

Person County Recreation, Arts & Parks Walking Tracks & Playgrounds

Allensville Park
724 Gentry Ridge Rd., Roxboro

Bethel Hill Park
401 Bethel Hill School Rd., Roxboro

Bushy Fork Park
7901 Burlington Rd., Roxboro

Helena Park
295 Helena Moriah Rd., Timberlake

Huck Sansbury Recreation Complex
303 S. Morgan St., Roxboro

Hurdle Mills Park
10026 Hurdle Mills Rd., Hurdle Mills

Olive Hill Park
3856 Semora Rd., Roxboro

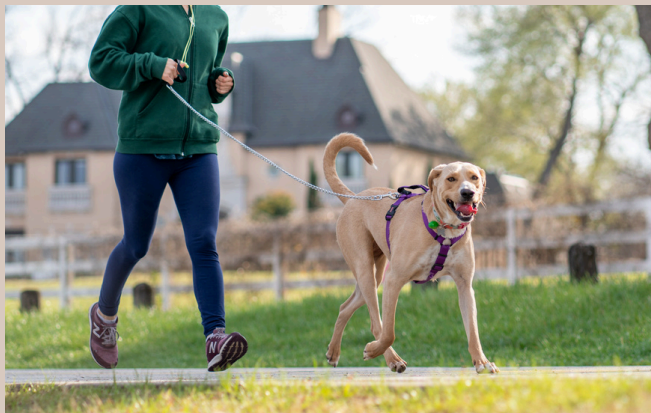
Mt. Tirzah Park
1795 Mt. Harmony Church Rd.,
Timberlake

Mayo Park (walking/hiking trails)
1013 Neal's Store Rd., Roxboro

Rock Athletic Complex (walking trail)
215 Wesleyan Rd., Roxboro

Longhurst Park
(playground but no walking track)
214 Park St., Roxboro

**DOGS ARE ALLOWED ON COUNTY
WALKING TRACKS WITH A LEASH. DOG
WASTE CONTAINERS ARE AVAILABLE.**



The Huck Sansbury Gym is open for walking Monday through Friday from 8:30 a.m. - 4 p.m. To check on gym availability or for information about fitness classes, athletics, and other facilities available at local parks, **call Person County Recreation, Arts & Parks at (336) 597-1755.**

June 2025



**MOVE TO A
HEALTHIER WEIGHT
IN PERSON**

A guide of local
resources for healthy
eating, physical
activity, & weight
loss/management.



Overweight/Obesity As a Health Priority

Being overweight or obese can increase an individual's risk for chronic diseases like diabetes, heart disease, kidney disease, and others that are prevalent in Person County. Such weight conditions can also complicate other diseases. This guide, produced by Healthy Personians' Chronic Disease Action Team, provides a non-exhaustive list of some local resources that can help Personians achieve and maintain a healthy weight. Resources highlighted focus on healthy eating, physical activity, and weight loss/management.

Call Person County Health Department at (336) 597-2204 for information on these programs.

Diabetes Prevention Program

Living Healthy with Diabetes Self-Management Program



Person Family Medical Center offers a FREE Diabetes Education Class monthly. This class is open to the public. A variety of topics are discussed concerning diabetes, along with a time for questions & answers. Call (336) 599-9271 for information on the class schedule.

North Carolina Cooperative Extension - Person County Center Programs:

- Monthly Lunch N' Learns
- Lifelong Improvement through Fitness Training (LIFT)
- Bingocize
- Med Instead of Meds
- Cook Smart, Eat Smart
- Dining with Diabetes
- Take Control
- Cooking Matters at the Store
- Eat Smart, Live Strong
- Create Better Health
- Eat Smart, Move More, Weigh Less
- Faithful Families

**For program details,
call (336) 599-1195**

Person County Senior Center

Offers a fully appointed gym, FREE for Person County residents ages 60+. There is a monthly fee of \$15 for county residents, ages 50-59, & for individuals with disabilities.

Gym Hours:

Monday: 8 a.m. - 5 p.m.
Tuesday-Thursday: 8 a.m. - 7 p.m.
Friday: 8 a.m. - 4 p.m.

Monthly education programs are offered on various health topics.

Fitness Classes Offered:

- Group Fitness
- Moving & Grooving
- Chair Exercise
- Chair Yoga
- Cardio Drumming
- Line Dancing
- Floor Exercise Boot Camp

**Call (336) 599-7484
or stop by the Senior
Center (87 Semora
Road, Roxboro) for
the gym orientation,
program, & class
schedules.**