

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
- 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

- SMART Recovery
- Project RESCUE

We Provide

- Carotid Ultrasounds
- Calcium Score CAT Scans



Community Health 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.

Substance Use Treatment and Harm Reduction Supplies

Anyone looking for help with substance use can be linked to a Community Health Worker who will initiate a transition into treatment and/or community-based resources. The Community Health Worker is available via call or text line to navigate treatment options as well as requesting Harm Reduction supplies like Narcan and Safer Use kits to reduce the harmful consequences associated with drug use, such as HIV and Hepatitis. Individual or group Narcan Trainings can be requested by calling the Community Health Worker or accessing the text line.

