madison Ave., Athens, (423) 745-3249

**Diabetes Support Group**, 3<sup>rd</sup> Thursday @ 7pm at Starr Regional Medical Center, 1114 W. Madison Ave., Athens, (423) 744-3249

## **Alzheimer's-**

**24/7 Helpline**, 800-272-3900, Alz.org

**Support Group**, 2<sup>nd</sup> Tuesday @ 7pm, Meets at Life Care Center, 1234 Frye St., Athens, (423) 745-1411

## **Arthritis-**

**Arthritis Exercise, Walk with Ease, Tai Chi**, McMinn Higher Education Center (MHEC)-UT Extension, 2345 Denso Dr., Suite 167, Athens, (423) 745-2852

**Go Fit, Water Fitness and Chair Yoga**, YMCA, 205 Knoxville Ave., Athens, (423) 745-4904

## **General Health-**

**Cherokee Health Systems-** Primary care, behavioral health, dental and pharmacy. Insurance: private, TennCare, CoverKids and no insurance. (423) 887-5131  
3360 US-411, Englewood

**Good Faith Clinic (medical services only)**  
For Residents of McMinn and Meigs County  
18 S Congress Parkway Athens, TN  
First come first serve basis.  
Doors open at 2:30 pm every 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Thursday.  
\*Bring Proof of Residency with you a State Issued Id will work or a Utility Bill with Your Name on it.



# Health & Nutrition Resources

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**Living Well with Chronic Conditions,**  
McMinn County Health Department,  
(423) 745-7431

**Matter of Balance, (Fall Prevention),**  
UT Extension, 2345 Denso Dr., Suite 167,  
Athens, (423) 745-2852

**McMinn County Health Department-**  
(423) 745-7431

**Silver & Fit, Renew Active,** YMCA, 205  
Knoxville Ave., Athens, (423) 745-4904

**Silver Sneakers,** Etowah Community Center,  
155 Robinson St., Etowah, (423) 263-6575

**St. Mary's Legacy Clinic, "Healthcare on  
Wheels"** (For those without insurance),  
3<sup>rd</sup> Thursday, 10am – 2pm  
Register: (865) 212-5570  
1291 E. Madison Ave., Athens

**Starr Regional Medical Center-**  
(423) 374-6571 main operator

-Advanced Wound Care Center-  
(423) 263-3680  
-Breast Center- (423) 744-3244  
-Cardic & Pulmonary Rehab- (423) 744-3321  
-Infusion Services- (423) 744-3469  
-Labor & Delivery- (423) 744-3280  
-Outpatient Rehabilitation Services-  
(423) 744-0002 or (423) 263-3679  
-Senior Care- (423) 236-3867

**Stay Strong, Stay Healthy,** Eight-week  
strength training program that helps you to  
live independently longer. UT Extension,  
2345 Denso Dr., Suite 167 Athens (423)  
745-2852

**TOPS,** Keith Memorial United Methodist  
Church, 600 W. Madison Ave., Athens  
(423) 745-2612

**Walk Across TN.,** Fun fitness challenge for  
any activity level. Prizes for being active;  
occurs every September. UT Extension,  
2345 Denso Dr., Suite 167 Athens,  
(423) 745-2852

## Worksite Wellness-

**eWellness,** MHEC-UT Extension, 2345  
Denso Dr., Suite 167 Athens  
(423) 745-2852

## Other-

**Findhelp.org** (Find free or reduced-cost  
resources like food, housing, financial  
assistance, health care, legal)

10/15/25  
Healthy Relationships McMinn (HRM), [skite@utk.edu](mailto:skite@utk.edu)  
(Information may change, please contact the agency first).



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Healthy Relationships McMinn

**HRM**