

What We Do

The mission of the Ellenville Regional Rural Health Network (ERRHN) is to continuously pursue healthy lives for everyone in our community. We do this by offering free services & programs to the local community.

We implement these programs in our community with Grant funding from the Health Resources and Services Administration, NYS Office of Addiction Services and Supports (OASAS), and the Bureau of Justice Assistance.

The programs we offer are all
FREE.



Contact Us:

Phone:
845.647.6400 ext. 215

Website:
erhny.org

Facebook:
[@ERHRuralHealth](https://www.facebook.com/ERHRuralHealth)



Ellenville Regional Hospital

Rural Health Network



Wellness Program Includes:

- Health/Accountability Coaching
- Cardiac Wellness Program
- Portion Control Containers
- Nutrition Counseling
- Free Fitness Classes
- Health Recipes
- Food Journal
- Pedometer

Nutrition Counseling:

Our Rural Health Network Nutritionist will work with you to help:

- Planning and setting goals towards a healthier life.
- Meal planning & prepping.
- Control portion sizes.
- Provide healthy recipes.
- Inform you on sodium & sugar substitutes.
- Answer any questions you may have!

Well Being Workshops and Programs

- Grief Recovery After a Substance Passing (GRASP)
- SMART Recovery
- Project RESCUE



Community Healthcare Worker

With the help of our Community Health Worker we can create a plan to help you and your family adopt a healthier lifestyle. This can help with weight management and preventing chronic diseases such as...

- High Blood Pressure
- Diabetes
- Obesity
- and More!

Our Community Health Worker can also help connect you to resources in the community that are available to you. You may work with the Community Health Worker as much or as little as you would like.



Farm-acy

Pick up FREE healthy fruits & vegetables!

In an effort to promote wellness and healthy eating, Farm-acy offers FREE fruits and vegetables to ALL members of our community.

Farm-acy is offered two Thursdays a month from 4-6pm. Visit our website for dates & more information.

Cardiac Wellness Aerobic Fitness Program

Anyone that is a part of the wellness program will also have the opportunity to participate in a FREE Cardiac Wellness Aerobic Fitness Program. Our Cardiac Wellness Aerobic Fitness Program is available to improve aerobic fitness for individuals at risk for cardio vascular disease, heart attack or stroke. The Cardiac Wellness Programs offers physical activity classes & educational classes on nutrition, medication, exercise, diabetes management and stress management.

We Provide...

- Carotid Ultrasounds
- Calcium Score CAT Scans

