





you can help create a healthier Halifax County.

Top 5 Health Tips

1. Get more sleep – sleep helps you feel rested and gives your body time to repair.

2. Exercise daily – commit to even a small amount of structured exercise every day, such as walking in a park.

3. Healthy snacking – eating a healthy snack like low fat yogurt or fruit is a great way to eating healthier.

4. Drinking water – sugary soft drinks and juices may taste good, but water is the best way to hydrate your body to maintain vital functions.

5. Regular check-ups – visiting your local doctor for regular check-ups is a great way to make sure you’re healthy and can prevent major health problems in the future.

Local Medical Facilities

**Halifax County Health Department**  
19 Dobbs Street  
Halifax, NC 27839  
(252) 583-5021

**Halifax Regional Medical Center**  
250 Smith Church Road  
Roanoke Rapids, NC 27870  
(252) 335-8011

**Rural Health Group at Enfield**  
114 Market Street  
Enfield, NC 27823  
(252) 445-2332

**Rural Health Group at Lake Gaston**  
108 North Mosby Avenue  
Littleton, NC 27850  
(252) 586-5411

**Rural Health Group at Roanoke Rapids**  
2066 NC Highway 125  
Roanoke Rapids, NC 27870  
(252) 536-5000

**Rural Health Group at Roanoke Rapids - WIC**  
116-A West 3rd Street  
Roanoke Rapids, NC 27870  
(252) 535-4845

**Rural Health Group at Scotland Neck**  
919 Jr. High School Road  
Scotland Neck, NC 27874  
(252) 826-3143

**Rural Health Group at Twin County**  
204 Evans Road  
Hollister, NC 27844  
(252) 586-5151

**Rural Health Group at Weldon**  
*Located within Weldon Elementary School*  
805 Washington Avenue  
Weldon, NC 27890  
(252) 536-0116

Park Hours

Site	Location	Town	Phone	Hours
Centennial Park	7th and Jackson Streets	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Chockoyotte Park	Chockoyotte Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Community Park	McFarland Road	Enfield	(252) 445-3146	Dawn to dusk
C.W. Davis Park	Cedar Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Edward George Park	Virginia Avenue	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Emry Park	Corner of 9th and Cleveland Streets	Roanoke Rapids	(252) 533-2847	Dawn to dusk (fee required)
Fishing Creek	NC 481/Bellamy Mill Road	Enfield	(252) 445-3146	Open year round
Lake Gaston	SR 1214	Littleton	(252) 586-5711	Open year round
Ledgerwood Field	11th Street and Vance Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk (some reservations required)
Long Park	400 Block of 4th and 5th Streets	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Martin Luther King Park	Wyche Street and Virginia Avenue	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Melody Park	Cedar Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Myers Oak Park	Bell Street	Enfield	(252) 445-3146	Dawn to dusk
Randolph Park	Whitaker Street	Enfield	(252) 445-3146	Dawn to dusk
River Falls Park	Rockfish Drive	Weldon	(252) 536-4836	Dawn to dusk
Roanoke Rapids Lake	SR 1422	Roanoke Rapids	(252) 410-6318	Open year round
Roanoke River	NC 48	Roanoke Rapids	800-522-4282	Open year round
Rochelle Park	5th Street and Vance Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Smith Park	600 Block of 4th and 5th Streets	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Southgate Park	Charles Circle	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Sylvan Heights Bird Park (fee required)	500 Sylvan Heights Park Way	Scotland Neck	(252) 826-3186	Open Tuesday through Sunday April – October, 9am to 5pm November – March, 9am to 4pm
Tinsley Park	Corner of Arbutus and 6th Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk
Wheeler Park	Shell Street and Oak Street	Roanoke Rapids	(252) 533-2847	Dawn to dusk



Don't overlook your neighborhood school for opportunities to be physically active. You may use these facilities outside of regular school hours. play Safe!

**Aurelian Springs Elementary School**  
10536 Highway 48, Littleton

**Belmont Elementary School**  
1517 Bolling Road, Roanoke Rapids

**Dawson Elementary School**  
6878 Old 125 Road, Scotland Neck

**Enfield MiddleSchool**  
13723 Highway 481, Enfield

**Everetts Elementary School**  
458 Everetts School Road, Roanoke Rapids

**Hollister Elementary School**  
37432 Highway 561, Hollister

**Inborden Elementary School**  
13587 Highway 481, Enfield

**Northwest Halifax High School**  
8492 Highway 48, Littleton

**Pittman Elementary School**  
25041 Highway 561, Enfield

**Roanoke Rapids High School**  
800 Hamilton, Roanoke Rapids

**Southeast Halifax High School**  
16683 Highway 125, Halifax

**Weldon Elementary School**  
805 Washington Avenue, Weldon

**Weldon High School**  
415 County Road, Weldon

**Weldon Middle School**  
4489 Highway 301, Halifax

**William L. Manning Elementary School**  
1102 Barrett Street, Roanoke Rapids

