

# Community Wellness Resources



Aitkin + Garrison + McGregor  
[www.RiverwoodHealthcare.org](http://www.RiverwoodHealthcare.org)

## AGING

### **Aitkin County CARE, Inc.**

*Tools for Caregivers, Bone Builders, Respite Care*

20 Third St. NE, PO Box 212, Aitkin, MN 56431

218-927-1383

[www.aitkincountycare.org](http://www.aitkincountycare.org)

### **ANGELS**

*Volunteers offering assistance to help seniors live safely in their homes with independence & dignity*

7 S. Maddy St., PO Box 35, McGregor, MN 55760

218-768-2762, [www.angelsfmcgregor.com](http://www.angelsfmcgregor.com)

## FITNESS & RECREATION

### **Aitkin Community Education**

*Fitness & Recreational Activities*

Krista Olson, Director

225 2nd St. SW, Aitkin, MN 56431

218-927-7130

<http://home.isd1.org/community-education.html>

### **Army Corps of Engineers**

*Swimming, Fishing, Trails*

22205 531<sup>st</sup> Ln., McGregor, MN 55760

218-426-3482

[www.corpslakes.usace.army.mil/visitors/projects.cfm?id=B614080](http://www.corpslakes.usace.army.mil/visitors/projects.cfm?id=B614080)

### **Big Sandy Lodge & Resort**

*Fitness Center, Swimming Pool, Walking Trails*

20534 487th St., McGregor, MN 55760

218-426-5040

[www.bigsandyloodgeandresort.com](http://www.bigsandyloodgeandresort.com)

### **Cuyuna Rolling Hills**

*Golf*

24410 State Hwy 210, Deerwood, MN 56444

218-534-3489, [www.cuyunarollinghillsgolf.com](http://www.cuyunarollinghillsgolf.com)

### **Cuyuna Country State Recreation Area**

*Mountain Biking, Cross Country Skiing, Hiking*

307 3<sup>rd</sup> St., Riverton, MN 56455

218-546-5926, [www.cuyunalakestrail.org](http://www.cuyunalakestrail.org)

### **Cycle Path and Paddle**

*Sell or rent Bikes, Canoes, Kayaks, Trikkes, Skis and more*

115 3<sup>rd</sup> Ave. SW, Crosby, MN 56441

218-545-4545, [www.cyclepathpaddle.com](http://www.cyclepathpaddle.com)

### **Fitness Forever**

*Specializing in Senior Fitness, 50+*

*Low Impact Aerobics and Strength Training, Chair Aerobics, Zumba Gold*

Certified Instructor, Marty Ryan

(classes at Minnewawa Sportsmen's Club Bldg.)

20322 Goshawk St, McGregor, MN 55760

218-426-4266

[fitnessforever.ryan@gmail.com](mailto:fitnessforever.ryan@gmail.com)

### **Fit City Aitkin**

*Supporting Active Living in Aitkin*

205 4th Ave. SE, Aitkin, MN 56431

[www.fitcityaitkin.com](http://www.fitcityaitkin.com)

### **Forty Club Inn**

*Indoor Swimming Pool*

960 2<sup>nd</sup> St. NW, Aitkin, MN 56431

218-927-2903

<http://fortyclubinn.net>

### **Hallett Center**

*Fitness Classes, Fitness/Aquatic Center, Personal Training*

470 8<sup>th</sup> St. NE, Crosby, MN 56441

218-546-2616,

[www.hallettcenter.com](http://www.hallettcenter.com)

### **Karmady Yoga and Fitness**

*Yoga, Zumba, SilverSneakers, H.I.I.T. (High Intensity Interval Training), Striking and Kick Boxing*  
217 Minnesota Ave., Aitkin, MN 56431  
218-927-1355  
[www.karmadyyogaandfitness.com](http://www.karmadyyogaandfitness.com)

### **Long Lake Conservation Center**

*Environmental learning, Nature-based youth programs, Facility rental, Retreat accommodations*  
28952 438<sup>th</sup> Ln., Palisade, MN 56469  
218-768-4653  
[www.longlakecc.org](http://www.longlakecc.org)

### **McGregor Community Education**

*Group Fitness, Wellness, Recreational classes, Events*  
Lisa Kruse, Director  
148 S 2<sup>nd</sup> St., PO Box 160, McGregor, MN 55760  
218-768-2111 x 233  
[www.mcgregor.k12.mn.us/adultcommunityeducation.php](http://www.mcgregor.k12.mn.us/adultcommunityeducation.php)

### **McGregor Community Fitness Center**

*Community Fitness Center, Personal Training (Weightlifting), Group Fitness classes*  
148 S 2nd St., PO Box 160, McGregor, MN 55760  
218-768-2111 x305  
[www.mcgregor.k12.mn.us/fitnessPage.php](http://www.mcgregor.k12.mn.us/fitnessPage.php)

### **Minnesota National Golf Course**

23247 480<sup>th</sup> Street, McGregor, MN 55760  
218-426-4444  
[www.mnnationalgolfcourse.com](http://www.mnnationalgolfcourse.com)

### **Rice Lake National Wildlife Refuge**

*Hiking, Cross Country Skiing, Fishing*  
Hwy 65, PO Box 67, McGregor, MN 55760  
218-768-2402  
[www.fws.gov/refuge/Rice\\_Lake/about.html](http://www.fws.gov/refuge/Rice_Lake/about.html)

### **Savanna Portage State Park**

*Hiking, Mountain Biking, Fishing, Cross Country Skiing*  
55626 Lake Pl., McGregor, MN 55760, 218-426-3271  
[www.dnr.state.mn.us/state\\_parks/savanna\\_portage/index.html](http://www.dnr.state.mn.us/state_parks/savanna_portage/index.html)

### **Snap Fitness**

*Fitness Club, Personal Training*  
10 2nd St. NE, Aitkin, MN 56431  
218-927-1300,  
[www.snapfitness.com/aitkinmn](http://www.snapfitness.com/aitkinmn)

## HEALTHY LIVING/WELL BEING

### **Aitkin Acupuncture, LLC**

*Common conditions treated include pain, respiratory, reproductive, and mental & well-being*  
Jean Twomey, LAc, Acupuncturist & Oriental Medicine  
38400 Dove St, Aitkin MN 56431  
218-670-0599  
[www.aitkinacu.com](http://www.aitkinacu.com)

### **Aitkin County Health & Human Services**

*Flu clinics, Health Education, Income Maintenance, Social Services, Women Infants & Children (WIC)*  
204 1<sup>st</sup> St. NW, Aitkin, MN 56431  
218-927-7200  
[www.co.aitkin.mn.us/departments/hhs/hhs-home.html](http://www.co.aitkin.mn.us/departments/hhs/hhs-home.html)

### **Aitkin Family Chiropractic Center**

*Pain Management*  
Paul Kuiken, D.C., 218-927-3709  
104 4<sup>th</sup> St. NW, Aitkin, MN 56431

### **Chiropractic Care**

Bruce Carroll, D.C., 218-927-2541  
9 3<sup>rd</sup> St. NE, Aitkin, MN 56431

### **Free Your Spirit**

*Massage, Aromatherapy, Reiki*  
Vicki Rhodes, 218-232-1257  
9 3<sup>rd</sup> St. NE, Aitkin, MN 56431

### **In-Touch Therapy**

*Massage, Healing Touch, Reflexology, Acupressure, Health Enhancement Coaching, Trigger Point Therapy, Pre-Natal*  
218-330-7043  
[intouchtherapy4u@gmail.com](mailto:intouchtherapy4u@gmail.com)

### **Health Coaching & Massages by Glory**

*Massage, Health Coaching*  
94 Maddy St, McGregor, MN 55760  
218-428-4147  
<http://healthcoachingbyglory.liveeditaurora.com/#>

### **Mindfulness Classes & Mindful Coaching**

Julie Anne Larkin, MA, CPHWC  
Certified Professional Health & Wellness Coach  
Mindfulness Teacher  
218-398-1205, [www.JulieAnneLarkin.com](http://www.JulieAnneLarkin.com)

### **Riverwood Healthcare Center**

*Educational seminars, Wellness Coaching, Mindfulness classes, Preventive resources*  
200 Bunker Hill Dr., Aitkin, MN 56431  
218-927-5168,  
[www.riverwoodhealthcare.org](http://www.riverwoodhealthcare.org)