

**NORTHERN NEVADA
HIV/AIDS
RESOURCE DIRECTORY**

SEPTEMBER 2005

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I. Introduction

Resource Directory Introduction

The Resource Directory was created with Ryan White Title II Care Funds and Centers for Disease Control and Prevention HIV funds, in an effort to identify resources for individuals living with, and at risk for, HIV/AIDS in Northern Nevada. This Resource Directory includes the following services/providers: HIV care related resources, HIV prevention related resources, food banks/food pantries, nutrition service providers, and physical activity providers.

In creating this directory, the Washoe County District Health Department initially identified 193 agencies and/or organizations that might be appropriate to include. These agencies were given a survey and/or contacted via telephone query calls in an effort to identify the services they provide and the populations they target. Thirty-four agencies/organizations did not return telephone calls or respond to the surveys, despite several efforts to reach them. Of those contacted, five provided information about their services via telephone interviews, 126 agreed to complete mail surveys, and 28 were not included since they chose not to be included, had gone out of business, or were not appropriate for inclusion in this directory. Of the 126 agencies/organizations sent mail surveys, a total of 62 responded (a 49% response rate). The sixty-two agencies that completed surveys/interviews for this project are listed in alphabetical order below:

A Rainbow Place
AIDS Community Cultural Education Program and Training (ACCEPT)
Bootcamp Fitness, Inc.
Boys and Girls Club of the Truckee Meadows
Burton's Wellness Center
Center for Behavioral Health
Center for Nutrition and Metabolic Disorders
Committee to Aid Abused Women
Community Services Agency

Crisis Pregnancy Center Curves (Incline Village)
Curves (Reno)
Faith Alive Christian Center
Family Resource Center in Sun Valley
Fitness Evolution Studios
Fitness Millennium
Food Bank of Northern Nevada
Frontline of Northern Nevada
Health Access to Washoe County
Health Enhancement Services
Inter-Tribal Council of Nevada
Jan Evans Justice Center
Ladies Workout Express
Nevada AIDS Foundation
Nevada Hispanic Services
Nevada State Health Division, Bureau of Community Health
Nevada State Welfare
Nevada Urban Indians
Northeast Community Center
Northeast Family Resource Center
Northern Nevada HIV Outpatient Program, Education and Services (HOPES)
Northern Nevada Outreach Team (NNOT)
NorthStar Treatment and Recovery
Nutrition Resources
Planned Parenthood Mar Monte
Project MANA
Reno First Church of the Nazarene
Reno-Sparks Human Services Center
Restart
Ridgehouse
Sagewind
Salvation Army
Slender You
Sparks Family Resource Center Spirit Yoga
Ports West
Step 2
Strictly Form, Inc.
The Perfect Workout
University of Nevada, Cooperative Extension

University of Nevada, Reno School of Medicine, Department of Family Medicine

University of Nevada, Reno Wellness Center

Veteran's Administration

Washoe County Department of Social Services

Washoe County District Health Department, Family Planning

Washoe County District Health Department, HIV Program

Washoe County District Health Department, STD Program

Washoe County District Health Department, Teen Health Mall

Washoe High School Cyeis

Word of Life Ministries

YMCA of the Sierras

Yoga Loka

Yoga Shack, Inc.

The Resource Directory is broken down into five separate sections to follow:

- I. Introduction
- II. HIV Prevention and Care Related Resources
- III. Food Banks/Food Pantries
- IV. Nutrition Service Providers
- V. Physical Activity Providers

A few agencies are listed in more than one section, as they provide services that relate to more than one of the above-mentioned categories.

This Resource Directory was supported by the Nevada State Health Division through Grant Number U62/CCU923483-01-2 from the Centers for Disease Control and Prevention and Grant Number 6 X07 HA 00001-13-01 from the Health Resources and Services Administration. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Nevada State Health Division, the Centers for Disease Control and Prevention, nor the Health Resources and Services Administration.

II. HIV Prevention and Care

A Rainbow Place

Phone: (775) 789-1780

Fax: (775) 789-1789

Email: info@arainbowplace.org

Contact Person: Ben Felix; Executive Director

Services: HIV-prevention-education & outreach program(s), HIV prevention case management, HIV/AIDS counseling & testing, Information & referrals for HIV prevention services, Information & referrals for HIV/AIDS care services, HIV/AIDS care, HIV/AIDS case management, HIV/AIDS support groups, Housing for individuals with HIV/AIDS, Employment counseling for individuals with HIV/AIDS, STD prevention-educational program(s), STD prevention-outreach, Teen pregnancy prevention, Hepatitis prevention-educational program(s), Hepatitis prevention-outreach, Hepatitis treatment.

Target Groups: Both youth & adult-all ages, Women, Men, Transgender, All races/ethnicities, Gay/Lesbian, Bisexual, People with HIV/AIDS, People addicted to drugs & alcohol, People addicted to heroine, People in need of mental health care, Homeless/Runaway youth, Homeless adults.

Eligibility: None

Costs: None

How to get services: Drop-in/Walk-in, Call for appointment, Case manager schedules treatment/medical appointments.

Waiting Period: Doesn't apply.

Languages other than English: Spanish

Funding: State of Nevada

A.C.C.E.P.T.

2540 Sutro Street, Suite #1

Reno, NV 89512

Phone: (775) 348-2050 or (775) 827-1813

Fax: (775) 827-1915

Email: Acceptreno@aol.com

Contact Person: Sherria Taylor

Services: HIV-prevention-education & outreach program(s), HIV + speakers bureau, Information & referrals for HIV prevention services, Information & referrals for HIV/AIDS care services, HIV/AIDS care, HIV/AIDS support groups, Employment counseling for individuals with HIV/AIDS, STD prevention-educational program(s), STD prevention-outreach, Teen pregnancy prevention, Hepatitis prevention-educational program(s), Hepatitis prevention-outreach, Hepatitis treatment, Substance abuse prevention-educational & outreach programs.

Target Groups: Both youth & adult-all ages, African American, All populations.

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Eligibility: Age (must be 18 and older), Varies according to service.

Costs: None

How to get services: Call for intake between 8am-5pm (Mon.-Fri.), Varies according to service.

Waiting Period: None

Boys & Girls Club Of Truckee Meadows

2680 E 9th Street

Reno, NV 89512

And

3905 Neil Rd.

Reno, NV 89502

And

115 6th Ave.

Sun Valley, NV 89433

Phone: (775) 331-3605 (9th) (775) 828-3940 (Neil Rd.) (775) 674-8484 (6th)

Fax: (775) 331-9012 (9th) (775) 828-3940 (Neil Rd.) (775) 674-8487 (6th)

Email: N/A

Contact Person: Kara

Services: HIV-prevention-education program(s), STD prevention-educational program(s), Teen pregnancy prevention, Parenting Classes, Gang Prevention, Crisis prevention, Drug & Alcohol prevention.

Target Groups: Youth ages 6yrs-18yrs, Women, Men, Transgender, All races/ethnicities, All youth populations, Gay/lesbian, Bisexual.

Eligibility: Youth ages 6yrs-18yrs, Club member

Costs: Sliding fee scale, Vary according to income, Club membership.

How to get services: Must be club member

Waiting Period: Doesn't Apply

Languages other than English: Spanish

Days & Hrs: Mon.-Fri.

7:00am-6:00pm

Center For Behavioral Health

160 Hubbard Way Suite A

Reno, NV 89502

Phone: (775) 829-4472

Fax: (775) 829-4467

Email: N/A

Contact Person: Diana Moscarella; Nursing Supervisor

Services: HIV-prevention-education & outreach program(s), HIV + speakers' bureau, HIV/AIDS counseling & testing, Information & referrals for HIV prevention services, Information & referrals for HIV/AIDS care services, HIV/AIDS care referrals, HIV/AIDS case management referrals, HIV/AIDS support groups referrals, STD prevention-educational program(s) referrals, STD prevention-outreach referrals, STD treatment

Days & Hrs: Mon.-Fri.

8:00am-5:00pm & Sat

7:30am-8:30am

referrals, Hepatitis prevention-educational program(s), Hepatitis prevention-outreach, Hepatitis treatment.

Target Groups: Adult ages 18 and older, Women, Men, Transgender, All races/ethnicities, All adult populations.

Eligibility: Age-must be 18 and older, Referred by jail/prison/courts, History of substance abuse.

Costs: Medicaid accepted.

How to get services: Drop-in/Walk-in, Photo ID required to access services, If insured: proof of insurance needed at time of registration.

Waiting Period: None

Languages other than English: Spanish

Funding: Private Owner

Committee to Aid Abused Women (CAAW)

An Organization For Families

1735 Vassar St.

Reno, NV 89502

Phone: (775) 329-4150

Fax: (775) 785-7550

Email: N/A

Contact Person: Joni Kaiser

Services: HIV-prevention services, HIV/AIDS care services, Housing for individuals with HIV/AIDS, STD prevention-educational program(s), Family planning, Parenting classes, Information and referrals for substance abuse treatment, Phone counseling & referrals, Relapse prevention, 24 hour crisis hot-line, Services for sexual abuse.

Target Groups: All ages, Women, Men, Transgender, Gay, Lesbian, Bisexual, All races/ethnicities, Homeless runaway youth, Homeless adults.

Eligibility: None

Costs: None

How to get services: Drop-in/Walk-in, Call for appointment, call hotline 24/7

Waiting Period: None

Languages other than English: Spanish, Native-American-Shoshone & Paiute.

Community Services Agency

1100 E. 8th St.

Reno, NV 89512

Phone: (775) 331-3566

Fax: (775) 786-5743

Email: tyoung@bgctm.org

Contact Person: Cloyd Philips

Services: Information & referrals for HIV/AIDS care services, STD prevention-educational program(s) referrals, Teen pregnancy prevention, Teen health clinic, Pregnancy counseling & testing, Family Planning, Hepatitis prevention-educational & outreach programs, Speakers' bureau, Crisis hotline, Employment counseling.

Target Groups: Both youth and adult- all age ranges, Women, Men, transgender, All

Days & Hrs: Mon.-Fri.

7:00am-5:00pm

Closed Wed 12:30pm-2:00pm

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

racess/Ethnicities, All populations.

Eligibility: Income based

Costs: None

How to get services: Drop-in/Walk-in, Call for intake appointment, Proof of income required for sliding scale participants, Photo ID required to access services, If insured: proof of insurance needed at time of registration.

Waiting Period: None

Languages other than English: Spanish, Sign language

Funding: State of Nevada, Private foundations

Crisis Pregnancy Center

200 Brinkby Ave.

Reno, NV 89509

And

50 West St.

Fernley, NV 89408

Phone: (775) 826-5144 (Reno) & (775) 575-4430 (Fernley)

Fax: (775) 826-5765 (Reno) & (775) 575-4439 (Fernley)

Email: cpcnet@sbcglobal.net

Contact Person: Steve Wren; Executive Director

Services: HIV-prevention-educational programs, STD prevention-educational program(s), STD prevention-outreach, STD counseling & testing, Teen pregnancy prevention, Pregnancy counseling and testing.

Target Groups: Both youth and adult-all ages, Women, All populations, All races and ethnicities.

Eligibility: None

Costs: None

How to get services: Call for appointment

Waiting Period: ~24hrs

Languages other than English: Spanish

Funding: State of Nevada, Private foundations, Donations, United Way

Frontline of Northern Nevada

PO Box 70231

Reno, NV 89570-0231

Phone: (775) 624-0639

Fax: (775) 624-0652

Email: nevadafrontline@yahoo.com

Contact Person: Forrest Dunaetz

Services: HIV-prevention-education & outreach program(s), Information & referrals for HIV/AIDS prevention services, Information & referrals for HIV/AIDS care services, HIV + speakers' bureau, STD prevention-educational program(s), Teen pregnancy prevention, Hepatitis prevention-educational program(s), Hepatitis prevention-outreach.

Target Groups: All ages, All populations, Women. Men, Transgender, All races/ethnicities.

Days & Hrs: Mon.-Fri.

10:00am-12:00pm &

2:00pm-4:00pm

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Eligibility: None

Costs: None, Sliding fee scale, Vary according to income, No one denied service for lack of funds, Varies according to service.

How to get services: Varies according to service.

Languages other than English: Spanish

Health Access Washoe County (HAWC) Outreach Medical Center

624 E. 4th St.

Reno, NV 89512

Phone: (775) 324-2599

Fax: (775) 324-0724

Email: dburgio@hawcinc.org

Contact Person: David Burgio; Family Nurse Practitioner

Services: HIV/AIDS counseling & testing, Information & referrals for HIV prevention and/or care services, STD prevention-educational program(s), STD prevention-outreach, STD counseling & testing, Family planning, Hepatitis prevention-educational & outreach program(s), Information & referrals for substance abuse treatment, Needle exchange, Psychiatric evaluation (limited).

Target Groups: Both youth and adult-all ages, Women, Men, Transgender, Homeless/runaway youth, Homeless adults, All races and ethnicities.

Eligibility: Homeless

Costs: None, Medicaid accepted, Private insurance accepted.

How to get services: Drop-in/walk-in, Call for appointment, If insured: proof of insurance needed at time of registration.

Languages other than English: Spanish

Jan Evans Justice Center

Phone: 325-7800

Services: HIV prevention-education, HIV/AIDS counseling and testing, STD prevention-education-outreach-counseling-testing-treatment, teen health clinic, Pregnancy counseling-testing, Substance abuse treatment-case management, Psychiatric evaluation, Anger management, Parenting classes.

Target Groups: Youth ages 8-17 years old, Men, Women, Transgender, All youth populations, People addicted to drugs and alcohol, People addicted to heroine, Homeless/runaway youth, Individuals on parole/probation, All races/ ethnicities.

Eligibility: Age 8-17yrs

Costs: None, Medicaid acceptable, No one denied due to lack of funds.

How to get services: Varies according to service

Languages other than English: Spanish

Nevada AIDS Foundation

900 West First St., Suite 200
Reno, NV 89503

Days & Hrs: Mon.-Fri.
9:00am-4:00pm

Voice Mail: (775) 329-AIDS

Office: (775) 688-4841

Fax: (775) 688-4603

Email: Ingberg01@charter.net

Contact Person: Lori Smith-Ingberg; Executive Director

Services: HIV prevention-educational program(s) & outreach education, HIV prevention case management, HIV/AIDS counseling & testing, Information & referrals for HIV/AIDS prevention services, Information & referrals for HIV/AIDS care services, HIV/Aids case management, Housing for individuals with HIV/AIDS.

Target Groups: Both youth and adult-all ages, Women. Men, Transgender, People with HIV/AIDS, All race/ethnicities

Eligibility: HIV positive, Nevada residents, Varies according to service

Costs: None

How to get services: Drop-in/walk-in, Call for intake between 9:00am – 4:00pm, Call for appointment.

Waiting Period: Doesn't apply, Varies according to service.

Languages other than English: Spanish

Funding: State of Nevada, Washoe County, Private foundations, Donations.

Nevada Hispanic Services (NHS)

3095 Neil Rd.
Reno, NV 89502

And

637 S. Stewart St. B
Carson City, NV 89701

Phone: (775) 826-1818 or (775) 885-1055

Fax: (775) 826-1819 or (775) 885-7039

Email: office@nhs.reno.nv.us

Contact Person: Laura Tellez; Health Initiatives Coordinator

Services: HIV-prevention-education & outreach program(s), HIV/AIDS counseling & testing, Information & referrals for HIV/AIDS prevention services, Information & referrals for HIV/AIDS care services, Parenting classes, Substance abuse prevention-educational program(s).

Target Groups: All populations, Both youth and adult-all ages, Women. Men, Transgender, Hispanics.

Eligibility: None.

Costs: None, No one denied services for lack of funds.

How to get services: Drop-in/walk-in, Call for appointment.

Languages other than English: Spanish

Nevada State Health Division

Bureau of Community Health

505 East King St.

RM. 103

Carson City, NV 89701

Phone: (775) 684-5882

Fax: (775) 684-4056

Email: lscollins@nvhd.state.nv.us

Contact Person: Lyell Collins

Services: HIV prevention-educational program(s), HIV prevention-outreach education, HIV prevention case management, HIV + speakers bureau, HIV/AIDS counseling and testing, Information and referrals for HIV prevention services, Information and referrals for HIV/AIDS care services, HIV/AIDS case management, HIV/AIDS support groups.

Target Groups: Both youth and adult-all ages, Women, Men, Transgender, All populations, All races and ethnicities.

Eligibility: Varies according to service.

Costs: None.

How to get services: Varies according to service.

Waiting Period: Doesn't apply.

Languages other than English: Spanish

Funding: Federal Government

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Nevada Urban Indians

5301 Longley Ln. Suite 178

Reno, NV 89511

And

410 E. Johns Suite B

Carson City, NV 89701

Phone: (775) 788-7600 (Reno) or (775) 883-4439 (Carson)

Fax: (775) 788-7611 (Reno) or (775) 883-6981 (Carson)

E-mail: hthraikill@nevadaurbanindians.org

Website: www.nevadaurbanindians.org

Contact Person: Holli Thraikill

Services: HIV prevention-educational program(s), HIV prevention-outreach education, HIV prevention case management, Information and referrals for HIV prevention services, Information and referrals for HIV/AIDS care services.

Target Groups: Both youth and adult-all ages, Women, Men, Transgender, All populations, Native American.

Eligibility: Preferred population: Native Americans

Costs: None

How to get services: Drop-in/walk-in, Call for intake between 8:00am-5:00pm Mon-Fri, Call for appointment.

Waiting Period: Doesn't apply

Funding: Federal Government, State of Nevada

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

North Star Treatment & Recovery/Bristlecone

480 Galetti Way
Reno, NV 89431

Days & Hrs: 7 days a week,
24 hours a day

Phone: (775) 329-4047 or (775) 786-6563

Fax: (775) 329-6322

Email: outreach@nnhopes.org

Contact Person: Linda Little; BADA Nurse

Services: HIV prevention, Information & referrals for HIV/AIDS prevention and care services, STD prevention, Pregnancy counseling & testing, Parenting classes, Hepatitis prevention, Housing for individuals recently released from incarceration, Phone counseling/referrals, Crisis hotline.

Target Groups: Adults 18 & over, Women, Men, Transgender, All races and ethnicities, People with HIV/AIDS, People addicted to drugs/alcohol, People in need of mental health care, Homeless adults, Incarcerated individuals on parole/probation.

Eligibility: None

Costs: Free if referred by prison/jail system, Sliding fee scale, Medicaid accepted, Private Insurance accepted, No one denied services for lack of funds.

How to get services: Drop-in/walk-in, Call for appointment, Call for intake.

Languages other than English: Spanish

Northern Nevada Outreach Team (NNOT)

1001 E. 9th St PO Box 1130
Reno, NV 89520

Days & Hrs: Mon.-Fri.
8:00am-5:00pm

Phone: (775) 328-3647

Fax: (775) 348-3784

Email: jhowell@mail.co.washoe.nv.us

Contact Person: Jennifer Howell; Health Educator

Services: HIV prevention-educational program(s), HIV prevention-outreach education, HIV counseling & testing, Information and referrals for HIV prevention services, Information and referrals for HIV/AIDS care services, STD prevention-education program(s) outreach, Teen pregnancy prevention, Hepatitis prevention-educational program(s).

Target Groups: Both youth and adult-all ages, Women, Men, Transgender, All races/ethnicities, Gay, Lesbian, Bisexual, People addicted to drugs & alcohol, People addicted to Heroin, Homeless/runaway youth & adults, Incarcerated individuals.

Eligibility: None

Costs: None

How to get services: Varies according to service.

Languages other than English: None

Northern Nevada HIV Outpatient Program, Education & Services (HOPES)

PO Box 6420

Days & Hrs: Mon.-Fri.

Reno, NV 89513

8:00am-5:00pm

Phone: (775) 786-4673 or (775) 348-2894

Fax: (775) 348-1301 or (775) 348-1300 or (775) 348-2889

Email: deputy@nnhopes.org

Contact Person: Jeff Vollman

Services: HIV prevention-educational program(s)-outreach education-case management, HIV + speakers bureau, HIV counseling & testing, Information and referrals for HIV prevention services, Information and referrals for HIV/AIDS care services, HIV/AIDS care, HIV/AIDS case management, HIV/AIDS supportive groups, Housing for individuals with HIV/AIDS, Employment counseling for individuals with HIV/AIDS, STD prevention-educational programs-outreach-counseling & testing-treatment, Teen pregnancy prevention, Pregnancy counseling & testing, Family planning, Hepatitis prevention-educational program(s)-outreach.

Target Groups: Both youth and adult-all ages, Women, Men, Transgender, All populations, All races & ethnicities.

Eligibility: HIV positive.

Costs: Sliding fee scale, Medicaid accepted, Private Insurance accepted, No one denied services for lack of funds.

How to get services: Drop-in/walk-in, Call for appointment, Proof of income required at time of registration, Case manager schedules treatment/medical.

Waiting Period: Doesn't apply.

Languages other than English: Spanish

Funding: Federal Government, State of Nevada, & Insurance Billings.

Planned Parenthood Mar Monte

455 W. 5th St.

Days & Hrs: Mon.-Fri.

Reno, NV 89503

9:00am-5:00pm and Sat.

And

9:00am-2:00pm

4385 Neil Rd. Suite. #105

Reno, NV 89502

Phone: (775) 688-5555 (5th St.) or (775) 829-2211 (Neil Rd.)

Fax: (775) 688-5598 or (775) 829-4391

Email: N/A

Contact Person: Kathy Douglas; Service Manager

Services: HIV prevention – educational program(s) & outreach education, HIV/AIDS counseling & testing, Information and referrals for HIV/AIDS prevention services, Information and referrals for HIV/AIDS care services, STD prevention – educational program(s) & outreach education, STD counseling & testing, STD treatment, Teen pregnancy prevention, Pregnancy counseling & testing, Family planning.

Target Groups: Both youth and adult-all ages, Women, All youth populations, All adult populations, Gay/lesbian, Bisexual, People with HIV/AIDS, All race/ethnicities, All people seeking reproductive health care.

Eligibility: None.

Costs: Sliding cost; vary according to income, Medicaid accepted.

How to get services: Drop in/Walk in, Call for appointment.

Waiting Period: Based on availability of appointments

Languages other than English: Spanish

Funding: Donations, Fee for service.

Reno-Sparks Human Services Center

34 Reservation Rd.

Reno, NV 89502

Phone: (775) 329-5161

Fax: (775) 785-9160 or (775) 329-4129

Email: N/A

Contact Person: David Elliot

Services: HIV prevention program(s), Information and referrals for HIV/AIDS care services, STD treatment, Hepatitis prevention-treatment programs, Teen pregnancy prevention, Pregnancy counseling & testing, Family planning, Teen health clinic, Pre-natal classes, Parenting classes.

Target Groups: Both youth and adult-all ages, Women, Men, Transgender, Native Americans only.

Eligibility: Member recognized tribe.

Costs: None

How to get services: Call for appointment, Member recognized tribe.

Languages other than English: Navajo

Restart

624 E. 4th St.

Reno, NV 89512

Phone: (775) 324-2622

Fax: (775) 324-0446

Email: N/A

Contact Person: Melany Denny; Executive Director

Services: Information and referrals for HIV/AIDS care services, Parenting classes.

Target Groups: Women, Men, Transgender, People addicted to Heroine, People in need of mental health care, Homeless/runaway youth, Homeless adults, All races/ethnicities.

Eligibility: Mental health diagnosis

Costs: Sliding fee scale, Varies according to income.

How to get services: Drop-in/walk-in, Call for intake, Proof of income required for sliding fee scale, Case manager schedules treatment/medical appointments.

Waiting Period: Depends on service.

Languages other than English: Spanish

Funding: Federal Government

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

The Ridge House

900 West First St., Ste. 200
Reno, NV 89503

Phone: (775) 322-8941

Fax: (775) 322-1544

Websitel: www.ridgehouse.org

Contact Person: N/A

Services: HIV testing-prevention program(s)-outreach, Information and referrals for HIV/AIDS care services, HIV/AIDS case management, STD prevention, Hepatitis prevention programs, Parenting classes.

Target Groups: Adults-20 & up, Women, Men, Transgender, People with HIV/AIDS, People addicted to drugs/alcohol, People in need of mental health care, Homeless adults, Incarcerated individuals on parole/probation, All races/ethnicities.

Eligibility: Must be over 20 years old, History of substance abuse, Nevada resident, Varies according to service, Must have criminal background.

Costs: None

How to get services: Call for appointment, Drop-in/Walk-in, Call for intake.

Waiting Period: Depends on service.

Languages other than English: Spanish

Sagewind/Bristlecone

1725 S. McCarran Blvd.
Reno, NV 89502

Phone: (775) 954-1400

Fax: (775) 954-1406

Website: www.sagewind.org

Contact Person: Colleen

Services: HIV prevention-outreach, HIV/STD counseling/testing, HIV+ speakers bureau, STD prevention-outreach, STD treatment, Parenting classes, Hepatitis prevention-outreach, Phone counseling.

Target Groups: All youth ages 12-18 years old, Gay/Lesbian, Bisexual, People addicted to drugs/alcohol, People in need of mental health care, Homeless runaway youth, Incarcerated individuals, All races and Ethnicities.

Eligibility: Must be 12-18 years old, History of substance abuse.

Costs: Sliding fee scale, Private insurance accepte, No one denied due to lack of funds.

How to get services: Drop-in/walk-in, Call for appointment, Proof of income required for sliding fee scale, If insured: proof needed at time of registration.

Waiting Period: Depends on service.

Languages other than English: Spanish

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Days & Hrs: Mon.-Fri.

9:00am-5:00pm

The Salvation Army

1931 Sutro St.
Reno, NV 89503

Phone: (775) 688-4555

Fax: (775) 688-4554

Email: N/A

Contact Person: Barbara Kennedy; Social Services Directors

Services: Information and referrals for HIV/AIDS prevention services, Information and referrals for HIV/AIDS care services.

Target Groups: Adult-18 & up, Women, Men, Transgender, All populations, All races/ethnicities.

Eligibility: Must be over 18years old, Proof of address, Income & social service requirements.

Costs: None

How to get services: Drop-in/Walk-in, Call for appointment, Call for intake between 8:00am-4:30pm, Proof of income for sliding fee scale, Photo ID required to access services.

Waiting Period: Depends on service.

Languages other than English: None

Funding: Private Organizations

Step 2

P.O. Box 40674.
Reno, NV 89504

Phone: (775) 787-9411

Fax: (775) 787-9445

Email: lhoney@step2reno.org

Contact Person: Linda Honey

Services: HIV prevention, Information and referrals for HIV/AIDS prevention and care services, STD prevention, Housing for individuals recently released from incarceration, Phone counseling/referrals, Individual/group counseling, Crisis intervention, Services for abused victims, Parenting classes, Employment counseling.

Target Groups: Adults-18 & older, Gay/Lesbian, Bisexual, People with HIV/AIDS, People addicted to drugs and alcohol, People in need of mental health care, Homeless adults, Individual on parole/probation, All races/ ethnicities.

Costs: Sliding fee scale, Private insurance accepted, Varies according to income, No one denied due to lack of funds.

How to get services: Drop-in/walk-in, Call for appointment, Call for intake.

Waiting Period: Depends on service

Languages other than English: Spanish

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Veteran's Administration Sierra NV Health Care

VAMC

1000 Locust St.
Reno, NV 89502

Days & Hrs: Mon.-Fri.
8:00am-5:00pm

Phone: (775) 786-7200

Fax: (775) 328-1443 or (775) 328-1373

Email: terry.rucker@med.va.gov

Contact Person: Theresa Rucker; Infection Control

Services: HIV prevention case management, HIV/AIDS counseling and testing, Information and referrals for HIV prevention services, Information and referrals for HIV/AIDS care services, HIV/AIDS care, HIV/AIDS case management, STD counseling and testing-treatment, Hepatitis treatment.

Target Groups: Adults-30 and older, Men, Veterans, All races/ethnicities.

Eligibility: Veterans, Service discharge numbers.

Costs: None, Private insurance accepted, No one denied service for lack of funds, Varies according to service.

How to get services: Drop-in/Walk-in, Call for intake between 8:00am-3:00pm, Call for appointment, VA eligibility.

Waiting Period: Varies.

Languages other than English: Sign language, Spanish.

Funding: Federal Government

Washoe County Department Of Social Services

WMC Clinic

21 Locust St
Reno, NV 89502

Days & Hrs: Mon.-Fri.
8:00am-4:00pm

Phone: (775) 982-5260 or (775) 328-3700 or (775) 328-3692

Fax: (775) 982-5279

Email: n/a

Contact Person: Theresa Coles

Services: Information and referrals for HIV/AIDS prevention services, Information and referrals for HIV/AIDS care services, Housing for individuals with HIV/AIDS, Hepatitis treatment, Crisis prevention, Services for victims of physical abuse.

Target Groups: Both youth and adult-all ages, Men, Women, Transgender, Gay/Lesbian, Bisexual, People with HIV/AIDS, People addicted to drugs/alcohol, People addicted to Heroin, Homeless adults, Incarcerated individuals, Individuals on parole/probation.

Eligibility: Must be over 18/emancipated, Washoe County resident, Verify of income and assets, Must meet WCDSS guidelines.

Costs: None

How to get services: Call for appointment, Drop-in/Walk-in.

Languages other than English: Spanish

Washoe County District Health Department

Family Planning Clinic

1001 East Ninth Street
Reno, NV 89512

Days & Hrs: Mon.-Fri.
8:00am-5:00pm

Phone: (775) 328-2470 or (775) 325-8244

Fax: (775) 328-8029

Email: kseals@washoecounty.us

Contact Person: Kelli Seals; Health Educator

Services: STD counseling, testing and treatment, Pregnancy counseling and testing, Family planning.

Target Groups: All adult populations, Women through reproductive age, All races/ethnicities.

Eligibility: Age-reproductive years.

Costs: Sliding scale fee: varies according to income, Medicaid accepted, Private insurance accepted, No one denied service for lack of funds, Varies according to service.

How to get services: Call for appointment.

Waiting Period: Varies considerably, Varies according to service: new patient 2-3 months, existing patient varies.

Languages other than English: Spanish

Funding: Federal government, State of Nevada, Washoe County, Donations, Fees.

Washoe County District Health Department

HIV Program

1001 East Ninth Street
Reno, NV 89512

Days & Hrs: Mon.-Fri.
8:00am-5:00pm

And

P.O. Box 11130

Reno, NV 89520

Phone: (775) 328-3647 (Jen H.)

Fax: (775) 328-3784

Email: jhowell@washoecounty.us

Contact Person: Sara McConnell, MPA- HIV Program Coordinator

Services: HIV prevention educational program(s) & outreach education, HIV/AIDS counseling & testing, Information & referrals for HIV prevention and care services, Information and referrals for HIV/AIDS care services, STD prevention – educational program(s) & outreach, STD counseling & testing, STD treatment, Teen pregnancy prevention, Teen health clinic, Pregnancy counseling and testing, Family planning, Provide HIV funding opportunities for non-profit organizations and government agencies.

Target Groups: Both youth and adult-all age ranges, Women, Men, Transgender, All races/ethnicities, All populations.

Eligibility: Varies according to service.

Costs: None, Free if referred by prison/jail/court system, Sliding fee scale: vary

according to income, No one denied service for lack of funds, Varies according to service.

How to get services: Drop in/walk in, Call for intake between 8:00am-5:00pm, Call for appointment, Varies according to service.

Waiting Period: Varies according to service.

Languages other than English: Spanish

Funding: Federal government, CDC funds through state Health division.

Washoe County District Health Department

STD Program

1001 East Ninth Street

Reno, NV 89512

Phone: (775) 328-2470

Fax: (775) 328-3764

Email: skutz@washoecounty.us

Days & Hrs: Mon. 8:00am-12:00pm

Tues. 8:00am-5:00pm

Thur. 8:00am-5:00pm

Fri. 8:00am-5:00pm

Contact Person: Steve Kutz, R.N. - Public Health Nurse Supervisor

Services: HIV prevention educational program(s) & outreach program(s), HIV/AIDS counseling & testing, Information & referrals for HIV prevention services, Information and referrals for HIV/AIDS care services, STD prevention educational program(s) & outreach, STD counseling & testing, STD treatment, Teen pregnancy prevention, Teen health clinic, Pregnancy counseling & testing, Family planning, Hepatitis prevention educational program(s) & outreach.

Target Groups: Youth ages 12-17 and adult ages 18 and older, Women, Men, Transgender, All races/ethnicities, All populations.

Eligibility: Must be 12 years of age and over.

Costs: Sliding scale fee: varies according to service, Medicaid accepted, Varies according to service provided, Nevada (Medicaid HMO) clients are referred to their NV care provider.

How to get services: Call for appointment (preferred), Drop in/walk-in, Proof of income required for sliding fee scale participants.

Waiting Period: 1-15 minutes, Seen within 1-3 days when calling for an appointment; seen day of call if symptomatic.

Languages other than English: Spanish, Language line will be used as needed.

Funding: State of Nevada Federal grants, Washoe County.

Washoe County District Health Department

Teen Health Mall

1001 East Ninth Street

Reno, NV 89512

Phone: (775) 328-2470 or (775) 325-8244

Fax: (775) 328-8029

Email: kseals@washoecounty.us

Contact Person: Kelli Seals; Health Educator

Services: HIV/AIDS counseling and testing, Information and referrals for HIV prevention services, STD counseling, testing and treatment, Pregnancy counseling and testing.

Target Groups: All youth populations, Ages 12-19, All races/ethnicities.

Eligibility: Must be over 11 years of age and under 20 years.

Costs: None, Sliding scale fee: varies according to income, Medicaid accepted, Private insurance accepted, No one denied service for lack of funds, Varies according to service.

How to get services: Drop in/walk in, Call for appointment.

Waiting Period: Varies considerably, Varies according to service.

Languages other than English: Spanish

Funding: Federal government, State of Nevada, Washoe County, Donations from clients, Fees.

Washoe High School

Cyesis

77 W. 2nd Street

Reno, NV 89503

Main high school: (775) 333-5150

K.V. office: (775) 333-5072

Fax: (775) 333-5122

Website: www.Kvernon@washoehighschool.org

Contact Person: Karen Vernor R.N., School Nurse, Case Manager

Services: Information & referrals for HIV prevention services, Teen Pregnancy prevention, Teen health clinic, Pregnancy counseling & testing, parenting classes, Harm & risk reduction, Crisis intervention, Crisis hotline, Services for victims of physical or sexual abuse.

Target Groups: Youth and adult-all age ranges, Hispanic, Women, Cyesis-pregnant/parenting teens.

Eligibility: None

Costs: None

How to get services: Have to be enrolled in High school

Waiting Period: Varies according to service.

Languages other than English: Spanish

Funding: State of Nevada, Washoe County

Days & Hrs: Mon.-Fri.

8:00am-5:00pm

Days & Hrs: Mon.-Thurs.

5:30pm-8:30pm

III. Food Banks/Food Pantries

Agency/organization: Faith Alive Christian Center

Address: 120 Hubbard Way; Reno, NV

Telephone: (775) 827-0333 or (775) 331-5024

Fax: (775) 331-5029

Contact Person: Karan Henderson, Events Coordinator

Hours of Operation: Mon., Tues., and Thurs.: 9 a.m.– 2 p.m.

Languages other than English: None

Target group: All populations

Eligibility Requirements: None

Services Provided: Non-perishable food available three times per individual (amount depends on size of family); toiletry items (when available).

Time Period Services are Available: Year round (12 month period)

Specialized services for HIV+ population: No

Cost of Services: No cost

Agency/organization: Family Resource Center (FRC) in
Sun Valley

Address: 115 West 6th Avenue; Sun Valley, NV 89433

Telephone: (775) 674-4411

Fax: (775) 674-4418

Email: afitzgerald@washoe.k12.nv.us

Contact Persons: Ashley Racine, Family Advocate II
Alanna Fitzgerald, MSW/LSW, Director

Hours of Operation: Mon-Thurs.: 8 a.m. – 4:30 p.m.; Fri.: 9 a.m. – noon

Languages other than English: Spanish

Target group: Sun Valley residents

Eligibility Requirements: Must live in Sun Valley; program has no income qualifications, but some of the programs or agencies that this FRC refers to do have income qualifications.

Services Provided: Emergency non-perishable food to residents of Sun Valley (number of bags depends upon the size of the family); vouchers available on a case-by-case basis; holiday season food assistance; basic hygiene items (available on an as needed basis); food/health/social service referrals; registration for Commodities Supplemental Food Program (CSFP); adult/family literacy programs; employment information; GED classes; before and after school care; Lawyer in the Park Program; holiday assistance.

Time Period Services are Available: Year round (12 month period)

Specialized services for HIV+ population: No

Cost of Services: No cost

Agency/organization: Food Bank of Northern Nevada**Address:** 994 Packer Way, Sparks, NV 89431**Telephone:** (775) 331-3663**Fax:** (775) 331-3765**Email:** staff@fbnn.org**Website:** www.fbnn.org**Contact Persons:** Doris Phelps, Assistant Director
LeAnna Holck, Program Manager**Hours of Operation:** Mon-Fri: 8 a.m. – 5 p.m.**Languages other than English:** Spanish (hours vary)**Target group:** All populations**Eligibility Requirements:** Children and seniors**Services Provided:** Commodities Supplemental Food Program (CSFP) non-perishable food boxes are distributed at a selected authorized site once a month; toiletry items may be distributed at CSFP sites if there is warehouse inventory excess. Site list and distribution schedule available via phone/fax.**Time Period Services are Available:** Year round (12 month period)**Specialized services for HIV+ population:** No**Cost of Services:** A warehouse handling fee may be charged.**Agency/organization: Nevada Urban Indians****Address:** 5301 Longley Lane, Suite 178**Telephone:** (775) 788-7600, (775) 883-4439, (888) 895-8447**Fax:** (775) 788-7611 (775) 883-6981**Email:** info@urbanindians.org**Website:** www.urbanindians.org**Contact Person:** Lynn Smith, R.N.**Hours of Operation:** Mon-Fri: 8 a.m. – 5 p.m.**Languages other than English:** Spanish**Target group:** All populations; must go through intake process to become an NUI client.**Eligibility Requirements:** None**Services Provided:** Emergency food boxes; non-perishable food available twice per month (1-3 bags/visit depending on family size); perishable food items (bread, eggs, milk, juice) available twice a month; toiletry items (toothpaste, soap, laundry soap, deodorant); community health home visits; tutoring; mental health counseling; victims of crime assistance; drug and alcohol counseling.**Time Period Services are Available:** Year round (12 month period)**Specialized services for HIV+ population:** No**Cost of Services:** All services free; must go through intake process to become an NUI client.

Agency/organization: Northeast Family Resource Center (FRC)

Address: 2750 Elementary Drive; Reno, NV 89512
Telephone: (775) 353-5563
Fax: (775) 353-5725
Email: dtorvinen@washoe.k12.nv.us
Contact Person: Debbie Torvinen, Director
Hours of Operation: Mon-Fri: 8:30 a.m.-5 p.m.
Languages other than English: Spanish
Target group: All populations
Eligibility Requirements: None
Services Provided: Non-perishable food items as needed (depending on availability); perishable food items available on Tuesdays at noon (once per week per client); toiletry items as needed (depending on availability); case management; resource information; food/health/social services referrals.
Time Period Services are Available: Year round (12 month period)
Specialized services for HIV+ population: No
Cost of Services: No cost

Agency/organization: Northern Nevada HOPES

Address: P.O. Box 6420, Reno, NV 89513
Telephone: Clinic: (775) 786-4613, Soc. Svcs: (775) 348-2893
Fax: Clinic: (775) 786-2889, Soc. Svcs: (775) 348-1300
Email: clinic@nnhopes.org or socialservices@nnhopes.org
Contact Person: Pauline Fitzpatrick, Executive Director
Hours of Operation (food pantry): Tues. and Fri. 9 a.m. – 3 p.m. **Languages other than English:** None
Target group: People living with HIV or AIDS
Eligibility Requirements: Northern Nevada resident at or below 200% of poverty guidelines.
Services Provided: Food pantry and toiletry items for people living with HIV/AIDS.
Time Period Services are Available: Year round (12 month period)
Specialized services for HIV+ population: Yes
Cost of Services: No cost

Agency/organization: Project MANA

Address: P.O. Box 3980, Incline Village, NV 89450
 948 Incline Way, Incline Village, NV 89451

Telephone: (775) 298-0008; (800) 617-8662
Fax: (775) 298-0009
Email: georgel@projectmana.org
Website: www.projectmana.org
Contact Person: Michelle Jimerson, Community Outreach and Education Coordinator

Hours of Operation: Mon-Fri: 9 a.m. – 4 p.m.

Languages other than English: Limited Spanish (no fluency)

Target group: All populations

Eligibility Requirements: None

Services Provided: Food/meals to the general public; non-perishable emergency food bag (packed according to family size) distributed up to 6 times/year at a weekly distribution; one critical bag/year given when client presents at office; perishable food items (carrots, onions, apples, oranges, milk, bread, jalapenos, potatoes and lettuce) distributed weekly; turkeys at Thanksgiving; dog food also available. Special items can be requested by homebound clients (through the FACE program). FACE serves individuals who cannot come to distribution due to illness/disability (requires a doctor's confidential note). FACE program may be of interest to clients with HIV/AIDS; call for more information.

Time Period Services are Available: Year round (12 month period)

Specialized services for HIV+ population: No

Cost of Services: No cost

Agency/organization: Reno First Church of the Nazarene

Address: 740 Del Monte Lane, Reno, NV 89511

Telephone: (775) 853-2018

Email: renofirstnaz@gbis.com

Website: www.renofirstnaz.org

Contact Person: Jerry Beck, Pastor

Hours of Operation: Mon-Thurs: 9 a.m. – 2 p.m.

Languages other than English: None

Target group: All populations

Eligibility Requirements: None

Services Provided: Non-perishable food as available.

Time Period Services are Available: Year round (12 month period)

Specialized services for HIV+ population: No

Cost of Services: No cost

Agency/organization: Sparks Family Resource Center (FRC)

Address: 1665 Sullivan Lane; Sparks, NV 89431
Telephone: (775) 353-5733
Fax: (775) 352-3209
Email: sparksfrc@gbis.com
Contact Person: Michael Mouliau, Director
Hours of Operation: Mon-Fri.: 9 a.m.– 4 p.m.
Languages other than English: Spanish
Target group: Sparks residents
Eligibility Requirements: Must live in Sparks.
Services Provided: Non-perishable food to residents of Sparks (available weekly, 1 bag/visit); dairy products on Tuesdays after 2 p.m.; \$20.00 voucher available one time only; toiletry items (when available); ESL classes; parenting classes; counseling services; clothes closet.
Time Period Services are Available: Year round (12 month period)
Specialized services for HIV+ population: No
Cost of Services: No cost

Agency/organization: Word of Life Ministries

Address: 601 W. First Street; Reno, NV 89433
Telephone: (775) 322-6770
Fax: (775) 322-6774
E-mail: wolmlt@aol.com
Contact Person: Live Tau, Pastor
Hours of Operation: Mon-Fri. 9 a.m. – 1 p.m.; Sat. 10-11 a.m.;
Sun. 9:30 a.m.-1:30 p.m.
Languages other than English: None
Target group: All populations
Eligibility Requirements: Valid identification or driver's license.
Services Provided: Non-perishable food available weekly (2 bags/visit); non-perishable food available on Saturday from 10 a.m.-11a.m.; clothing (to those in need).
Time Period Services are Available: Year round (12 month period)
Specialized services for HIV+ population: No
Cost of Services: No cost

IV. Nutrition Service Providers

Agency/organization: **Burton's Wellness Center**

Address: 719 W. 5th Street; Reno, NV 89503

Telephone: (775) 323-1331 or (877) 501-2052 (toll free)

Fax: (775) 323-4959

Email: bwcenter@callatg.com

Website: www.burtonswc.com

Contact Persons: Dr. John Burton or Libi Anders, Office Manager

Hours of Operation: Mon-Fri: 9 a.m.- 6 p.m.

Languages other than English: None

Target group: All populations

Staff training/certification: Doctor of Pharmacy; Registered Dietitian.

Services Provided: One-on-one nutritional counseling; small group nutritional counseling; seminars for the general public; diet assessment/analysis; nutritional counseling/services for weight loss/weight management/weight gain; nutritional counseling/services for improved health; nutritional counseling/services for individuals with diabetes; nutritional counseling/services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue; IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children, teens, adults; nutritional counseling/services designed specifically for women; nutritional counseling/services designed specifically for men; nutrition and gout; nutrition and migraine headaches; nutrition and osteoporosis; nutrition and pregnancy; nutrition and improving the immune system; eating disorders; menu planning; vegetarian menu planning; low carbohydrate menu planning; custom meal planning; reading nutrition labels; grocery shopping strategies; restaurant dining; recipe analysis; nutritional supplements (vitamins/minerals); food safety; medication and food interactions; nutrition therapy in conjunction with a medical practitioner; sports nutrition; physical activity suggestions based upon ability; provider of pharmaceutical grade and standardized supplements/vitamin therapies.

Specialized services for HIV+ population: Nutritional services; pharmaceutical and supplement assessment; alternative and complementary medicine; contact reflex analysis; orthotic evaluation.

Cost of Services: Consultation fee is \$75.00/hour; follow up fee is \$45.00/session; payment in full required at every visit.

**Agency/organization: Center for Nutrition and
Metabolic Disorders**

Address: University of Nevada School of Medicine,
Redfield Bldg., Rm. 249; Reno, NV 89557

Telephone: (775) 784-4474 ext. 16

Fax: (775) 784-4468

Email: ybovee@unr.nevada.edu

Contact Person: Vicki Bovee, MS, RD Clinical Projects/
Research Administrator

Hours of Operation: Mon: 9 a.m. – 5 p.m.; Tues: 8 a.m. – 7 p.m.,
Wed-Fri: 8 a.m. – 5 p.m.

Languages other than English: None

Target group: Adults, ages 20-80

Staff training/certification: Registered Dietitians; Master of Science;
Master of Public Health; Doctor of Philosophy

Services Provided: One time one-on-one nutritional counseling; ongoing one-on-one nutritional counseling; diet assessment/analysis; nutritional counseling/services for weight loss/weight management; nutritional counseling/services for weight gain; nutritional counseling/services for improved health; nutritional counseling/services for individuals with diabetes; nutritional counseling/services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue, IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children aged 0-12; nutritional counseling/services for teens aged 12-17; nutritional counseling/services for adults aged 18-80; nutritional counseling/services designed specifically for women; nutritional counseling/services designed specifically for men; nutrition and gout; nutrition and migraine headaches; nutrition and osteoporosis; nutrition and improving the immune system; menu planning; vegetarian menu planning; low carbohydrate menu planning; custom meal planning; how to read nutrition labels; grocery shopping strategies; cooking and food preparation; restaurant dining; recipe analysis; nutritional supplements (vitamins and minerals); food safety; medication and food interactions; nutrition therapy in conjunction with a medical practitioner; sports nutrition.

Specialized services for HIV+ population: Yes

Cost of Services: Hourly rate with registered dietitian is \$45/30 minutes or \$90/hour; burn rate appt. with assessment is \$80; initial visits 1-4 are \$500 total; follow up 6 month package is \$350.

Agency/organization: Health Enhancement Services**Address:** 1500 East Second St., Suite 402; Reno, NV 89502**Telephone:** (775) 982-5073**Fax:** (775) 982-5064**Website:** www.washoehealth.com**Contact Person:** Kim Mason, Receptionist**Hours of Operation:** Mon-Fri: 8 a.m.- 4:30 p.m.**Languages other than English:** Sign-language, Spanish, Network Interpreter**Target group:** All populations**Staff training/certification:** Registered Dietitian**Services Provided:** One time one-on-one nutritional counseling; ongoing one-on-one nutritional counseling; one time small group nutritional counseling; ongoing small group nutritional counseling; diet assessment/ analysis; nutritional counseling/services for weight loss/weight management; nutritional counseling/services for weight gain; nutritional counseling/services for improved health; nutritional counseling/services for individuals with diabetes; nutritional counseling/services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue; IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children; nutritional counseling/services for teens; nutritional counseling/services for adults; nutritional counseling/services designed specifically for women; nutritional counseling/services designed specifically for men; nutrition and gout; nutrition and migraine headaches; nutrition and osteoporosis; nutrition and pregnancy; nutrition and improving the immune system; menu planning; vegetarian menu planning; low carbohydrate menu planning; custom meal planning; reading nutrition labels; grocery shopping strategies; cooking and food preparation; restaurant dining; recipe analysis; medication and food interactions; nutrition therapy in conjunction with a medical practitioner; sports nutrition; asthma (pulmonary rehabilitation).**Specialized services for HIV+ population:** No, however, agency will work with anyone who needs help.**Cost of Services:** Per visit fee different for each person; if insured, insurance company will be billed.

Agency/organization: Inter-Tribal Council of Nevada**Address:** 680 Greenbrae Drive; Sparks, NV 89431**Telephone:** (775) 355-0600 ext 123**Fax:** (775) 355-0648**Email:** wic@itcn.org**Contact Person:** Marjorie Natali, WIC Director**Hours of Operation:** Mon-Fri: 8 a.m. – 4: 30 p.m.**Languages other than English:** Spanish**Target group:** Women, infants and children ages 0-5 who are income eligible; women must be pregnant, post-partum, and/or breastfeeding.**Staff training/certification:** Registered Dietitian**Services Provided:** Ongoing one-on-one nutritional counseling; one time small group nutritional counseling; diet assessment/analysis; nutritional counseling/ services for weight loss/weight management/weight gain; nutritional counseling/ services for improved health; nutritional counseling/services for individuals with diabetes; nutritional counseling/services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/ services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue; IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children ages 0-5 years; nutritional counseling/services for adult women that are pregnant or post-partum; nutritional counseling/ services designed specifically for women; nutrition and pregnancy; menu planning; vegetarian menu planning; reading nutrition labels; grocery shopping strategies; cooking and food preparation; recipe analysis; nutritional supplements (vitamins and minerals); medication and food interactions.**Specialized services for HIV+ population:** No**Cost of Services:** No cost**Agency/organization: Nevada State Welfare****Address:** 3697 Kings Row; Reno, NV 89503**Telephone:** (775) 448-5000**Fax:** (775) 448-5094 or (775) 448-5095**Contact Person:** Ron Petz, Administrative Assistant III**Hours of Operation:** Mon-Fri: 8 a.m.- 5 p.m.**Languages other than English:** Spanish**Target group:** All populations**Staff training/certification:** None**Services Provided:** Issuance of food stamps to qualified individuals and households. Eligibility requirements are determined by Federal Office of Food and

Nutrition Services.

Specialized services for HIV+ population: No

Cost of Services: No cost

Agency/organization: Nevada Urban Indians

Address: 5301 Longley Lane, Suite 178

Telephone: (775) 788-7600 (Reno); (775) 883-4439 (Carson City); (888) 895-8447

Fax: (775) 788-7611 (Reno); (775) 883-6981 (Carson City)

Email: info@urbanindians.org

Website: www.urbanindians.org

Contact Persons: Lynn Smith, R.N.

Hours of Operation: Mon-Fri: 8 a.m. – 5 p.m.

Languages other than English: Spanish

Target group: All populations

Eligibility Requirements: None

Staff training/certification: Registered Nurse; Masters of Diabetes Education

Services Provided: One time one-on-one nutritional counseling; ongoing one-on-one nutritional counseling; one time small group nutritional counseling; ongoing small group nutritional counseling; diet assessment/analysis; nutritional counseling/services for weight loss/weight management; nutritional counseling/services for weight gain; nutritional counseling/services for improved health; nutritional counseling/services for individuals with diabetes; nutritional counseling/services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue, IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children; nutritional counseling/services for teens; nutritional counseling/services for adults; nutritional counseling/services designed specifically for women; nutritional counseling/services designed specifically for men; nutrition and gout; nutrition and migraine headaches; nutrition and osteoporosis; nutrition and pregnancy; nutrition and improving the immune system; eating disorders; menu planning; vegetarian menu planning; low carbohydrate menu planning; custom meal planning; reading nutrition labels; grocery shopping strategies; cooking and food preparation; restaurant dining; recipe analysis; nutritional supplements (vitamins and minerals); food safety; medication and food interactions; nutrition therapy in conjunction with a medical practitioner; sports nutrition, and physical activity related services.

Specialized services for HIV+ population: No

Cost of Services: No cost

Agency/organization: Northern Nevada HOPES

Address: P.O. Box 6420, Reno, NV 89513
Telephone: (775) 786-4673 (Clinic); (775) 348-2893 (Soc. Svcs)
Fax: (775) 348-2889 (Clinic); (775) 348-1300 (Soc. Svcs)
Email: clinic@nnhopes.org or socialservices@nnhopes.org
Contact Persons: Dr. James Norwood
Hours of Operation: Clinic: Mon-Fri: 8 a.m.-5 p.m.;
 Social Services: Mon-Fri: 9 a.m.-5 p.m

Languages other than English: Spanish

Target group: Populations living with HIV/AIDS

Staff training/certification: Registered Dietitian; Registered Pharmacist; Doctor of Medicine; Physicians' Assistant; Advanced Practitioner of Nursing; Registered Nurse.

Services Provided: Nutrition services to those who are HIV positive: one time one-on-one nutritional counseling; ongoing one-on-one nutritional counseling; diet assessment/analysis; nutritional counseling/services for weight loss/weight management; nutritional counseling/services for weight gain; nutritional counseling/services for improved health; nutritional counseling/services for individuals living with HIV/AIDS; reading nutrition labels; cooking and food preparation; nutritional supplements (vitamins and minerals); food safety; medication and food interactions, and nutrition therapy in conjunction with a medical practitioner.

Specialized services for HIV+ population: Yes

Cost of Services: No fee for nutrition services to those who are HIV positive; we bill insurance and clients per HRSA Title II guidelines. Sliding fee scale for medical services per federal poverty guidelines and HRSA.

Agency/organization: Nutrition Resources

Address: 475 Hill St., Suite C, Reno, NV 89501
Telephone: (775) 329-8811
Fax: (775) 329-8811
Email: nutritionresourcesreno@msn.com
Contact Persons: Kerry Seymour, MS, RD, CDE
Hours of Operation: Mon-Fri: 9 a.m.-5 p.m. by appointment

Languages other than English: None

Target group: All populations

Staff training/certification: Bachelor of Science in Medical Sciences; Master of Science in Home Economics (Foods and Nutrition); Board Certified Diabetes Educator.

Services Provided: One time one-on-one nutritional counseling; ongoing one-on-

one nutritional counseling; diet assessment/analysis; nutritional counseling/services for weight loss/weight management; nutritional counseling/services for weight gain; nutritional counseling/services for improved health; nutritional counseling/services for individuals with diabetes; nutritional counseling/services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue, IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children over age 2; nutritional counseling/services for teens of all ages; nutritional counseling/services for adults of all ages; nutritional counseling/services designed specifically for women; nutrition and gout; nutrition and migraine headaches; nutrition and osteoporosis; nutrition and pregnancy; nutrition and improving the immune system; eating disorders; menu planning; vegetarian menu planning; low carbohydrate menu planning; custom meal planning; reading nutrition labels; grocery shopping strategies; cooking and food preparation; restaurant dining; nutritional supplements (vitamins and minerals); food safety; medication and food interactions; nutrition therapy in conjunction with a medical practitioner; sports nutrition; physical activity related services such as basic exercise prescriptions; and support group for those with Celiac Disease/Dermatitis Herpetiformis.

Specialized services for HIV+ population: We can provide individualized nutrition assessment and counseling.

Cost of Services: Consultation fee is \$95.00/hour; fee-for-service for each visit; monthly payment varies (usually \$20-\$25 per month); insurance accepted (United, St. Mary's PPO); if patient identifies financial hardship, a set discount is given.

Agency/organization: University of Nevada Cooperative Extension

Address: P. O. Box 11130; Reno, NV
Telephone: (775) 784-4848
Fax: (775) 784-4881
Website: www.unce.unr.edu
Contact Persons: Mary Spoon, M.S., B.S., R.D. or
Debra Klein, B.S., R.D.
Hours of Operation: Mon-Fri: 8 a.m. – 5 p.m.
Languages other than English: None
Target group: All populations
Staff training/certification: Registered Dietitians
Services Provided: General nutrition and food safety information to the public
Specialized services for HIV+ population: No **Cost of Services:** No cost

Agency/organization: **University of Nevada School of
Medicine, Department of Family
Medicine**

Address: University of Nevada School of Medicine, Department of Family Medicine; Reno, NV 89557

Telephone: (775) 784-1533

Email: scottbj@med.unr.edu

Website: <http://www.fammedn.med.unr.edu>

Contact Persons: Barbara Scott

Hours of Operation: Mon-Fri: 9 a.m.-5 p.m.

Languages other than English: Some Spanish

Target group: All populations

Staff training/certification: Registered Dietitian; Master of Public Health

Services Provided: One time one-on-one nutritional counseling; ongoing one-on-one nutritional counseling; diet assessment/analysis; nutritional counseling/ services for weight loss/weight management/weight gain; nutritional counseling/ services for improved health; nutritional counseling/ services for individuals with diabetes; nutritional counseling/ services for individuals with chronic diseases; nutritional counseling/services for individuals with heart disease; nutritional counseling/services for individuals with cancer; nutritional counseling/services for individuals with chronic hepatitis; nutritional counseling/services for individuals with dietary restrictions (e.g., celiac sprue, IBD); nutritional counseling/services for individuals living with HIV/AIDS; nutritional counseling/services for children; nutritional counseling/services for teens; nutritional counseling/ services for adults; nutritional counseling/services designed specifically for women; nutritional counseling/services designed specifically for men; nutrition and gout; nutrition and migraine headaches; nutrition and osteoporosis; nutrition and pregnancy; nutrition and improving the immune system; eating disorders; menu planning; vegetarian menu planning; low carbohydrate menu planning; custom meal planning; reading nutrition labels; grocery shopping strategies; cooking and food preparation; restaurant dining; recipe analysis; nutritional supplements (vitamins and minerals); food safety; medication and food interactions; nutrition therapy in conjunction with a medical practitioner; sports nutrition.

Specialized services for HIV+ population: Nutrition services for HIV+ population with a registered dietitian who has attended many HIV/AIDS nutrition training/conferences/workshops; ongoing membership in HIV/AIDS Nutrition Practice Group. HIV/AIDS clients should prioritize nutrition services at HOPES first to ensure that existing resources are fully utilized; HOPES services are provided at no cost and linked with medical care.

Cost of Services: \$45-\$50/30 minutes; St. Mary's or Blue Cross insurance accepted; other insurance accepted with pre-authorization.

V. Physical Activity Providers

Agency/organization: Bootcamp Fitness, Inc.

Address: 1830 Prior Road; Reno, NV 89503

Telephone: (775) 250-2668 or (877) 250-2267

Fax: (775) 746-8765

E-mail: bootcamp2k@msn.com

Website: www.bootcampfitness.us

Contact Person: Rick Harness, President

Hours of Operation: Mon/Wed./Fri: 6: a.m.-6:45 p.m.

Tues./Thurs: 9 a.m.-11 a.m.

Languages other than English: None

Target group: All populations

Staff certification: Personal training certification; staff with training in nutrition; CPR certification; insurance liability.

Services Provided: Bootcamp courses are six weeks in length (2-3 times per week); programs include weight training, cardiovascular exercise, stretching and “Back to the Basics” nutrition program.

Nutritional counseling: Included in Bootcamp fee; also offer a four week nutrition course.

Specialized Services for HIV+ Population: Yoga for special needs populations.

Cost of Services: No registration/initiation fee; six week physical activity course fees are \$65 to \$180, depending on size of class. Separate four week nutrition class costs \$100.

Free Services: None

Agency/organization: Curves for Women

Address: 930 Tahoe Blvd.; Incline Village, NV

Telephone: (775) 833-0664

Fax: (775) 833-0665

Website: www.crazy4curves.com

Contact Person: Liz Shank

Hours of Operation: Mon-Thurs: 7 a.m.-1 p.m.; 3 p.m.-7 p.m.;

Fri: 7 a.m.-1 p.m.; 3 p.m.- 6 p.m.; Sat: 8 a.m.-11 p.m.

Languages other than English: Minimal Spanish

Target group: Adult women, 18 years and older

Staff certification: Adult CPR certified; Curves training program.

Services Provided: Weight training machines; group cardio circuit training; group strength training; hydrolic resistance; swimming.

Nutritional counseling: Group classes; speakers; one-on-one counseling; no charge for nutritional counseling/information.

Specialized Services for HIV+ Population: No

Cost of Services: Initiation fees are \$149.00 per individual (one time fee); periodic two for one special; may waive fee for individuals unable to pay due to financial hardship. Membership fees are \$39.00/month (\$468.00 total) for one year membership; monthly payment plan is \$49.00/month (3 month minimum).

Free services: First visit free; coupons available for one free week; after joining, nutritional counseling/information is provided free of charge.

Agency/organization: Curves for Women

Address: 60 Surge Way; Reno, NV 89509;
18148 Wedge Parkway; Reno, NV 89511

Telephone: (775) 971-3200 or (775) 853-2200

Fax: (775) 971-3220 or (775) 853-2286

Website: www.curvesinternational.com

Contact Persons: Gloria

Hours of Operation: Mon-Fri: 7 a.m.-1 p.m.; 3 p.m.-7 p.m.

Languages other than English: None

Target group: Women, 12 years and older

Staff certification: CPR and equipment training; franchise has training program for all aspects of Curves business.

Services Provided: One-on-one or small group personal training on hydrolic resistant machines for strength training (working both sides of the muscles); cardio workout. Total 30 minute workout is equivalent to an hour and a half workout.

Nutritional counseling: Free and offered to all members.

Specialized Services for HIV+ Population: No

Cost of Services: Registration fee averages \$74/individual; continual promotional discounts; one year membership is \$29/month; monthly payment plan is \$39/month.

Free Services: First week free for those interested in joining.

Agency/organization: Fitness Evolution Studios

Address: 200 Flint Street; Reno, NV 89501

Telephone: (775) 323-2101

Fax: (775) 323-2101

E-mail: amanda@fitnessrevolutioninc.com

Website: www.fitnessrevolutioninc.com

Contact Person: Amanda Adams, Ph.D.

Hours of Operation: Mon./Wed.: noon-8 p.m.; Tues: 11 a.m.-9 p.m.

Thurs: 11 a.m.-7 p.m.; Fri.: noon-6 p.m.; Sat: 10 a.m.-1 p.m.;

Sun.: 11 a.m.-1 p.m.

Languages other than English: None

Target group: All populations

Staff certification: ACE or AFAA, plus any specialty certifications in areas like pilates, yoga, kickboxing, etc.

Services Provided: Group cardio classes; cardio dance; spinning; step classes; interval classes; kickboxing; power pump; hip hop; body sculpt; pilates; Tai Chi classes; spinning classes; group weight training classes; tennis instruction; personal training (one-on-one and small group); yoga (all levels and types including pre-natal yoga and baby yoga).

Nutritional counseling: Yes

Specialized Services for HIV+ Population: No

Cost of Services: No registration or initiation fee; \$10 fee per drop in class; \$45 fee for 5 class package; \$80 fee for 10 class package; monthly payment plan varies; \$40 per hour for personal training; \$20 per hour for nutritional seminar; Tai Chi instructor is paid directly; spinning classes are \$10/drop in or \$5/member.

Free Services: First class free

Agency/organization: Fitness Millennium

Address: 1141 California Ave.; Reno, NV 89509

Telephone: (775) 324-0131

Fax: (775) 324-0162

E-mail: fitnessmillen@yahoo.com

Website: www.fitnessmillennium.com

Contact Persons: Anita Grasso, Manager or
Christopher Brady, Owner

Hours of Operation: Mon.-Thurs.: 5 a.m.-9 p.m.; Fri.: 5 a.m.-8 p.m.
Sat.: 7 a.m.-3 p.m.; Sun.: 7 a.m.-2 p.m.

Languages other than English: None

Target group: All populations

Staff certification: Certified by nationally accredited personal training program; CPR; first aid.

Services Provided: Cardio equipment; free weights; weight training machines; group classes include hot iron, yoga, power yoga; mat pilates, Tai Chi, spinning, and Bosu ball; personal training (one-on-one and small group).

Nutritional counseling: No

Specialized Services for HIV+ Population: No

Cost of Services: Registration or initiation fee varies; one time facility fee is \$8; monthly payment plans vary; personal trainers charge different amounts, depending on trainer.

Free Services: First class free; first five visits within seven days are free.

Agency/organization: Ladies Workout Express**Address:** 1075 North Hills Blvd., #240; Reno, NV 89506**Telephone:** (775) 971-9970**Fax:** (775) 971-9972**E-mail:** lwepride@aol.com**Contact Person(s):** Alesa Bigelow, Owner**Hours of Operation:** Mon-Fri: 6 a.m.-8:30 p.m.; Sat: 8 a.m.-noon**Languages other than English:** None**Target group:** Women, ages 18-80**Staff certification:** CPR only**Services Provided:** Weight training with hydraulic machines**Nutritional counseling:** No, only on the website**Specialized Services for HIV+ Population:** No**Cost of Services:** Registration fee varies from \$99 to \$199; one and two year memberships for \$49.95/month; three year membership for \$29.95/ month.**Free Services:** First week free; first time orientation/instruction on use of equipment is free.**Agency/organization: Nevada Urban Indians****Address:** 5301 Longley Lane, Suite 178; Reno, NV 89511**Telephone:** (775) 788-7600 (Reno); (775) 883-4439 (Carson City); (888) 885-8447 (toll free)**Fax:** (775) 788-7611 (Reno); (775) 883-6981 (Carson City)**Email:** info@urbanindians.org**Website:** www.urbanindians.org**Contact Person:** Lynn Smith, R.N.**Hours of Operation:** Mon-Fri: 8 a.m.-5 p.m.**Languages other than English:** Spanish**Target group:** All populations; must go through intake process to become an NUI client.**Staff certification:** Registered Nurse; certified case manager.**Services Provided:** Cardio equipment; free weights; weight training machines; group cardio classes; pilates (one-on-one and group mat/equipment classes); group weight training classes; personal training (one-on-one and small group).**Nutritional counseling:** Yes; all clients have individualized treatment plans.**Specialized Services for HIV+ Population:** No**Cost of Services:** No cost**Free Services:** All services are free.

**Agency/organization: Northeast Community Center,
City of Reno**

Address: 1301 Valley Road; Reno, NV 89512
Telephone: (775) 333-2262
Fax: (775) 334-2449
Website: www.cityofreno.com
Contact Person: Jaime Schroder, Recreation Coordinator
Hours of Operation: Mon.-Thurs: 6 a.m.-9 p.m.; Fri: 6 a.m.-8 p.m.
Sat./Sun.: 9 a.m.-4 p.m.

Languages other than English: Spanish

Target group: All populations.

Staff certification: Fitness and swimming national certifications.

Services Provided: Cardio equipment; free weights; weight training machines; group cardio classes; yoga classes; pilates classes; indoor swimming pool; swimming instruction (one-on-one or group); water aerobics/cardio classes; one-on-one personal training; dance classes; wellness classes; basketball and volleyball leagues.

Nutritional counseling: Yes.

Specialized Services for HIV+ Population: Yoga for special needs populations.

Cost of Services: No registration or initiation fee; fitness and gym package for \$50-\$70; fitness and pool package for \$70-\$90; fitness, gym and pool package for \$90-\$110; adult quarterly (\$50); senior quarterly (\$30); Jazzercise (\$15/4 classes); fees for yoga, pilates and T'ai Chi vary. Scholarship application for those needing financial assistance to pay for classes.

Free Services: First visit free.

Agency/organization: Slender You

Address: 548 Greenbrae, Sparks, NV 89512
Telephone: (775) 348-6149
Contact Person(s): Robert D. Smith, Owner
Hours of Operation: Mon./Tues/Thurs.: 9 a.m.-1 p.m.; 4 p.m.-7 p.m.;
Wed: 9 a.m.-1 p.m.; Fri.-Sat.: 9 a.m.-1 p.m.

Languages other than English: Spanish

Target group: All populations

Staff certification: Training to position clients on and off machines.

Services Provided: Cardio equipment; six motorized machines (that do all the work for you); treadmill.

Nutritional counseling: No

Specialized Services for HIV+ Population: Machines offer extensive circulation necessary for all HIV patients; assistance provided to customers in getting on/off

machines; customer lays on six separate tables and machine moves the body.

Cost of Services: No registration/initiation fee; 10 visits for \$45; 52 visits (6 months) for \$175.

Free Services: First time visit free with orientation.

Agency/organization: Spirit Yoga

Address: P.O. Box 3666; Carson City, NV 89702
(Various locations, call for info)

Telephone: (775) 887-9642

Fax: (775) 884-1145

E-mail: francie-yogini@hotmail.com

Contact Person: Frances Shaw, Certified Yoga Therapist

Hours of Operation*: Mon: 8 a.m.-9 a.m.; Tues: 5:30.p.m.-6:45 p.m.;
Wed: 4:30 p.m.-7:00 p.m.; Sat: 9: a.m.-10:15 a.m. (*Class times may change in coming year; call for schedule of class times).

Languages other than English: None

Target group: All populations

Staff certification: Certified training or yoga discipleship

Services Provided: Level I and II yoga classes; gentle yoga; yoga as a lifestyle; prenatal yoga, kids yoga (for ages 3-5 and 6-10); personal training (one-on-one and small group); private yoga wellness (offered in conjunction with nutrition and holistic medical doctor wellness program); holistic wellness program in conjunction with Frank Shallenberger, MD, HMD.

Nutritional counseling: Ongoing one-on-one and group sessions; also provide Ayurveda.

Specialized Services for HIV+ Population: Sliding fee scale available to people living with HIV/AIDS.

Cost of Services: No registration or initiation fee; \$8 fee for drop-in yoga class; \$40 for 5 yoga classes; \$75 for 10 yoga classes; private therapeutic class and/or nutritional counseling for \$45/hour; group nutrition classes when available for \$10/class. Referral network to HMDs/nutritionists; prices vary.

Free Services: Not at present, but will offer first class free in future for individuals living with HIV/AIDS

Agency/organization: Sports West

Address: 1575 S. Virginia; Reno, NV 89502

Telephone: (775) 348-6666

Contact Person: Heidi Toftdahl

Hours of Operation: 24 hours a day, 7 days a week

Languages other than English: None

Target group: All populations

Staff certification: ACE and ACSM certified
Services Provided: Cardio equipment; free weights; weight training machines; group cardio classes (step, double step, cardio dance, body sculpt, kick boxing, abs, salsa); yoga classes; pilates (group mat and equipment classes); spinning classes; group weight training classes; boxing room; racquetball courts and leagues; basketball courts and leagues; indoor swimming pool; group swimming instruction; water aerobics/cardio classes; one-on-one personal training; climbing wall; sauna/steam room; jacuzzi.
Nutritional counseling: No
Specialized Services for HIV+ Population: None
Cost of Services: Registration/initiation fee varies from \$50-100, depending on promotional rate; monthly payment plan varies depending on length (3, 6 or 12 month); one time facility use fee for \$20.
Free Services: First visit free; free orientation on use of equipment; coupon available for 10 day pass.

Agency/organization: Strictly Form, Inc.

Address: 4050 South McCarran, Suite E; Reno, NV 89502
Telephone: (775) 826-3211
E-mail: smessineo@aol.com
Website: www.strictlyform.com

Contact Person(s): Sandra Messineo
Hours of Operation: By appointment 7 days a week

Languages other than English: None

Target group: All populations

Staff certification: Personal trainer certification

Services Provided: Cardio equipment; free weights; weight training machines; pilates (one-on-one equipment classes); group weight training classes; personal training (one-on-one and small group).

Nutritional counseling: Ongoing one-on-one sessions.

Specialized Services for HIV+ Population: Yes; staff are clinical exercise specialists.

Cost of Services: No registration or initiation fee; personal training rate is \$55.25 per hour or \$590 for 10 hours; monthly classes are \$165.

Free Services: None

Agency/organization: The Perfect Workout, LLC

Address: 797 Southwood, Suite Y; Incline Village, NV 89450
Telephone: (775) 832-7100
Website: www.theperfectworkout.net
Contact Person(s): Debra Fishman, Owner

Hours of Operation: Mon-Sunday: 6 a.m.-10 p.m.

Languages other than English: None

Target group: Men and women, 30 years old to elderly

Staff certification: CPR; personal training certification

Services Provided: Cardio equipment; free weights; weight training machines; group cardio classes; pilates (one-on-one mat and equipment classes); personal training (one-on-one and small group).

Nutritional counseling: No

Specialized Services for HIV+ Population: All training clients fill out a medical history form prior to training; also require a physician's release prior to working out; train only within the realm of our expertise and design individual programs around physician recommendations.

Cost of Services: No registration or initiation fee; one year membership for \$400; monthly payment plan for \$40/month; ten private personal training sessions for \$450; ten private pilates sessions for \$450. Depending on situation we may offer sliding fee scale.

Free Services: First time free orientation for personal training and pilates.

Agency/organization: University of Nevada, Reno (UNR) WellnessCenter

Address: Lombardi Bldg; M/S 274; UNR; Reno, NV 89557

Telephone: (775) 784-4041

Fax: (775) 784-1340

E-mail: jaf@unr.edu

Contact Person: Jim Fitzsimmons, Assistant Director

Hours of Operation: Mon-Fri: 6 a.m.-11 p.m.; Sat./Sun: noon-6 p.m.

Languages other than English: None

Target group: All populations

Staff certification: CPR certified; first aid certified; ACSM; ACE; area specific certification.

Services Provided: Cardio equipment (e.g., treadmills, stair climbers, etc.); free weights; weight training machines; combo cardio class kick boxing; hot iron; step classes; group weight training classes; cycling; triathlon training; yoga (beginning, intermediate, advanced); pilates (one-on-one and group); spinning classes; racquetball courts/ classes/instruction; tennis courts; tennis instruction/leagues; swimming pool/group instruction; water aerobics/cardio classes.

Nutritional counseling: No

Specialized services for HIV+ population: No

Cost of Services: Student cost is \$50.00/semester; faculty cost is \$65.00/semester; \$165.00/year; \$14.50/month

Free services: Free first time orientation/instruction on use of equipment.

Agency/organization: YMCA of the Sierra

Address: 1300 Foster Drive
Telephone: (775) 323-YMCA (9622), ext. 200
Fax: (775) 329-5203
Website: www.ymcasierra.org
Contact Person(s): Clayton DeNault, Membership Director
Hours of Operation: Mon-Fri.: 5 a.m.-10:30 p.m.; Sat.: 7 a.m.-7 p.m.
Sun: 8 a.m.-7 p.m.

Languages other than English: Spanish

Target group: All populations

Staff certification: YMCA certified; certified by specific class type.

Services Provided: Cardio equipment; free weights; weight training machines; group cardio classes; yoga; pilates (group mat classes); Tai Chi classes; spinning classes; group weight training classes; racquetball courts; racquetball instruction/leagues; squash instruction/leagues; indoor swimming pool; swimming instruction (one-on-one and group); water aerobics/cardio classes, one-on-one personal training.

Nutritional counseling: Group nutrition classes

Specialized Services for HIV+ Population: No

Cost of Services: Registration/initiation fee is \$35-\$75; financial assistance available; one time use class/facility fee is \$10/individual or \$15/family; one year individual membership for \$500/year (\$42/month); one year individual membership for those 23 or younger for \$300/year (\$25/month); one year couples membership for \$750/year (\$64/month); one year family membership for \$800/year (\$67/month); fees for personal training are \$40/session for members or \$70/session for nonmember; personal training packages vary depending on number of sessions and member status; group nutrition classes for \$60 (members) and \$105 (nonmembers); additional fee for swimming lessons.

Free Services: Free two week trial period.

Agency/organization: Yoga Loka

Address: 6135 Lakeside Drive, #121; Reno, NV
P.O. Box 6433, Reno, NV 89513

Telephone: (775) 337-2990

E-mail: info@yogalokareno.com

Website: www.yogalokareno.com

Contact Person(s): Kimberlee Orenstein, Director

Hours of Operation: Hours vary depending on class schedule; see website for details.

Languages other than English: None

Target group: All populations

Staff certification: Registered Yoga Teachers (with the Yoga Alliance)

Services Provided: Yoga classes; private yoga instruction; yoga therapy courses (include back care, healthy joints, breast cancer with individual sessions, group classes, and teacher training).

Nutritional counseling: No

Specialized Services for HIV+ Population: We are interested in offering a course specifically designed to provide information and practice for people with HIV/AIDS. Instructor would have special abilities and knowledge. If there is an interest in a yoga program for individuals with HIV/AIDS, we would be interested in offering a six week program (1-2 times per week) with an emphasis on the benefits of yoga for someone with HIV/AIDS in addition to teaching the basic principles of yoga (postures, breathing, philosophy).

Cost of Services: No registration or initiation fee; one time class fee for \$12; 5 classes for \$55; 10 classes for \$100; 20 classes for \$180; yoga basics for \$60/6 classes; one month unlimited classes for \$100; three month unlimited classes for \$250. A 20% discount is available to students and seniors.

Free Services: None

Agency/organization: Yoga Shack, Inc.

Address: 214 California Avenue, Reno, NV 89509

Telephone: (775) 324-1977

E-mail: info@yogashack.com

Website: www.yogashack.com

Contact Person(s): Lynne Ramsey, President

Hours of Operation: Mon-Fri: 6 a.m.-8 p.m.; Sat: 8 a.m.-noon.;
Sun: 8 a.m.-2 p.m.

Languages other than English: None

Target group: Women of all ages; men are welcome, but 90% of clientele are women.

Staff certification: Year long teacher training certification course.

Services Provided: Yoga and meditation only; 42 classes/week (variety of different types and levels available).

Nutritional counseling: No

Specialized Services for HIV+ Population: No

Cost of Services: No registration/initiation fee; one time drop-in fee is \$10/class; one time drop-in fee for students and seniors is \$7/class; one year membership is \$840/year; monthly payment plan is \$90/month; class packages are \$45/5 classes, \$80/10 classes, \$100/15 classes, \$120/20 classes.

Free Services: None