

Redwood and Renville Counties Healthy Community Resource Guide

Now is the time for good health!



Last Updated 6/23/11

This publication was developed for Redwood and Renville County Health Care Providers by the Renville SHIP Health Care Partnership and was made possible through funding from the Statewide Health Improvement Program (SHIP) of the Minnesota Department of Health. For more information, visit <http://www.health.state.mn.us/healthreform/ship>

Community Education

Programs range from Early Childhood Education classes for young children and their parents to Adult Basic Education classes. Other offerings include classes, activities, trips, School Readiness, senior citizens, and building usage.

BOLD Community Education

701 South 9th Street
Olivia, MN
(320) 523-1031 x 2110
<http://www.rschooltoday.com/se3bin/clientgenie.cgi>

Buffalo Lake-Hector-Stewart Community Education

220 3rd Street West
Hector, MN
(320) 848-2233 x 321
<http://www.blhsd.org/>

Cedar Mountain Community Education

310 Sommerville Avenue
Morgan, MN
(507) 249-5990
<http://www.cms.mntm.org>

GFW Community Education

323 East 11th Street
Gibbon, MN
(507) 834-6822 OR (877) 324-4392
www.gfw.k12.mn.us

RCW Community Education

301 Northeast 3rd Street
Renville, MN
(320) 329-8362 option 2
www.rcw.k12.mn.us

Red Rock Central Community Education

100 6th Avenue East
Lamberton, MN
(507) 752-7361

Redwood Area Schools Community Education

100 George Ramseth Drive
Redwood Falls, MN
(507) 644-8062
<http://redwood.mntm.org>

Wabasso Community Education

1333 May Street
Wabasso, MN
(507) 342-5114
www.wabassoschool.com
communityed@wabassoschool.com

Westbrook-Walnut Grove Community Education

344 8th Street
Westbrook, MN
(507) 274-5450
<http://www.wwgschools.org/WWGDistrictCommEd.lasso>

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Farmer's Markets

Buffalo Lake Farm & Flea Market

Buffalo Lake City Park – Highway 212

Buffalo Lake, MN

(320) 833-5545

www.co.renville.mn.us

- July - fall
- A variety of Minnesota Grown garden fresh fruits & vegetables produced the rich soil of Renville County. An assortment of flowers, homemade crafts, mittens, breads & baked goods and much more is available. Sponsored by the Buffalo Lake Community Club.

Fairfax Farmer's Market

1st Street Southeast off Highway 19

Fairfax, MN

(507) 426-7851

<http://localfoods.umn.edu/fairfaxfarmersmarket>

- July - September
- A rich assortment of Minnesota Grown garden fresh produce from Renville County's rich black soil, delicious breads, baked goods, seasonal flowers and much more.

Hector Farmer's Market

South Central Grain & Energy C-Store

Highway 212 and County Road 4

Hector, MN

(320) 833-6845

- July - fall
- A variety of Minnesota Grown garden fresh fruits and vegetables from Renville County's rich black soil including an assortment of canned and baked goods.

Morton Farmer's Market

City Hall Parking Lot

221 West 2nd Street

Morton, MN

(507) 697-6912

- Mid June - fall
- A variety of Minnesota Grown garden fresh fruits and vegetables from Renville County's rich black soil.

Olivia Farmer's Market

Alco Parking Lot

Highways 212 & 71

Olivia, MN

(320) 523-1350

<http://localfoods.umn.edu/oliviafarmersmarket>

- Mid July - October
- An assortment of items available includes a variety of Minnesota Grown garden fresh produce from the rich black soil of Renville County. A large assortment of fresh breads, baked goods, canned & pickled items, homemade mittens, crafts, jams, jellies, eggs, chickens, flowers and lots of vegetables.

Rachel's Garden

Morton City Hall parking lot

221 West 2nd Street

Morton, MN

(320) 522-1002

- Local grown vegetables

Redwood Falls Farmer's Market

Corner of 2nd Street and Washington Street

Redwood Falls, MN

(507) 829-4583 or (507) 627-3124

redwoodfarmersmarket@hotmail.com

Redwood County

- Seasonal variety of locally produced vegetables, fruits, cut flowers, cheeses, honey, eggs and chicken. Also preserved fruits, vegetables, salsas, pickles, breads and pies

Renville Farmer's Market

Water Tower Park

Renville, MN

(320) 523-3656

<http://localfoods.umn.edu/renvillefarmersmarket>

Walnut Grove Food and Art Market

State Highway 14

631 Main Street

Walnut Grove, MN

- Local vegetables, bread, garlic, jewelry, art, maple syrup and more

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Nutrition

Benedict & Karen Cook

Adrian, MN
(507) 483-2760

- Producer providing range free eggs and poultry products

Chick-n-Coop Ranch

66367 170th Street
Hector, MN
(320) 833-6845 – Sherry Kenny

Cindy's Country Garden

9 miles north of Hector
(320) 848-6009

- Canning tomatoes and chemical-free vegetables

Dew Drop Gardens

45246 County Road 4
Hector, MN
(320) 522-1668

dewdropgardens@yahoo.com

- CSA offers its “shares” of fresh produce and farm products. Starting in mid-June through mid-October, enjoy a wide variety of beautiful and delicious vegetables delivered right to your door. Canned items also available

Diabetes Clinic & Education Program

RC Hospital
611 East Fairview Avenue
Olivia, MN
(320) 523-1261
www.rchospital.com

- The Diabetes Clinic educates patients on managing their disease in multiple ways including meter use, carb counting, weight management, medication management, learning to cope with the disease, physical activity, and general knowledge about the disease.

Hilltop Harvest

8.5 miles west of Redwood Falls on Highway 19
33343 Hunter Avenue
Redwood Falls, MN
(507) 641-6655 or (888) 785 6655
www.hilltopharvest.com

- Farm featuring strawberries and raspberries

Holmberg Orchard

6 miles west of Vesta on County Road 30 and 1 mile north
12697 325 Street
Vesta, MN
(507) 762-3131

www.holmbergorchard.com
sindie@redred.com

- Pre-picked and bagged Zestar, Haralson, Honeycrisp, Sweetango, Connell Red, and SnowSweet apples

K&C Gardens

8 miles north of Olivia
(320) 523-2162 or (320) 522 1043

- CSA: Variety of vegetables, pickles, jams & jellies, cucumbers & tomatoes

Karen's Holm Grown

30633 601 Avenue
Winthrop, MN
Karen Holm

- Available at the Fairfax Farmer's Market

Kicking Mule Farm

20273 260th St
Lucan, MN
<http://kickingmulefarm.blogspot.com>

- Small, sustainable family farm offering fresh vegetables, herbs, fruits and free-range eggs. Meets NOP organic standards (Not Certified). Selling at local farmers' markets.

Le Roy Lothert

111 North Park Drive
Morton, MN
(507) 697-6478

- Natural and chemical-free vegetables in season

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Local Foods Partnership

<http://localfoods.umn.edu>

- Searchable database of producers, processors and farmer's markets

Lundstrum Vegetables

Rural Bird Island, MN

(320) 365-4174

- CSA: Wide variety of vegetables, jams & jellies, and free range chickens

MAC (Mother's and Children Nutrition Assistance)

(800) 365-0270

- Income eligibility guidelines: For children until age 6 years. Women who have given birth in past year, pregnant or breast feeding women, or infants not served by WIC. Cannot be on both WIC and MAC for the same child at the same time. Provides supplemental foods. Waiting list for new participants.

Mages Gardens II

8 miles north of Olivia

(320) 579-5815 or (320) 579-0415

- Garden vegetables, canned pickles, tomato products and jams

Matthew Jacobs

450 East Highway 212

Bird Island, MN

(320) 579-1414

- Organically grown tomatoes, squash, pumpkins, and apples

Merryweather Gardens

14888 Bunker Avenue

Walnut Grove, MN

(507) 629-8276 – Sunny Ruthchild

<http://www.blackhawk-studios.com/merry.html>

sruthchild@redred.com

- Offers fresh rosemary, basil, thyme, oregano and sage as well as large vine ripened tomatoes and of specialty garlic as well as hormone, antibiotic and chemical-free pasture-raised turkeys and Red Angus grass-fed beef

Morgan Food Shelf

206 Fergus Avenue

Morgan, MN

(507) 342-3822 call before visit

Minnesota Grown

www.minnesotagrown.com

- Find local foods including farmers' markets, CSA farms, garden centers, wineries, fruit & vegetable growers, pick-your-own farms, livestock producers, meat processors, Christmas tree growers, and producers of honey, wild rice, maple syrup, cheese, and other gourmet products.

NAPS (Nutrition Assistance Program for Seniors)

1011 East Elm St

Redwood Falls, MN

(507) 372 - 7374 or (800) 365-0270

- Distribution of the supplemental nutrition program Nutrition Assistance Program for Seniors (NAPS). This program provides free monthly supplemental United States Department of Agriculture (USDA) food packages to income-eligible seniors 60 years and older

Northern Lights Lamb Co.

(507) 430-0030

stephendingsels@hotmail.com

- Sell natural, farm fresh lamb direct to the consumer

Nutrition for the Elderly/Meals on Wheels**Lutheran Social Services**

<http://www.lssmn.org/nutrition/>

Meals are sent out to homebound seniors by volunteers from these sites. Senior Nutrition provides nutritious, low-cost meals for seniors 60 years or older. There are no income criteria. In addition to a nutritious meal, LSS Senior Nutrition provides social outlets and interaction, information about senior services and connections with trusted professionals

- Bird Island - (320) 365-4149
- Fairfax - 507-426-7852
- Franklin - 507-341-0089
- Hector - 320-848-2710
- Morgan - 507-249-3143
- Morton - 507-697-6112
- Olivia - 320-523-5061
- Redwood Falls - 507-644-6464 OR 507-637-2221
- Renville - 320-329-3901
- Sacred Heart - 320-765-2229
- Vesta - 507-762-3600
- Wabasso - 507-342-5337
- Walnut Grove - 507-859-2133

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Nutrition Health Services

Redwood County Public Health
266 East Bridge Street
Redwood Falls, MN
(507) 637-4041

- Nutritional counseling available to anyone

Prairie Gardener

26818 Jade Ave.
Wabasso MN 56293
(507) 342-2626

Pride of the Prairie

www.prideoftheprairie.org

- Information on food from the farms of the Upper Minnesota River Valley

R&L Gardens

Products sold at a stand on West Highway 212
Renville, MN
(320) 329-3669 OR (320) 212-9329

Rlenz29@gmail.com

- Carrots, onions, pumpkins, sweet corn, tomatoes. Available 7am – 9pm as soon as the first produce is in season and continues until October

Rath Craft & Produce

316 4th Street
Buffalo Lake, MN
(320) 389-1006

- Pickup at the farm: onions, ground beef, herbs, fresh chives, soap, body care soap, vegetables, potatoes

RC Hospital & Clinics Nutrition and Weight Loss Counseling

611 East Fairview Avenue
Olivia, MN
(320) 523-1261

Dr. Kemp and Stacey Heiling

www.rchospital.com

- Nutrition and medical weight loss counseling available to anyone for a variety of chronic diseases

Red Tail Valley Beef

Available at: Farmer's Cooperative Oil
537 East Highway 212
Sacred Heart, MN
(320) 981-0134 – Terry VanDerPol, Dean & Jerri Nordaune

- Red Tail Valley Beef is raised on grassland under the bluffs overlooking the Minnesota River east of Granite Falls. Beef is 100% grass-fed. They direct market beef to individuals or food retailers. Call to make plans. Visitors welcome, but please make arrangements ahead of time.

Redwood Area Diabetes Education

Redwood Area Hospital
100 Fallwood Road
Redwood Falls, MN
(507) 637-4517

- Nutritional counseling to anyone

Redwood Falls Community Garden Plots

(507) 644-8055

jdaberkow@redwood.mntm.org

- Plots available in Redwood Falls from the Redwood Valley FFA

Redwood Falls Food Shelf

Basement of old Armory
231 East 2nd Street
Redwood Falls, MN
(507) 627-3653

Renville County Food Shelf

902 ½ West DePue Avenue
Olivia, MN
(320) 523-5339

Ron Hanson

(320) 765-2379

- Chemical-free onions and potatoes late summer through winter

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University of Minnesota Extension

Redwood County Government Center
403 South Mill Street
Redwood Falls, MN
(507) 637-4025

[www.extension.umn.edu/county/redwood/
Mnext-redwood@umn.edu](http://www.extension.umn.edu/county/redwood/Mnext-redwood@umn.edu)

- 4-H, Extension workshops/programs, Info-U, Yard & Garden Line, Ask a Master Gardener, Answerline.

University of Minnesota Extension

Renville County Government Center
105 South 5th Street Suite 124H
Olivia, MN
(320) 523-3713 or (800) 450-2522

[www.extension.umn.edu/county/renville/
mnext-renville@umn.edu](http://www.extension.umn.edu/county/renville/mnext-renville@umn.edu)

- 4-H, Extension workshops/programs, Info-U, Yard & Garden Line, Ask a Master Gardener, Answerline.

Wabasso Food Shelf

St. Matthew Lutheran Church
210 County Highway 6
Wabasso, MN
(507) 342-5367 Call in emergency only

We Care

206 Fergus Avenue
Morgan, MN
(507) 249-3822

- Help with food, clothing, etc. If no transportation, things may be delivered

Wertish Farm

(320) 826-2451

- Drug & hormone free chickens and turkeys

WIC (Women, Infants, Children)

Redwood County Public Health
(507) 637-4041

Renville County Public Health
(320) 523-3762 or (320) 523-2570

- Nutrition education and food vouchers for pregnant women and children birth – 5 years. Call for income eligibility guidelines.

Zenk's Prairie Vine Farm

30635 County Road 11
Danube, MN
(320) 826-2370 OR (320) 894-2517 – Steve and Maria Zenk
szenk@rswb.coop

- Open from July 1 to October 1 – call for daily hours. Zenk Farm is family owned & operated. They raise naturally fed, locally processed Miniature Hereford Beef & Hereford Cattle breeding stock, broiler chickens, locally processed, flash frozen and vacuum sealed. They also have fresh herbs, eggs, early high tunnel grown heirloom vegetables; many varieties of tomatoes, peppers and potatoes.

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Parks/Trails

Alexander Ramsey Park

Highway 19 (Exit Grove St.)
Redwood Falls, MN
(800) 657-7070

- Winding streams, rock cliffs, two waterfalls, zoo, paved hiking trails & shelters.

Anderson Lake

West of the junction of County Road 3 and the Minnesota River Scenic Byway (County Road 5).
(320) 523-3659

www.co.renville.mn.us

- This is a beautiful park for daytime activities such as shoreline fishing and picnicking

Beaver Falls County Park

Located 2 miles east of Renville Co. Hwy 15 on Renville County Hwy 2
(320) 523-3656

www.co.renville.mn.us

- Features scenic lookouts, wooded ravines, and cascading water rushing along the length of Beaver Creek. The north side of the park is improved includes a horse camp and marked horse trails. The south side of the park offers great spots for rustic camping along Beaver Creek.

Birch Coulee

North of Morton along County Road 18
Morton, MN
(320) 523-3656

www.co.renville.mn.us

- This park is great for picnicking, rustic overnight camping, and large reunions.

Buffalo Lake City Park

South edge of town along Highway 212
Buffalo Lake, MN

- There is a shelter and playground equipment for public use

Central Park

Fairfax, MN

Located in the center of the business district, directly across from City Hall

- It's a nice place to simply enjoy the outdoors. On nice days just order a sandwich to go from the Frontier Bar across

Depot Park

Fairfax, MN

- The starting point for the FairRidge Recreational Trail which is a 10 mile trail to Fort Ridgely State Park

FairRidge Trail

7.3 mile bike trail connecting Fairfax to Fort Ridgely
(507) 426-7840

Ferguson Park

Behind the Middle School
Walnut Grove, MN

- It is a shaded, quiet residential park with picnic shelter, bathrooms, sand volleyball court and play ground equipment.

Fort Ridgely State Park

72158 County Road 30
Fairfax, MN 55332

(507) 426-7840

- Camping, 8 miles of hiking trail, 12 miles of horseback trail, 7.3 mile bike trail connecting Fairfax to Fort Ridgely, horse campground, picnic grounds, 9-hole golf course, and Historic Fort Ridgely

Hawk Creek

Renville County

- canoeing, fishing & kayaking

Kuhar Park Campground

1 mile N of Lamberton on County Road 6
Lamberton, MN

<http://www.rrcnet.org/~lamberton/Kuhar.htm>

Lake Allie Park

Six miles NE of Buffalo Lake on County Road 24
On the western shoreline of Lake Allie
(320) 523-3658

www.co.renville.mn.us

- Features RV and tent camping sites. The park includes a shelter, playground equipment, dock, and fishing pier making it a popular destination for camping, fishing, water recreation, and family gatherings. Boat landings are also located near the park on the north and south shores of the lake.

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Lions Park

Fairfax, MN

- Two softball diamonds, concession stand and a picnic shelter. A miniature golf course is located in the park as well as two basketball courts

Lower Sioux Agency & History Site

32469 County Hwy. 2

Morton, MN

(507) 697-6321

- Interpretive center, trails & 1861 Warehouse tells the story of the Dakota people and 1859's government agency

Mack Lake

County Road 5 (Minnesota River Scenic Byway)

(320) 523-3660

www.co.renville.mn.us

- Mack Lake Park offers opportunities for picnicking, fishing, and rustic camping.

Main Street Park

Hector, MN

(320) 848-2131

- Park has playground equipment
-

Memorial Park

One block off T.H. 19 on Dana Kiecker St.

Fairfax, MN

- The baseball park was named the amateur baseball park of the year in 1996. Memorial Park also has a municipal swimming pool, two tennis courts and basketball hoops, picnic shelters and a playground.

MN River Valley Scenic Byway

(888) 463-9856

www.mnrivervalley.com

- Total length of the Minnesota River Valley Scenic Byway is 287 miles

Plum Creek Park

1 mile west on Cty Rd. 20 and 1 mile south on Cty. Rd. 78

Walnut Grove, MN

- The upper park consists of 60 campsites, playground equipment, and hiking trail around Lake Laura, and a nine hole Frisbee disc court. Lake Laura offers swimming beach and fishing. The Lower Park features ball fields, sand volleyball courts, picnic shelter, playground equipment, winter sledding, and a hiking trail.

Sacred Heart City Park

2nd Avenue

Sacred Heart, MN

- Tennis, basketball & skateboarding

Skalbekken Park

Six miles SW of Sacred Heart on County Road 10

Sacred Heart, MN

(320) 523-3656

www.co.renville.mn.us

- The 400-acre park offers the opportunity to observe scenic river forests and wildlife. The park is a popular destination for horse riding and rustic camping, hiking, picnicking, fishing, and mountain bike enthusiasts.

Upper Sioux State Park

(320) 564-4777

Vicksburg Park

10 miles S of Renville on County Road 6

Renville, MN

(320) 523-3657

www.co.renville.mn.us

- The park offers a shelter and opportunities for rustic camping, fishing, and picnicking. The park is also popular for family group camping activities.

Walnut Grove City Park

Main Street

Walnut Grove, MN

- Tennis court, band shell, picnic shelter, playground equipment

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Physical Activity

Anita's Conservatory of Dance

Lamberton Community Center
Lamberton, MN
(507) 752-7064

Fairfax Fitness

103 Highway 4 South
Fairfax, MN
(507) 426-7759

Falls Fitness LLC

226 South Washington Street
Redwood Falls, MN
(507) 627-1909

- 24/7 keyless entry fitness facility

Hector Athletic Club

East Highway 212
Hector, MN
(320) 848-2333

Redwood Area Community Center

901 E. Cook Street
Redwood Falls, MN
(507) 644-2333
www.redwoodareacommunitycenter.com

RSVP Bone Builders Exercise Program

This Osteoporosis Exercise program relies upon weight training to protect against fracture caused by osteoporosis by increasing muscular strength and bone density. Improves balance.

- Redwood Falls - 1011 Elm Street East, (507) 627-1016
- Olivia – Fairview Place, 603 East Fairview Street, (320) 523-1836

Rural American Fitness

104 S. Main Street
Bird Island, MN
www.ruralamericanfitness.com
lsheehan@rccbi.com

- Offers year-round classes along with top-of-the-line cardio equipment, weight machines, free-weights and personalized or sport-specific training programs.

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Snap Fitness

www.snapfitness.com

- Redwood Falls - 621 East Bridge Street, (507) 627-7627
- Olivia - 106 N. 9th Street, (320) 523-1700

Recreation

BOLD Indoor Pool

701 South 9th Street
Olivia, MN
(320) 523-1962

Dacotah Ridge Golf Club

31042 County Highway 2
Morton, MN
(800) WIN-CASH (8050)
www.dakotahridge.com

- This 18 hole course featuring natural wetlands, the winding Wabasha Creek, a 14-acre lake, mature trees

Fairfax Lanes

111 Southeast 1st Street
Fairfax, MN
(507) 426-7835

- Fairfax Lanes has eight lanes with automatic scoring. Leagues for all age groups. Pro shop services include fitting and drilling bowling balls, ordering balls, bags and shoes

Fairfax Swimming Pool

200 1st Avenue Northwest
Fairfax, MN
(507) 426-7503

Fort Ridgely Golf Course

72158 County Road 30
Fairfax, MN
(507) 426-7840
www.dnr.state.mn.us/state_parks/fort_ridgely

Hector Municipal Pool

Hector, MN
(320) 848-2131

- Open swimming and offers swimming lessons during the summer months

Hi-Way Lanes

1025 East Bridge St.
Redwood Falls, MN
(507) 637-5242

Lamberton Area Swimming Pool

300 9th Avenue West
Lamberton, MN
(507) 752-7099
<http://www.rrcnet.org/~pool/swimmingpool.htm>

Lamberton Lanes

101 S. Main Street
Lamberton, MN
(507) 752-7489

Mayflower Country Club

Fairfax, MN
(507) 426-9964
www.mayflowergolf.com

Morgan Community Swimming Pool

200 Lindsay Avenue
Morgan, MN
(507) 249-3636

Oakdale Golf Club

55106 County Road 38
Buffalo Lake, MN
(320) 587-0525
www.oakdalegolfclub.com

- Golf & Dining - Open to the public! 18 Hole Golf Course - Pro Shop - Driving Range - Full Service Bar & Grill.

Olivia Bowl

210 South 13th Street
Olivia, MN
(320) 523-5424

- Eight lane bowling alley that offers league bowling, color pin bowling on Fridays and Moonlight bowling on Saturdays!

Olivia Golf Club

512 South 6th Street
Olivia, MN
(320) 523-2313
www.oliviagolfclub.com

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Redwood Falls Aquatic Center

501 South Gould Street
 Redwood Falls, MN
 (507) 627-2777

www.ci.redwood-falls.mn.us

- Amenities include: 2 - 32' Water Slides, Aqua Climb Wall, Water Walk, 3 Meter & 1 Meter Diving Boards, Zero Depth Entry Area with many interactive play features for children of all ages

Redwood Falls Golf Club

101 E Oak Street
 Redwood Falls, MN
 (507) 627-8901

www.redwoodfallsgolf.com

- Play the challenging yet forgiving 18 hole regulation golf course this summer. Walk or ride this par 70 course and experience the rolling hills and scenic view along the Redwood River Valley

Renville Outdoor Pool

301 Northeast 3rd Street
 Renville, MN
 (320) 329.3938

Sacred Heart Outdoor Pool

Sacred Heart, MN
 (320) 329-3938

Sanborn Golf Course

Sanborn, MN
 (507) 648-3629

- The Sanborn Course is a beautiful 9-hole par 36 public golf course which is designed along the banks of the Cottonwood River.

Stoney Creek Golf Course

21278 820th Avenue
 Renville, MN
 (320) 329-8400

- Stoney Creek offers a complementary mix of challenging holes and scenic beauty in Renville, Minnesota. The 9-hole, 36-par course includes 21 sand bunkers, 2 water hazards and natural wild flower areas.

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Tobacco Cessation

Quit Plan Helpline – Tobacco Products

1-888-354-PLAN (7526)

www.quitplan.com

Tobacco Fax Referral – Call it Quits

Allows patients to be referred to tobacco quitline services via 1 form at your doctor's visit. Your healthcare provider can provide a form. A quitline coach proactively contacts you after being referred. The MN Clinic Fax Referral Program is supported by the collaborative, Call it Quits.

- Redwood Falls
 - Redwood Area Hospital
 - Redwood County Public Health
- Olivia
 - RC Hospital & Clinics
 - Renville County Public Health

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Transportation

Heartland Express

(320) 523-3589 or 1-800-450-7964

www.co.renville.mn.us

- The Renville County Heartland Express provides affordable and reliable transportation for all Renville County residents with buses and volunteer drivers.

Western Community Action

Redwood County

507-537-7628 or 1-888-658-2448

<http://www.wcainc.org/transit/redwood.html>

- Bus service and volunteer service – Bus rides available Monday-Friday 6:30 am – 6:00 pm. Call to pre-book your ride.

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Other

Minnesotahelp.info

- Resource database offering information on a wide range of community services, including senior services.

New Horizons Crisis Center

231 East 2nd Street

Redwood Falls, MN

(507) 637-5570 or (800) 882-1736

www.newhorizonscrisiscenter.org

- Providing services and support for crime victims, advocacy for families, and educational programs in Lincoln, Lyon, Murray, and Redwood Counties.

Safe Avenues – Renville County Outreach Program

PO Box 65

Olivia, MN

(320) 523-1015 or 866-223-1111

- Non-profit organization that provides emergency services and safe shelter for victims of domestic violence and sexual assault in 18 counties in southwestern Minnesota.

TOPS Club

Weight-loss support and wellness education organization. Promotes successful, affordable weight management with a philosophy that combines healthy eating, regular exercise, wellness information, awards and recognition and support from others at weekly chapter meetings

www.tops.org

- Redwood Falls - Presbyterian Church, 235 East 4th Street - (507) 752-7186
- Morton - Morton Senior Citizens Center, 230 Main Street - (507) 752-7186

Women's Rural Advocacy Program (WRAP)

164 East 2nd Street

Redwood Falls, MN

(507) 637-3040 or (888) 637-3040

www.letswrap.com

redwrap@rconnect.com

- Domestic violence support

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