**Boone County Resource Directory**

**Preventative Health Care Providers:**

**ECHO Autism**

*This network of providers virtually aids in finding autism and behavioral experts. The interdisciplinary team trains physicians, early interventionists, psychologists, and clinicians with specialized training in behavioral support, therapies, common medical and psychiatric concerns, and successful treatment plans. Through tele-mentoring, this is a resource that identifies medical and mental health providers knowledgeable in autism care in all areas.*

Focus of Services: Behavioral/Mental Health, Primary Care

Location: 403A Vandiver Drive, Columbia, MO 65202.

Area Served: Services are state-wide across Missouri

Website: <https://echoautism.org/find-a-professional/>

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**StationMD**

*This resource provides telehealth services nationwide. They provide 24/7 telehealth access to emergency medicine physicians to address non-life-threatening concerns, primary care through scheduled appointments, and behavioral health through scheduled Psychiatry and Psychology telemedicine appointments. StationMD was developed by emergency medicine physicians to deliver medical care to people with I/DD. All physicians have dedicated training in the disabilities area.*

Focus of Services: Health Maintenance, Behavioral/Mental Health, Chronic Conditions; Diabetes, Hypertension, Heart Disease etc...

Location: Telehealth services

Website: <https://www.stationmd.com/modmh/>

Phone: (908)-663-2929 ext. 830

Eligibility: Available to all individuals with IDD throughout Missouri under the Waiver Service

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**Burrell Behavioral Health (BBH)**

*BBH provides a variety of comprehensive mental health support services to individuals of all ages. Services include counseling, crisis intervention, psychiatric evaluation, eating disorder treatment, and addiction recovery. An integrated clinic is also available, providing primary care and lifestyle modification treatment like weight management, diabetes, and smoking cessation. The organization offers services tailored for individuals from the LGBTQIA+ community, along with individuals with autism and IDD and reaches their services to residential communities. A 24-hour crisis line is also accessible.*

Focus of Services: Primary Care, Mental/Behavioral Health, Vaccinations, Diabetes Screenings, Chronic Disease Management, Diet/Nutrition Program, Housing Resource, Transportation, Caregiver support, Financial Resource, Employment/Vocational Training, Healthcare Benefits

Location: 3401 Berrywood Dr., Columbia, MO 65201.

Area Served: Southwest and Central Missouri

Website: <https://www.burrellcenter.com/locations/berrywood>

Phone: (573)-777-8300

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**Compass Health Network**

*Compass Health Network is a nonprofit health care organization that provides a full continuum of behavioral health services as well as primary and dental health services throughout Missouri. Resources and treatments for substance abuse disorder are available to work on specific needs of an individual and their family. Mental health crisis line 24/7 service is accessible.*

Focus of Services: Primary Care, Dental, Vision, Mental/Behavioral Health, Health/ Preventative Screening, Blood Pressure Screening, Vaccinations/ Immunizations, Bone Density/Osteoporosis Screenings, Diabetes Screenings, Chronic Disease Management, Nutrition Program

Location: 303 N Keene Suite 202 Columbia, MO 65201 and 64 other locations across Missouri.

Area Served: Missouri-wide

Website: <https://compasshealthnetwork.org/> (Accessible)

Phone: (844)-853-8937

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**Elks Mobile Dental Unit**

*This project of the Missouri Elks helps children and adults with developmental or intellectual disabilities get free dental care they need. The services are mobile to multiple areas in Missouri and provide both basic and individual specific needs.*

Focus of Services: Dental

Location: University Health, 2301 Holmes Street, Kansas City, MO 64108.

Area Served: Boone County, including 14 other cities across Missouri

Website: <https://www.universityhealthkc.org/services/dental-care/elks-mobile-dental-program/>

Phone: (816)-404-6904

Eligibility: Children and adults who have developmental disabilities or intellectual disabilities (DD/ID) as identified by the Department of Mental Health, Division of Developmental Disabilities

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**New Horizons**

*Not-for-profit community mental health program serving eligible individuals in Boone and Cole counties. Their services include adult psychiatric care, psychosocial rehabilitation, job securement, substance abuse treatment, and crisis intervention. They also include Healthcare Home which is a healthcare delivery approach that provides primary and behavioral care to individuals. Services are available to homeless communities and residentials sites.*

Focus of Services: Behavioral/Mental Health, Blood Pressure Screening, Vaccinations, Bone Density/Osteoporosis Screen, Diabetes Screenings, Chronic Disease Management, Diet/Nutrition Program, Substance Use, Housing Resource, Transportation Resource, Financial Resource, Employment/Vocational Training, Healthcare Benefits

Location: 403A Vandiver Drive, Columbia, MO 65202.

Area Served: Boone and Cole Counties

Website: <https://www.mo-newhorizons.com/index.php?page_id=1>

Phone: (573)-443-0405

Eligibility: Community individuals with disabilities who are experiencing persistent mental illness and are interested in and can benefit from the Comprehensive Psychiatric Rehabilitation Program (CPR Program)

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**Positive Behavior Supports Corporation**

*PBS Corporation is an agency committed to the principles of Positive Behavior Support (an approach based on principles of applied behavior analysis, ABA) to improve not only behavior, but also the quality of life for the individuals we serve, their families, and others who support them. Services include comprehensive behavior intervention and person-focused ABA therapy.*

Focus of Services: Behavioral /Mental Health

Area Served: Central and West Missouri

Website: <https://www.teampbs.com/>

Phone: (855)-832-6727

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**Elara Caring**

*Elara Caring provides clients with Personal Care, Home Care, Respite Care, and RN/LPN Care for up to 24 hours per day. The team offers skilled home health, hospice care, behavioral health care, and palliative care.*

Focus of Services: Behavioral/ Mental Health, Nutrition, Medication Safety, Vision, Diabetes, Alcohol/ Drugs

Location:

* 100 Kingsbury Boulevard, Fredericktown, Missouri, 63645
* 3501 West Truman Boulevard, Suite G1, Jefferson City, Missouri 65109

Area Served: Across Missouri

Website: <https://elara.com/>

Phone: (573)-783-7231 (Fredericktown)

(800)-690-1753 (Jefferson City)

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**Help at Home LLC**

*A leading national provider of high-quality, relationship-based home care for seniors and people living with disabilities. Services include Home Care and Home Health which provides individuals with in-home daily, convenient care by caregivers and medical professionals.*

Focus of Services: Routine Visits/ Primary Care, Caregiver Support

Location: 3308 West Edgewood Drive, Jefferson City, MO 65109.

Area Served: Jefferson City and nearby regions.

Website: <https://www.helpathome.com/>

Phone: (573)-632-0262 (Jefferson City)

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**Preferred Family Healthcare**

*Preferred provides services to people with disabilities and barriers. Services are specifically based on individual’s needs and interests including, physical health and development, language and communication, social skills, health and safety needs, accessibility, and so on*.

Focus of Services: Social, Physical, and Cognitive Development

Location: 1805 E Walnut St, Columbia, MO 63201

Area Served: Washington County, including 14 locations across Missouri

Website: <https://pfh.org/>

Phone: (573)-476-0030

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**Giving Song**

*Giving Song provides music therapy to individuals with intellectual disabilities, learning disabilities, speech delays and disorders, Cerebral Palsy, Traumatic Brain Injury, genetic conditions, a medical diagnosis such as heart disease and others, and individuals on the Autism Spectrum, to name a few.*

Focus of Services: Behavioral/Mental Health

Location: 1905 Cherry Hill Dr. (Suite 102), Columbia, MO 65203.

Areas served: Columbia

Website: <https://www.givingsong.org/>

Phone: (573)-303-5772

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**Family Access Center of Excellence (FACE of Boone County)**

*FACE is focused on providing high-quality social, emotional, & behavioral health services to eligible individuals. They lend access to trained and licensed professionals to families and assist in finding other local service providers to address areas of need.*

Focus of Services: Behavioral/ Mental Health, Family Everyday Needs

Location: [105 East Ash Street, Suite 100, Columbia, MO 65203](https://www.google.com/maps/place/105%2BE%2BAsh%2BSt%2B%23100%2C%2BColumbia%2C%2BMO%2B65203/%4038.9541448%2C-92.338038%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x87dcb7d1e0c89331%3A0x483fd2d2d0427e2a%218m2%213d38.9541448%214d-92.3358493).

Area served: Columbia and nearby regions.

Website: <https://faceofboonecounty.org/>

Phone: (573)-771-3223

Eligibility: Youth (ages 0-19) & their families who live in Boone County.

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**Voluntary Action Center (VAC)**

*VAC provides resources for basic and emergency needs in the areas of health, employment, education, and housing. This is provided to assist eligible recipients in overcoming economic hardships and maintaining self-sufficiency. Services focus on the overall health and wellness of low-income communities, individuals with disabilities and seniors, and underemployed/unemployed individuals.*

Focus of Services: Financing Basic/ Emergency Heath Needs, Employment, Education, Housing, Transportation, Childcare, Identification Assistance, Food Insecurity

Location: 403A Vandiver Drive, Columbia, MO 65202.

Area Served: Columbia and nearby regions.

Website: <https://www.vacmo.org/>

Phone: (573)-874-2273

Eligibility: Must be a Boone County resident, gross monthly income for everyone living at the address must be within 200% of Federal Poverty Guidelines, provide name, and birthdate for everyone living at the address.

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**MU Thompson Center for Autism and Neurodevelopmental Disorders**

*The Thompson Center is focused on improving the lives of individuals and families affected by autism spectrum disorder and neurodevelopmental disorders. Specific focuses include integrated research, clinical service delivery, education, and public policy. They are involved in Autism diagnostics and medical care, various psychological clinics, occupational therapy, ABA interventions, and speech and language treatment services.*

Focus of Services: Primary Care, Mental/Behavioral Health, Health/Preventative Screening, Blood Pressure Screening, Diabetes Screenings, Chronic Disease Management, Diet/Nutrition Program

Location: University of Missouri, 205 Portland Street, Columbia, MO 65211.

Areas served: Columbia

Website: <https://thompsoncenter.missouri.edu/>

Phone: (573)-884-6052

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**Donated Dental Services (DDS) in Missouri**

*The Donated Dental Services (DDS) program provides free, comprehensive dental treatment to individuals with disabilities, seniors and those who are medically fragile. DDS assists individuals who have difficulty affording such services or do not have easy access to public aid. Volunteer dentists and laboratories join to promote better oral health to those that need it.*

Focus of Services: Dental

Location: 1800 15th Street, Suite 100, Denver, CO 80202.

Areas served: Boone, Cape Girardeau, Greene, Livingston, Platte, St. Charles, and St. Louis.

Website: https://dentallifeline.org/missouri/

Phone: (573)-636-4440

Eligibility (if applicable): 1) patients with disabilities, 2) patients who are over 65, or, 3) who are medically fragile

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**Behavioral Health Response**

*BHR provides confidential telephone counseling to people in mental health crises as well as mobile outreach services, community referral services, and critical incident stress management (CISM). BHR’s crisis hotline and mobile outreach services are provided free of charge to the public by paid professional staff who have master’s degrees in their respective behavioral science disciplines.*

Focus of Services: Behavioral/Mental Health

Areas served: Telehealth (accessible from anywhere)

Website: <https://bhrstl.org/>

Phone: 1-800-811-4760 (Boone County Crisis Intervention Hotline)

 314-469-6644 (Local)

314-469-4908 (Office)

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**Access Arts**

*Access Arts is an integrated learning program for the Columbia community founded by a parent of a child with cerebral palsy. Adapted, fully integrated art education classes are the main focuses of this art therapy program. They open these creative learning experiences to all ages, abilities, and economic circumstances*

Focus of Services: Behavioral/Mental Health

Location: 1724 McAlester St., Columbia, MO 65201.

Areas served: Columbia

Website: <https://www.schoolofservice.org/>

Phone: (573)-875-0275

**Clinical Directors:**

Specialist: Dr. Scott Foster, DPM – Columbia Podiatry, Fit Feet

Focus of Services: Foot and Ankle Health

Location: 305 N. Keene Street Suite 209, Columbia, MO 65201

Areas served: Boone County, Mid-Missouri

Phone: (573)- 443-2015

Website: <https://columbiapodiatryllc.com/>

Email: rsfoster@live.com

**Health Promotion Programs:**

**MU Extension Programs**

*Free programs focused on providing education on affordable, healthy foods and the benefits of physical activity. MU provides programs for underrepresented populations like individuals with disabilities, low-income families, people with chronic conditions and the elderly.*

Focus of Services: Nutrition/Fitness, Education

Website: <https://extension.missouri.edu/programs>

Areas Served: All across Missouri

Phone: (573)-884-5340

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**Meals on Wheels of Columbia**

*Meals on Wheels of Columbia is focused on delivering nutritious meals to Columbia residents who have mobility support needs.*

Focus of Services: Access to food, Nutrition

Location: 800 Hospital Drive, Columbia, MO 65201.

Areas served: Columbia

Website: <https://mealsonwheelscolumbia.org/>

Phone: (573)-886-7554

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**Health club and fitness center**

*Accessible health club and fitness center.*

Focus of Services: Nutrition/Fitness

Location: 701 E. Broadway, Columbia, MO 65205.

Areas served: Columbia

Website: <https://www.como.gov/contacts/activity-recreation-center-arc/>

Phone: (573)-874-7700

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**Central Pantry**

*Central Pantry provides mobile food and pantry services to Boone County residents that need assistance ensuring food on their table. They have programs like “Senior Boxes” for individuals aged 60 and older with limited income and “Project Dash Food Deliveries” that helps eligible seniors get food delivered to their doorstep within a 10-mile radius of the Central pantry.*

Focus of Services: Nutrition, Geriatric Health

Location: 1007 Big Bear Blvd., Columbia, MO 65202.

Area Served: Columbia and other Boone County regions.

Website: <https://sharefoodbringhope.org/central-pantry-boone-county>

Phone: (573)-874-7848

Eligibility: Boone County residents of any age.

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**Alternative Community Training (ACT)**

*ACT is a Columbia, Missouri-based organization that provides support to hundreds of individuals with disabilities throughout mid-Missouri. They offer day services designed to help individuals reach their goals and explore personal interests. ACT also provides employment support to those seeking careers in a certain field along with home, medical, and financial support.*

Focus of Services: Nutrition/Fitness, Financial Support, Employment, Housing

Location: 2200 Burlington, Columbia, MO 65202.

Areas served: Columbia and surrounding areas.

Website: <https://actservices.org/>

Phone: (573)-474-9446

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**Cedar Creek Therapeutic Riding Center**

*Cedar Creek Therapeutic Riding Center provides comprehensive equine assisted therapy. It is Professional Association of Therapeutic Horsemanship (PATH) accredited.*

Focus of Services: Behavioral/Mental Health

Location: 4895 E. Hwy 163, Columbia, MO 65201.

Areas served: Columbia

Website: <https://cedarcreek.missouri.org/>

Phone: (573)-875-8556

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**Compass Health Network**

*Compass Health Network is a nonprofit health care organization that provides a full continuum of behavioral health services as well as primary and dental health services throughout Missouri. Resources and treatments for substance abuse disorder are available to work on specific needs of an individual and their family. Mental health crisis line 24/7 service is accessible.*

Focus of Services: Primary Care, Dental, Vision, Mental/Behavioral Health, Health/ Preventative Screening, Blood Pressure Screening, Vaccinations/ Immunizations, Bone Density/Osteoporosis Screenings, Diabetes Screenings, Chronic Disease Management, Nutrition, Geriatric Care

Location: 303 N Keene Suite 202 Columbia, MO 65201 and 64 other locations across Missouri

Area Served: Across Missouri.

Website: <https://compasshealthnetwork.org/> (Accessible)

Phone: (844)-853-8937

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**Central Missouri All-Stars**

*CMAS Adaptive Cheer are proud to be the only competitive cheerleading gym in Columbia, MO with adapted cheerleading, created for students with special needs of all ages.*

Focus of Services: Fitness, Behavioral/Mental Health

Location: 1501 I-70 Complex Court, Columbia, MO 65201

Areas served: Columbia

Website: <https://cmascheer.com/>

Phone: (573)-825-3158

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**Palmer's Home Care, LLC**

*Palmer’s Home Care provides personalized support for individuals with disabilities. Their highly trained staff teach, model, encourage, support, advocate, and assist individuals to be successful and live their most independent life. Services include day programs, residential outreaches, and employment assistance.*

Focus of Services: Nutrition, Fitness, Employment, Self-Care

Location:

* Administrative Office:

1402 Hathman Place, Columbia, MO 65201

* Hillsdale Day Program:

701 Hillsdale Rd, Columbia, MO 65201

* Blue Ridge Day Program:

1300 Blue Ridge, Columbia, MO 65202

* Moberly Day Program:

1212 West Highway 24, Moberly, MO 65270.

Areas served: Columbia and Moberly

Website: <https://www.palmershomecarellc.com/>

Phone: (573)-673-8437

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**Sunny Oak Equine Assisted Activities**

*Provide the opportunity for individuals of all ages and abilities to interact with horses in a safe nurturing environment. Through those experiences and activities, students will benefit physically, socially, and emotionally.*

Focus of Services: Fitness, Behavioral/Mental Health

Location: 12551 Rocheport Gravel Road, Rocheport, MO 65279

Areas served: Rocheport

Website: <http://www.thesunnyoakfarm.com/>

Phone: (573)-356-3877

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**The Dance Academy**

*The Dance Academy provides a safe environment and equal opportunity for individuals with disabilities to participate in dance classes that promote social interaction and the development of gross motor, coordination, and balance skills.*

Focus of Services: Fitness, Behavioral/Mental Health

Location: 3211 S. Providence Rd., Columbia, MO 65203

Areas served: Columbia

Website: <http://www.thedanceacademycomo.com/>

Phone: (573)-823-4162

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**Services for Independent Living (SIL)**

*SIL assists individuals with disabilities, seniors, and veterans to maximize their community independence. The team envisions a barrier free community by providing information on assistive technology, personal care services, transportation, and personal care.*

Focus of Services: Primary Care/ Routine visits to healthcare provider, Transportation, Caregiver Support

Location: 1401 Hathman Place, Columbia, MO 65201

Area Served: Counties include Randolph, Audrain, Howard, Boone, Callaway, Montgomery, and Cooper.

Website: <https://www.silcolumbia.org/> (Accessible)

Phone: (573)-874-1646

Eligibility: Individuals with all types of disabilities across all age groups.

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**Handyman Solutions LLC / The Aging in Place Store**

*These two resources specialize in vast selection of accessible home modifications as well as equipment sales, rentals, and service and needs. Ongoing specialized training, yearly certifications*, *and over 20 years of real-world experience make Handyman Solutions / The Aging In Place Store uniquely qualified to help.*

Focus of Services: Utilities, Transportation

Location: 113 Jaycee Dr. Suite 108, Jefferson City, MO 65109. (Serves Boone County)

Area Served: Jefferson City and nearby counties

Website: <https://www.handymansolutions.org/>

Phone: (573)-635-2708

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**ICAN Missouri Foundation**

*ICAN provides services and support to ensure that individuals who have developmental disabilities have the same opportunities as individuals without disabilities to live a full and rewarding life.*

Program Type: Places or Spaces.

Location: 105 North Ave., Moberly, MO. 65270.

Area Served: Moberly and nearby counties.

Website: <https://www.icanmo.org/>

Phone: (660)-269-8767

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**YMCA of Callaway County**

*The mission of the YMCA of Callaway County is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.* *Programs are designed for fitness and activities to help maintain a good physical, emotional, social, and spiritual well-being.*

Focus of Services: Nutrition/Fitness, Behavioral/Mental Health

Location: 1715 Wood Street, Fulton, MO 65251

Area Served: Callaway County and nearby areas.

Website: <https://www.ymcaofcallaway.org/>

Phone: (573)-642-1065

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**Disabled Athlete Sports Association**

*DASA provides recreational and competitive sports opportunities for children and adults with disabilities. DASA gives individuals with a physical disability the opportunity to participate in adaptive sports, recreational programs, and fitness activities designed to improve self-esteem, strength, independence, and well-being while instilling family values.*

Focus of Services: Nutrition/Fitness

Location: 1600 Mid Rivers Mall Circle, Ste 2272, St. Peters, MO 63376.

Areas served: Boone County and Greater St. Louis area.

Website: <https://dasasports.org/>

Phone: (636)-477-0716

Eligibility (if applicable): Anyone with a disability

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**Home Access Remodeling**

*At Home Access Remodeling, the goal of their accessible remodeling and home modification service in Kansas City is to create living environments that allow individuals to stay in their home and maintain their independence.*

Focus of Services: Utilities, Housing

Location: 4505 Avondale Place, Columbia, MO 65203.

Areas served: Mid-Missouri

Website: <http://www.homeaccessremodeling.com/>

Phone: (913)-745-3069

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**Special Olympics Missouri - FUNFitness**

*FUNFitness is a program designed to help individuals with disabilities reach their fitness goals whether it’s being able to compete in a sport or a personal physical activity. Licensed physical therapists, assistant and students are available to provide a wide variety of services including assessing and recording information about flexibility, functional strength and balance.*

Focus of Services: Fitness, Education, Nutrition

Website: <https://resources.specialolympics.org/health/funfitness>

Areas Served: Pop up events across Missouri

Email: funfitness@specialolympics.org

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**Special Olympics Missouri - Fit5**

*Fit5 is a 6-8 week course geared to help achieve personal fitness goals through focusing on physical activity, nutrition, and hydration. The program aims for exercising 5 days a week, eating 5 total fruits and vegetables a day, and drinking 5 water bottles per day. The course is offered virtually and to individuals, workshops, group homes, etc.*

Focus of Services: Fitness, Education, Nutrition

Areas served: Virtual / Kansas City Area

Website: <https://somo.org/health/> , <https://somo.org/dpi-somo-take-fit-5-workout-virtual/>

Email: Dye@somo.org