

## LOCAL HEALTHY WEIGHT RESOURCES

### IU Health Ball Memorial Hospital Bariatric and Medical Weight Loss

- Options for medically supervised and surgical weight loss.
- InBody body composition scale.
- Individual nutrition counseling-FREE-but requires a physician order.
- Diabetes Support Group.

*Phone: 765-747-4410 2901 W. Jackson Street, Muncie IN 47304*

[luhealth.org/ball-memorial/bariatric-services/](http://luhealth.org/ball-memorial/bariatric-services/)

### Cardinal Zumba

- FREE nutrition counseling and Zumba Classes offered twice weekly.

<https://www.facebook.com/cardinalzumba/>

### Purdue Extension

- Nutrition Education/SNAP-Ed - NEP Assistants provide FREE nutrition education to youth and adults through schools and a variety of community groups.
- Be Heart Smart and Dining with Diabetes education programs.
- Community Wellness Coordinators collaborate with community partners on broader community change that involves policy, system and environmental initiatives, including community gardens and farmers markets.

<http://www.purdue.edu/hhs/extension/default.aspx>

### Metabolic Research Center

- Emphasis on menus, personal coaching to fuel metabolism.

*Phone: 765-896-9199 3090 N. Oakwood Avenue Muncie, IN 47304*

<https://www.emetabolic.com/>

### Weight Watchers

- Points based program encourages eating more veggies, fruits, lean protein and less sugar and unhealthy fats.
- Supportive group meetings.
- Employer-based programs available.

*Phone: 1-800-651-6000 [www.weightwatchers.com/us](http://www.weightwatchers.com/us)*

## AREA FARMERS MARKETS

Flavor Fresh Mobile Market- days, times and locations vary. Check website <https://harvestinghopemuncie.wordpress.com/markets-2/>

Hartford City Growers and Makers Market- Saturdays 9am to Noon, seasonal  
1015 W. Washington Street, Hartford City, 47348

Landess Farm Market Daleville- open Sun-Fri 10am to 6pm during season  
Accepts WIC/SFMNP  
6000 WCR 700 South, Daleville, IN 47334

Minnetrista Farmers Market- Saturdays 8am to 12pm starting in May  
Accepts WIC/SFMNP & IU Health Bucks  
311 West St. Joseph Street, Muncie, IN  
[www.minnetrista.net](http://www.minnetrista.net)

Muncie Makers Market- Saturdays 4pm to 7pm starting in May  
Accepts SNAP. Located in the parking lot of the Friends Memorial Church in the Old West End neighborhood of Muncie.

Nothern Tropics Greenhouse- open Mon-Sat Noon to 6pm during season  
1501 East Fuson Road, Muncie, IN 47302

Open Door Farmers Market- Tuesday and Thursday, 11am-2pm, seasonal  
Accepts WIC/SFMNP  
333 S Madison St in Downtown Muncie

Spangler Farms Market- open Mon-Sat 10am to 6pm, Sun 12pm-4pm, seasonal  
Accepts SNAP, WIC/SFMNP and IU Health Bucks  
8081 W County Road 200 S, Yorktown, IN 47396

Yorktown Farmers Market- Wednesdays 4:30pm to 7pm, seasonal  
Accepts SNAP, WIC/SFMNP  
1901 S. Tiger Drive in Yorktown