



Cochise Health Network

Creating a better System of Care

To report changes of information contained in the
Wellness Directory, please contact us:
cochisenetwork@cableone.net
520-227-8755

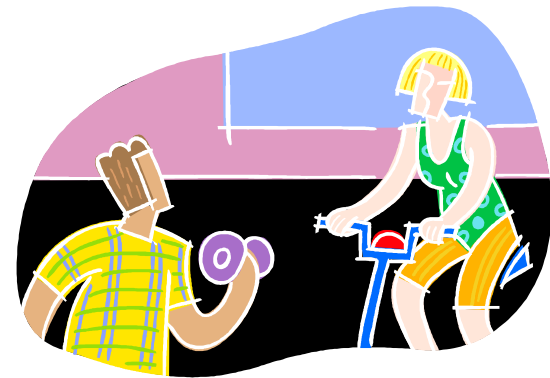
To print copies, you can find the
Wellness Directory at:
www.seago.org & www.infoseaz.org

Funding for this booklet was provided through OAA
Title III part D, the Department of Economic Security,
Division of Aging and Adult Services, and the
SEAGO Area Agency on Aging

SEPTEMBER 2008

Cochise County Adult WELLNESS DIRECTORY

**Providing Health & Wellness
Resources in Cochise County**



**Provided by
Cochise Health Network &
SEAGO Area Agency on Aging**

TABLE OF CONTENTS

Purpose	3
Addiction & Recovery	4
Alternative & Holistic Health	5
Fun & Fitness	6
Nutrition	7
Chronic Disease Prevention & Management	10
Medical Equipment & Supplies	13



Exercise



Have Fun!

LOAN CLOSETS

Area Agency on Aging Case Management
Bisbee 803-3919
Sierra Vista 803-3903

American Legion, Benson 586-2654
American Legion, Tombstone 457-2273

Bisbee Senior Center 432-2167

Elks Lodge, Sierra Vista 458-2065

Sunsites Fire Dept 826-3645

VFW, Sierra Vista 458-2803

See Phone Book—Hearing, Vision, Thrift Stores

See Internet—www.diabetic-testing-supplies.com



Purpose of the WELLNESS DIRECTORY

The Cochise Health Network [CHN] has put together a Wellness Directory to inform people of what is available to get healthy, stay healthy, and know what health resources are available in Cochise County.

In this booklet, we have listed health resources, services, and wellness programs offered to the public. At no time does CHN endorse any service or recommend any treatment. Always consult your health care professional before starting any new health regime.

Unless otherwise noted, all listed phone numbers are area code 520.

There are other directories available for Cochise County. Please see the following websites for a full list:

www.seago.org

www.infoseaz.org

www.ci.sierra-vista.az.us/cms1/

go to Parks & Leisure/Leisure Times

ADDICTION & RECOVERY



Alcoholics Anonymous
Call for your local chapter 1-877-459-0031

Narcotics Anonymous, Bisbee 881-8381

Renaissance House
Residential Services for Women 432-1771

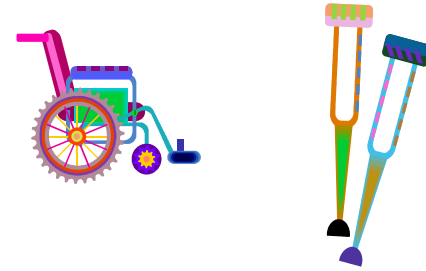
SEABHS
Inpatient & Outpatient Services 586-0800

Tobacco Cessation
Cochise County Health Dept 432-9490

Verhelst Recovery House
Program for Men 432-3764

See Phone Book—Mental Health

MEDICAL EQUIPMENT & SUPPLIES



Advantage Medical & Oxygen Supply
Sierra Vista 458-7330

Apria Health Care 452-1382

Hanger Prosthetics & Orthotics 515-9210

Independent Living
Rehabilitation Services 800-824-3093

Life Fone 800-882-2280

The Medicine Shoppe, Benson 586-1299

Personal Assistance Voice Dialer 459-8146

Personal Asst Voice Dialer 800-675-3044

Preferred Homecare 459-1725

Sierra Medical Supply 452-3864

Parkinson's Support Group, SV Henry 458-4225
458-5870

Physical Therapy, SVRHC 417-4560

Prostate Cancer Support Group, Sierra Vista, Willie Cotton 459-2392

Pulmonary Rehab, SVRHC 417-3182

Speaker's Bureau, SVRHC 417-3158
Health related speakers for your group

Stroke Support Group, SVRHC 417-4560

Telecare, SVRHC 417-3153
Daily call-in service for homebound/elderly

Visually Impaired – Low Vision Support Group Sierra Vista 458-7922

Wellness Depot, SV mall 459-8210
Health information



ALTERNATIVE & HOLISTIC HEALTH



Bisbee Wellness Initiative 227-7181
Cheyenne www.bisbeewellness.org

Bisbee Chiropractic Center
Nutrition, Acupuncture & more 432-4044

Body Wise
Natural Health Center 458-1187

Chiropractic Wellness & Alternative
Medicine Center 458-5370

Eagle Acupuncture 803-0071

Palominas Acupuncture &
Oriental Medicine 366-0506

See Phone Book—Chiropracty, Massage

FUN & FITNESS



Bisbee Senior Center	432-2167
City of Bisbee Parks & Rec	432-6016
City of Douglas Rec Center	364-2496
City of Sierra Vista Parks & Leisure www.ci.sierra-vista.az.us/cms1/	417-6980
Aquatic Therapy, SVRHC	417-3110
Chiricahua Community Health Center Sowing Wellness	642-2222x245
Cove Aquatic Center, Sierra Vista	417-4800
Douglas Aquatic Center	364-8846
Ethel Berger Center, Sierra Vista	417-6980
Huachuca City Senior Center	456-0224
New Turf Gym, Bisbee	249-1499
Step into Action, Sierra Vista	459-8210
Walking Group, Evelyn	458-8278x2178

Cochise Ability, Sierra Vista	417-0901
The Comfort Zone (SEACRS), Sierra Vista www.seacrs.org	459-2624
Community Outreach Program for the Deaf Ann	792-1906
Diabetes, Douglas Area Food Bank	364-4170
Diabetes Education, SVRHC	458-0136
Diabetes Support Groups Benson Hospital NCHS, Willcox SVRHC	586-2261x285 384-3541x395 458-0136
Disability Support Group	586-4515
Epilepsy Support Group, Mary	458-9379
Mental Illness Support Groups NAMI	459-3228
Multiple Sclerosis Support Group	378-9698
Occupational Therapy, SVRHC	417-4560
SE AZ OSTOMY Assn, Cindy Bill Shelton	458-6068 378-2487

CHRONIC DISEASE
Prevention & Management



Alzheimer's Association AZ Chapter,
Southern AZ 800-425-2372

Alzheimer's Support Groups
Benson 586-2372
Sierra Vista 452-1050

Better Breathers Club, SVRHC 417-4528

Brain Injury Support Groups
Pat, Sierra Vista 227-5747
Linda, Sierra Vista 456-5736

Cancer Support Groups
Douglas, Pat Redmond 364-7632
Sierra Vista 459-3094
Willcox, Lisa 384-2658

Cardiac Rehab, SVRHC 417-3182

Chronic Disease Clinics 642-2222

See local newspapers for support groups

NUTRITION

FOOD BANKS

Assoc of AZ Food Banks	800-445-1914
Benson Food Bank	586-7916
Bisbee Loaves & Fishes	432-3872
Bowie, Rural Accent Inc	847-0847
Douglas Area Food Bank Nutrition, Diabetes, Senior Classes	364-4170
Douglas St. Vincent de Paul	364-7573
Maranatha Church	805-0259
Elfrida Valley Food Bank	642-3749
St. David Food Bank	720-4755
Southeastern Food Bank, Willcox	384-4433
Tombstone, Sacred Heart	457-3364

COMMUNITY NUTRITION SERVICES

Catholic Community Services Senior Meals Home Delivered & Congregate	
Benson	586-9775
Sierra Vista	459-8496
Community Meals	417-6980
Chiricahua Community Health Center Sowing Wellness	642-2222x245
Douglas ARC [Association for Retarded Citizens]	364-7763
Ethel Berger Center, Sierra Vista Community Potluck Dine-A-Night Program	417-6988
Huachuca City Senior Center	456-0224
Medical Nutrition Therapy, SVRHC	417-3055
Overeaters Anonymous	733-0880
Senior Nutrition Program for the Homebound	432-9680
Sierra Vista Salvation Army	459-8411
Tombstone Senior Center	457-2533

TOPS, find a meeting	www.tops.org
Weight Watchers, find meeting	www.weightwatchers.com
Weight Management, SVRHC	417-3055

HEALTH FOODS

Bee Health E, Douglas	364-8224
Bisbee Food Co-Op	432-4011
General Nutrition Center, SV	452-8952
General Nutrition Center Fort Huachuca	452-7946
Here's to Your Health, Willcox	384-0378
March-Force Enterprises, Benson	586-4514
Twigs & Seeds, Benson	586-9358
Warehouse Vitamins, Sierra Vista	458-6494

