



**Nashville**

Stony Creek Park  
Washington St.  
Paddle Trail  
64  
64  
Nash Arts Center  
100 E. Washington St.  
(252) 459-4734  
64 Market Place  
1038 Eastern Avenue  
(252) 459-6800  
Harold D Cooley Library  
114 West Church St.  
(252) 459-2106  
Eastern Ave.  
Washington St.  
Western Ave.  
Rames St.  
Walking Trail  
Boddie St.  
Alston St.  
First St.

J.W. Glover Memorial Park & Recreation Complex  
1434 South First St.

**Nash County**

Whitakers Town Park  
302 NW Railroad St., Whitakers  
(252) 437-4011  
Three Sisters Park  
210 Walter Dr., Battleboro  
Coker-Wimberly Elementary School  
Battleboro, (252) 823-4446  
Nash Community College  
LiveWell & Learn Trail  
522 Old Carriage Rd., Rocky Mount  
(252) 443-4011  
W.B. "Bill" Ennis, Jr.  
Memorial Park  
Red Oak  
Rocky Mount  
Nashville  
Spring Hope  
Spring Hope Public Library  
101 E. Nash St., Spring Hope  
(252) 478-3377  
Spaulding Family Resource Center  
600 S. Pine St., Spring Hope  
(252) 478-7656  
Spring Hope Farmer's Market  
118 West Railroad Street, Spring Hope  
(252) 478-5186 (May-September)  
Spring Hope Park  
McLean St., Spring Hope  
Bailey-Middlesex Community Park  
Stoney Hill Church Rd.  
Middlesex  
West Hanes Park  
Bailey  
Hornbeam Park  
170 Cunningham Dr.  
Pinetops  
Branch Library  
201 S. First St., Pinetops  
(252) 827-4621  
Princeville  
Princeville Heritage Park  
Carver Elementary School  
604 East Hamlet Street  
Pinetops  
(252) 827-2116

**Tarboro**

Vidant Edgecombe Hospital  
111 Hospital Dr. • (252) 641-7700  
Indian Lake Sports Complex  
3300 Western Blvd.  
Indian Lake Park  
3202 Western Blvd.  
Sunset Park  
Braswell Center & Gym  
1501 Western Blvd.  
(252) 641-4210  
Clark Park  
Ray Center  
1405 Martin Luther King, Jr. Dr.  
(252) 641-4215  
Clark Park  
Martin Luther King Jr. Dr.  
Edgecombe Memorial Library  
909 Main St. • (252) 823-1141  
Community Swimming Pool  
401 Porter St. • (252) 641-4217  
Farmers Market  
Corner of Church St. & Ablemarle Ave.

# Places To Grow & Play

**Remember:**  
The best time to teach children how to live a healthy lifestyle is between the ages of 2-4 years of age, but it is never too early or late to start providing opportunities for children or adults.

**For more opportunities in the two counties contact:**  
**Rocky Mount Parks And Recreation**  
331 S. Franklin St., Rocky Mount, NC 27802-1180 \* (252) 972-1151  
[www.rockymountnc.gov/parks/](http://www.rockymountnc.gov/parks/)

**Town Of Nashville Recreation Department**  
501 S Barnes St., Nashville, NC 27856 \* (252) 459-9796  
[www.townofnashville.com/recreation.html](http://www.townofnashville.com/recreation.html)

**Nash County Parks and Recreation**  
120 W. Washington St., Nashville, NC 27856 \* (252) 462-2628

**Tarboro Parks And Recreation**  
500 Main St., Tarboro, NC 27886-0221 \* (252) 641-4276  
[www.tarboro-nc.com/residents+services/parks+recreation](http://www.tarboro-nc.com/residents+services/parks+recreation)

**Nash County Health Department**  
214 S Barnes St., Nashville NC 27856 \* (252) 459-9819  
322 S Franklin St., Rocky Mount 27801 \* (252) 446-0027

**Edgecombe County Health Department**  
*Tarboro Office:*  
2909 Main St., Tarboro, NC 27886 \* (252) 641-7511

*Rocky Mount Office:*  
155 Atlantic Ave., Rocky Mount, NC 27801 \* (252) 985-4100

**Cooperative Extension Agency**  
*Edgecombe County:*  
201 Saint Andrews St., Tarboro, NC 27886 \* (252) 641-7827

*Nash County:*  
1006 Eastern Ave., Rm. 102, Nash County Ag Center, Nashville, NC 27856  
(252) 459-9810

**Family First Line**  
215 Lexington St., Rocky Mount, NC 27828 \* (252) 985-4300

**Rocky Mount**

Nash General Hospital  
2460 Curtis Ellis Dr.  
(252) 443-8000  
Harrison Family YMCA  
1000 Independence Dr.  
(252) 972-9622  
Sports Complex  
600 Independence Dr.  
Grover Lucas Park  
551 South Halifax Rd.  
Englewood Park  
301 Old Mill Rd.  
Farmington Park  
1309 Wellington Dr.  
Rocky Mount Dog Park  
1301 Dawson Place  
Sunset Park  
550 N. Taylor St.  
City Lake  
Happy Hill Community Garden  
Gay St. between Lee & Mayo St.  
Abundant Life Ministries  
500 Peachtree St.  
Farmers Market  
1006 Peachtree St.  
Barbecue Park  
377 Morgan St.  
Tar River Trail  
Peachtree St.  
Braswell Memorial Library  
727 North Grace St.  
(252) 442-1951  
Children's Museum & Science Center at the Imperial Centre  
270 Gay St. \* (252) 972-1167  
Discovery Park at the Down East Partnership for Children  
215 Lexington St. \* (252) 985-4300  
R.M. Wilson Gym  
311 Hill St.  
Eastern Avenue Park  
1010 Eastern Ave.  
Stony Creek Park  
544 W. Washington St.  
Williford Elementary School  
801 Williford Street  
(252) 446-5113  
Buck Leonard Park  
929 S. Grace St.  
South Rocky Mount Community Center  
517 Ravenwood Drive  
G.W. Bulluck Elementary School  
3090 Bulluck School Road  
(252) 985-3456  
Booker T. Washington Community Center  
721 Pennsylvania Ave. • (252) 467-4925  
Martin Luther King Jr. Park  
775 Leggett Rd.  
Baskerville Elementary School  
1100 Stokes St.  
(252) 451-2880

**Legend**

	Hospital		Athletic Field
	Arts, Crafts, Theatre		Playground
	Library		Community Center
	Swimming Pool		Museum
	Farmers Market		Park
	Public Gardens		Gym
	School		Frisee Golf

**BlueCross BlueShield of North Carolina Foundation**  
An independent licensee of the Blue Cross and Blue Shield Association

**healthy places NC**  
AN INITIATIVE OF THE KATE B. REYNOLDS CHARITABLE TRUST

**HEALTHY KIDS COLLABORATIVE**  
SERVING NASH & EDGECOMBE COUNTIES



# F.I.T. is cheering for happy & healthy kids in Nash and Edgecombe Counties!

F.I.T. (Families Involved Together) Parents coming together to make our community healthier!



## Who is WIC for?

- Children up to 5 years of age
- Infants
- Pregnant women
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in the last 6 months

## What does WIC provide?

- Healthy foods
- Health care referrals
- Breastfeeding support
- Eating tips for you and your child

## Nash County

### Health Department

Rocky Mount: (252) 446-0027

Nashville: (252) 459-9819

## Edgecombe County

### Health Department

Rocky Mount: (252) 985-1067

Tarboro: (252) 641-7511

## Questions to ask your doctor...

- Is my child at a healthy weight?
- Are my child's shots up to date?
- What can I do to help my child's growth and learning?
- What do I need to do next?
- Is a follow up visit needed?

## Your child's checkups...

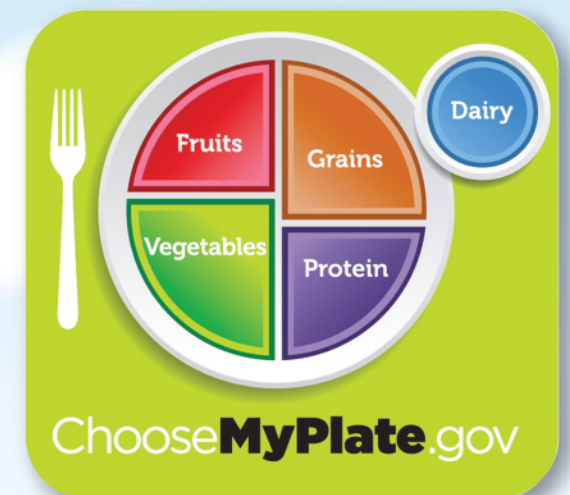
### Schedule of Well-Child Visits:

1. Hospital Newborn Exam
2. 3-5 Days
3. 1-3 Weeks of Age if Necessary
4. 2 Months
5. 4 Months
6. 6 Months
7. 9 Months
8. 12 Months
9. 15 Months
10. 18 Months
11. 2 Years
12. Yearly visits, Ages 3-21 Years



SNAP, the program formerly known as Food Stamps, helps low-income people buy the food they need for good health.

To get SNAP benefits, your income and other resources have to be under certain limits. For help with SNAP call **More In My Basket**, a SNAP outreach initiative of North Carolina Cooperative Extension at 1-855-240-1451.



For more information about F.I.T. or any programs mentioned here, call Down East Partnership for Children's Family First Referral Service at (252) 985-4300 or 1-888-285-0849. • [www.depc.org](http://www.depc.org)