

# Community Resources

## PUBLIC TRANSPORTATION

### **Rabbit Transit**

1230 Roosevelt Ave.  
York, PA 17404  
Phone# 717-846-7433

## FITNESS

### **York Jewish Community Center**

2000 Hollywood Dr.  
York, PA 17403  
Phone# 717-843-0918

### **Planet Fitness**

York (East)  
1248 Greensprings Dr  
Gabriel Brothers Plaza  
York, PA 17402  
Phone# 717-751-2370

### **Planet Fitness**

York (West)  
2130 White Street  
Carlisle Commons  
York, PA 17404  
Phone# 717-747-1481

### **Gold's Gym, York (North)**

2340 North George Street  
York, PA 17405  
Phone# 717-846-4700

### **Gold's Gym,**

York (south)  
298 Pauline Drive  
York, PA 17403  
Phone# 717-741-9529

### **Curves: Springfield/Jacobus**

35-J N. Main Street  
Jacobus, PA  
Phone# 717-428-4949

### **Curves: York Township**

14 Dairyland Square  
Red Lion, PA 17356  
Phone# 717-246-7710

### **Curves: York, PA**

351 Loucks Road Ste. D3  
York, PA 17404  
Phone# 717-846-3300

### **Curves: Springettsbury, PA**

1218 Greensprings Drive  
York, PA 17402  
Phone# 717-751-7710

### **Curves: West Manchester, PA**

2150 White Street  
York, PA 17404  
Phone# 717-812-1700

### **YMCA of York**

264 W. Market St.  
York, PA 17401  
Phone# 717-846-7729

### **YWCA of York**

320 E. Market St.  
York, PA 17403  
Phone# 717-845-2631

### **Weight Watchers**

Red Lion Senior Center  
20 Gotham Place  
Red Lion, PA 17356  
Email: [weightwatchers.com](http://weightwatchers.com)

## HEALTH MANAGEMENT PROGRAMS

### **Wellspan Medical Weight Management**

2339 S. George St. (lower level)  
York, PA 17403  
Phone# 717-851-6207

### **Nutritional Education center Of York**

Sherwood Plaza  
332B N. Main St.  
P.O. Box 154  
York New Salem, PA 17371  
Phone# (717) 718-5033 or  
Email: [nutrition@necoy.com](mailto:nutrition@necoy.com)

## SUPPORT GROUPS

### **York Alcoholics Anonymous**

York area Intergroup  
[www.york-pa-aa.org](http://www.york-pa-aa.org)  
Hot line# 717-854-4617

### **Narcotics Anonymous**

Saint Paul's  
205 West Main Street  
Dallastown, PA 17403  
Phone# 717-244-2090

### **Narcotics Anonymous**

Trinity Lutheran Church  
415 North West Street at  
Linden Avenue  
York, PA 17404  
Phone# 717-843-5920

### **Tobacco Cessation**

Community Health Counselor  
605 S. George St., Suite 160  
York, PA 17401  
Phone# 717-851-5857

## MISCELLANEOUS

### **Crisis Intervention**

York Hospital or  
1101 S. Edgar ST. Suite C  
York PA  
Phone# (800) 673-2496 or  
(717) 851-5320

### **Access-York Inc. York**

York, PA 17405  
Phone# 717-845-8226

### **Visiting Angels**

1840 E. Market St.  
York, PA 17402  
Phone# 717-751-2488

### **Area Agency on Aging**

100 West Market Street  
York, PA 17401  
Phone# 717-771-9610

# Community Resources

**Literacy Council of York**

800 E. King St.  
York, PA 17403  
Phone# 717-845-8719

**Leg Up Farm**

4880 N. Sherman Street  
Mt. Wolf, PA 17347  
Phone# 717-266-9294

**Easter Seals**

2550 Kingston RD  
Suite 219  
York, PA 17402  
Phone# 717-741-3891

**Autism York**

P.O. Box 7322  
York, PA 17404  
Phone# 717-801-1272  
Email: [info@autismyork.org](mailto:info@autismyork.org)

**Mending the Spirit**

Support for grieving parents  
Contact Cheryl Peterson at  
[Mendingthespirit12@gmail.com](mailto:Mendingthespirit12@gmail.com)  
Or call at (717)668-6685