<table>
<thead>
<tr>
<th>RESOURCE</th>
<th>NAME</th>
<th>FUNCTION/SERVICES</th>
<th>PHONE</th>
<th>WEBSITE</th>
<th>ADDRESS</th>
<th>EMAIL</th>
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<tbody>
<tr>
<td>HEALTH CARE FACILITIES</td>
<td>Coleman Axess Pointe</td>
<td>• Medical and dental services for everyone (accepts people without insurance)</td>
<td>(330) 673-1016</td>
<td><a href="http://axesspointe.org/">http://axesspointe.org/</a></td>
<td>143 Gougler Ave, Kent, OH 44240</td>
<td><a href="http://axesspointe.org/">http://axesspointe.org/</a></td>
</tr>
</tbody>
</table>
| Kent State University Health Services | Universi ty Health Services | • Medical Services to all eligible students, faculty, and staff, including: examination and treatment for illness and minor injuries, laboratory, x-ray, and pharmacy services  
• Health Promotion (Free HIV Testing, National Alcohol Screening Day, Free Tobacco Cessation Program, National Depression Screening Day, etc.)  
• Allergy Clinic  
• Travel Clinic  
• Women's Health Care  
• General Care  
• Physical Therapy  
• Urgent Care  
• Immunization  
• Health Education  
• Mental Health Counseling | (330) 672-2322 | www.kent.edu/uhs | DeWeese Health Center  
1500 Eastway Drive, Kent, OH 44242-0001 | adejuliu@kent.edu |
| **Health Care Facilities in Kent-Stow Area** | University Hospital Kent Health Center | • Primary and specialty care physicians  
• Diagnostic imaging and radiology  
• Laboratory services  
• Urgent care. | (330) 677-3434 | [http://www.uhhospitals.org/kent](http://www.uhhospitals.org/kent) | 401 and 408 Devon Place  
Kent, Ohio 44240 | “Contact us” on Web page |
|---|---|---|---|---|---|---|
| | University Hospitals Portage Medical Center | • Surgical services  
• Rehabilitation  
• Emergency care  
• Physical therapy  
• Radiology and imaging  
• Laboratory services, and more. | (330) 297-2898 | [http://www.uhhospitals.org/portage](http://www.uhhospitals.org/portage) | 6847 N Chestnut Street  
Ravenna, Ohio 44266 | “Contact us” on Web page |
| **HEALTH INSURANCE** | United Healthcare Student Resources | • Health Insurance Coverage | 1-800-767-0700 or the University Health Services at (330) 672-8251 | [http://www.kent.edu/uhs/student-health-insurance-plan](http://www.kent.edu/uhs/student-health-insurance-plan) | Contact the DeWeese Health Center  
1500 Eastway Drive,  
Kent, OH 44242-0001 | [insbilling@kent.edu](mailto:insbilling@kent.edu) |
| | Ravenna Medicaid Office | • You can now apply over the phone!  
449 S. Meridian St  
2nd Floor, Ravenna OH |
| **VACCINATION SERVICES** | University Health Services: DeWeese | • Immunizations  
• Allergy Clinic  
• Travel Clinic  
• Medical Services  
• General Care | (330) 672-2322 | [http://www.kent.edu/hr/benefits/immunizations-university-health-services](http://www.kent.edu/hr/benefits/immunizations-university-health-services) | 1500 Eastway Drive,  
Kent State University, Kent  
OH, 44242 | [immunizations@kent.edu](mailto:immunizations@kent.edu) |
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<tr>
<th><strong>Health Center</strong></th>
<th>Services</th>
<th>Phone</th>
<th>Website</th>
<th>Address</th>
<th>Contact Information</th>
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<tr>
<td>Physical Therapy</td>
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<td>Radiology</td>
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<td>Urgent Care</td>
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<tr>
<td>Women's Clinic</td>
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<tr>
<td><strong>City of Kent Health Department</strong></td>
<td>Childhood Immunization Clinic</td>
<td>(330) 296-9919</td>
<td><a href="http://www.kentpubl.ie/health.org/nursing_services/adult_and_travel_immunizations/index.php">Health</a></td>
<td>705 Oakwood Street 2nd floor Ravenna, Ohio 44266</td>
<td>“Contact us” on Web page</td>
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<tr>
<td>HIV &amp; HEP C Testing</td>
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<tr>
<td>Adult and Travel Immunization</td>
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<tr>
<td><strong>MinuteClinic</strong></td>
<td>Immunizations</td>
<td>(330) 678-4009</td>
<td><a href="https://www.cvs.com/minuteclinicclinics/ohio/kent/500south-water-street-corner-of-west-summit-street/3980/md?WT.mc_id=LS_MC_GOOGLE_3980">MinuteClinic</a></td>
<td>500 S Water Street Kent, Ohio 44240</td>
<td>“Contact us” on Web page</td>
</tr>
<tr>
<td><strong>WOMEN'S HEALTH</strong></td>
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<tr>
<td><strong>KSU Women’s Center</strong></td>
<td>Breast and reproduction services</td>
<td>(330) 672-9230</td>
<td><a href="http://www.kent.edu/womenscenter/contact-us">Womenscenter</a></td>
<td>Williamson House, 1200 East Main Street Kent, OH 44242</td>
<td><a href="mailto:wc@kent.edu">wc@kent.edu</a></td>
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<tr>
<td>Pregnancy and campus services</td>
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<tr>
<td>Work life balance</td>
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<tr>
<td><strong>Planned Parenthood</strong></td>
<td>Promote health and manage disease process</td>
<td>(330) 678-8011</td>
<td><a href="https://www.plannedparenthood.org/">Planned Parenthood</a></td>
<td>138 E Main Street, 2nd floor, Kent, Ohio 44240</td>
<td>“Contact us” on Web page</td>
</tr>
<tr>
<td><strong>PHYSICAL HEALTH (Kent State University)</strong></td>
<td>From intramural and club sports to Group X classes, Recreational Services has something for everyone!</td>
<td>(330) 672-4732</td>
<td><a href="http://www.kent.edu/recservices">Recreational</a></td>
<td>Street Address 1550 Ted Boyd Drive, Kent, Ohio 44242</td>
<td><a href="mailto:recservices@kent.edu">recservices@kent.edu</a></td>
</tr>
<tr>
<td>Student Recreational Services</td>
<td>From intramural and club sports to Group X classes, Recreational Services has something for everyone!</td>
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</tbody>
</table>
| **PHYSICAL HEALTH (In Kent-Stow Area)** | **Anytime Fitness** | **State-of-the-art equipments;**  
**Group classes;**  
24-hour access  
24-hour security  
Anywhere gym access  
Health plan discounts  
Wellness programs  
| **All Heart CrossFit** | Gymnastics Clinic  
Nutrition & Lifestyle  
Personal training | (330) 221-7723 | [http://allheartcrossfit.com/](http://allheartcrossfit.com/) | 4481 Crystal Pkwy, Kent, OH 44240 | allheartallday@gmail.com |
| **Curves** | Strength training  
Cardio activity plus stretching | (330) 677-5901 | [https://www.curves.com/](https://www.curves.com/) | 1600 S Water St #11, Kent, OH 44240 | membercommentss@curves.com |
| **CrossFit Steels Corners** | Gymnastics Clinic  
Nutrition & Lifestyle  
Personal training | (330) 690-2626 | [https://www.stowstrength.com/cfssc/](https://www.stowstrength.com/cfssc/) | 4111 Hudson Dr, Stow, OH 44224 | "Contact Us" on Web |
| **Fitworks** | • All the Latest Cardio Equipment  
• Cardio Theater Room  
• Wi-Fi Access  
• Group Fitness Classes  
• Spinning Studio  
• Personal Training  
• Playland for the Kids  
• Full Locker Room  
| **Franklin School of Dance** | • Recreational dance instruction for ages 3 and up  
• Private & group classes in Ballet • Pointe • Tap  
• Jazz • Lyrical • Hip-Hop • Cheer Dance • Adult | (330) 673-5419 | [http://www.franklinschoolofdance.com/](http://www.franklinschoolofdance.com/) | 152 N Water St, Kent, OH 44240 | courtneylwatt@yahoo.com |
| **Garan Fitness Consulting** | • Personal Fitness Training | (330) 554-1345 | [http://www.garanfitnessconsulting.com/](http://www.garanfitnessconsulting.com/) | 125 W. Williams St, Kent, OH 44240 | scottgaran@garanfitnessconsulting.com |
| **Hickey Karate Center** | • High Quality Martial Arts Training  
• Youth Development – Confidence – Esteem  
• Sports Performance Training  
• Lifetime Fitness | (330) 686-4540 | [http://www.hickeykaratecenter.com/contact-us.html](http://www.hickeykaratecenter.com/contact-us.html) | 4540 Stow Rd, Stow, OH 44224 | Hanshi@HickeyKarateCenter.com |
| **Kent Karate & Family Fitness** | • Okinawan  
• Chinese Martial Arts  
• Korean Arts and fitness classes  
• Kick Boxing  
• Brazilian Ju Jitsu | (234) 703-1808 | [https://martialpeace.com/](https://martialpeace.com/) | 122 W College Ave, Kent, OH 44240 | ikakarate@sbcglobal.net |
| **Kent Parks & Recreation Fitness Center** | • Parks  
• Fitness Center  
• Recreation Programs  
Kent, OH 44240 | idone@kent-ohio.org |
| **Kent Yoga** | • Yoga classes from basics to power vinyasa  
• Boutique  
• A registered yoga school | (330) 842-7228 | [http://oneloveyogakent.com/](http://oneloveyogakent.com/) | 145 River St #5,  
Kent, OH 44240 | tim.oneloveyoga@gmail.com  
april.oneloveyoga@gmail.com |
| **Martial Arts Ohio** | • Kids Martial Arts  
• Adult Martial Arts  
• Brazilian Jiu Jitsu  
• Fitness Kickboxing  
• Birthday Parties  
• Adult Self Defense | (330) 389-0304 | [http://www.martialartsohio.net/](http://www.martialartsohio.net/) | 1139 Lake St, Kent,  
OH 44240 | "Contact Us" on Web |
| **Planet Fitness** | • Open 24 Hours on Weekdays  
• Fitness Training  
• Reciprocal use of all PF Franchise Locations  
• Use of Tanning Machines  
• Use of Massage Chairs | (330) 474-7220 | [http://www.planetfitness.com/gyms/kent-oh-1058](http://www.planetfitness.com/gyms/kent-oh-1058) | 1416 S Water St,  
Kent, OH 44240 | "Contact Us" on Web |
| **Revolution Fitness & Therapy** | • Lean-muscle gain program;  
• Nutritional coaching;  
• Weight loss program;  
• Personal Training | (330) 860-0614 | [http://www.revfittherapy.com/](http://www.revfittherapy.com/) | 4940 Darrow Rd,  
Stow, OH 44224 | revfittherapy@gmail.com |
<table>
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<tr>
<th>Gym Name</th>
<th>Features</th>
<th>Phone Number</th>
<th>Website</th>
<th>Address</th>
<th>Contact Email</th>
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</thead>
</table>
| Snap Fitness-24-7 | - Cardio, plate-load, strength, and free weight equipment  
- Group exercise programs  
- Free fitness consultation and equipment walkthrough upon signup  
- Personal trainers | (330) 474-2910 | [https://www.snapfitness.com/gyms/kent-oh-44240/2125](https://www.snapfitness.com/gyms/kent-oh-44240/2125) | 2500 Ohio 59  
Kent, OH 44240 | kentoh@snapfitness.com |
| SPC CrossFit | - CrossFit Functional Fitness  
- Group Training  
- Athletic Performance Training  
- Individual Coaching/Training  
- Remote Coaching/Training  
- Specialty Programs  
Kent, OH 44240 | info@spcstrength.com |
| Summit County Adventure Boot Camp for Women | - A four-week outdoor fitness program (fitness instruction, nutritional counseling and motivational training) | (330) 573-5670 | [http://summitcountybootcamp.com/](http://summitcountybootcamp.com/) | 2926 Heatherwood Ct  
Stow, OH 44224 | ccesnak@hotmail.com |
| TITLE Boxing Club Stow | - Boxing;  
- Kickboxing;  
- Private Training; | (330) 474-7062 | [https://titleboxingclub.com/stow-oh/](https://titleboxingclub.com/stow-oh/) | 4433 Kent Rd  
Stow, OH 44224 | "Contact Us" on Web |
| White Birch Kung Fu & Tai Chi | - Kung Fu;  
- Tai Chi Chuan;  
- Low Intensity Fitness;  
- Fitness Kickboxing;  
- Grappling; | (330) 329-5990 | [http://www.stowkungfu.com/](http://www.stowkungfu.com/) | 122 W College St  
Kent, OH 44240 | LVWhiteBir@aol.com |
<table>
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<tr>
<th><strong>NUTRITIONAL HEALTH SERVICES</strong></th>
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<tr>
<td><strong>SELF-DEFENSE COURSE</strong></td>
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<tr>
<th><strong>FOOD PANTRY</strong></th>
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<tbody>
<tr>
<td>Kent State Food Pantry</td>
<td>• Emergency food assistance to enrolled KSU students 330-672-9230 <a href="https://www.kent.edu/womenscenter/using-pantry">https://www.kent.edu/womenscenter/using-pantry</a> Williamson House, 1200 Main Street. (big white house on the corner of Main/SR 59 and Midway Drive). Cassandra Pegg-Kirby, <a href="mailto:cpeggkir@kent.edu">cpeggkir@kent.edu</a></td>
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<thead>
<tr>
<th><strong>CAMPUS KITCHEN</strong></th>
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<tbody>
<tr>
<td>KSU Campus Kitchen</td>
<td>• Delivers food to Kent Social Services, Center of Hope, Upper Room Ministries and Springtime of Hope. • Engages with the community and partners with the Nutrition Outreach program at Kent to provide nutrition education to children, youth, and senior adults. 330-672-7876 <a href="https://www.kent.edu/oeece/campus-kitchen">https://www.kent.edu/oeece/campus-kitchen</a> Center for Undergraduate Excellence, Suite 151; 975 Lefton Esplanade Kent, OH 44242 <a href="mailto:experiential@kent.edu">experiential@kent.edu</a></td>
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<tr>
<th><strong>CHILD DEVELOPMENT CENTER</strong></th>
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<tbody>
<tr>
<td>Service Type</td>
<td>Description</td>
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<tr>
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</tr>
<tr>
<td>Child Development Center</td>
<td>Childcare, including programs for toddlers, preschoolers, and kindergartners</td>
</tr>
<tr>
<td>Kent State Mental Health Services</td>
<td>Mental health counseling, Multiple Locations: White Hall, Kent Hall, DeWeese Health Center (sliding scale)</td>
</tr>
<tr>
<td>Townhall II</td>
<td>Addiction Prevention and Treatment, Counseling, 24/7 Helpline, Child Violence Prevention, Sexual Assault Prevention, Portage County Rape Crisis Center, Health Education and Prevention and Programs</td>
</tr>
<tr>
<td>Coleman Professio</td>
<td>Behavioral Health Services, Social Services</td>
</tr>
<tr>
<td><strong>Critical Services</strong></td>
<td><strong>Low Income Housing Coordination</strong>&lt;br&gt;<strong>Drug and Alcohol Counseling</strong>&lt;br&gt;<strong>Pregnancy Support</strong></td>
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