

Northampton County

Places to Explore, Move & Play!



Roanoke Valley Community Health Initiative

AN INITIATIVE OF THE KATE B. REYNOLDS CHARITABLE TRUST

"Empowering Healthy Lifestyles"

Legend

Educational Facilities	Farmers' Market	Historical/Cultural	Picnic Area	Exercise Stations
Children Activities	Fishing	Library	Playground	Basketball Court
Community Center	Flea Market	Nature Trail/Walking Path	Senior Center	Tennis Court
Entertainment	Gardening/Plant Life	Athletic Field	Tourist Information	Splash Pad

Seaboard

Seaboard Park
126 Clay Street

Coming Soon: Volley Ball Court

Jackson

Northampton County Health Dept.
NC Cooperative Ext.
9495 NC Highway 305

Northampton Nature Trail
9495 NC Highway 305

Northampton County Cultural & Wellness Center
9536 NC Highway 305
(Accessible Playground)

JW Faison Senior Center
110 Ridgcrest Lane

Boones Mill Pond Dam
Highway 158 West

Jackson

Little Free Library
Jackson Baptist Church
306 N Church Street

Northampton County Museum
203 W Jefferson Street

Northampton County Memorial Library
207 W Jefferson Street

Northampton County Visitors Information Center
102 E Jefferson Street

Jackson Farmers Market
W Jefferson Street

Severn

Severn Pendleton Ruritan Club
209 Community Street

Community Enhancement Senior Program
8900 NC 35 Hwy

Meherrin Cultural Arts Center
8900 Highway 35

Willis Hare Elementary School
479 Willis Hare Road, Pendleton

Conway

Conway Middle School
400 East Main Street

(Coming Soon: Boat Landing)

Rich Square

Little Free Library
Dudobbs Grill & Restaurant
408 N Main Street

Little Free Library
Inside Futrell Pharmacy
124 N Main Street

Woodland

Little Free Library
305 W Main Street

Children's Garden
303 W Main Street

Woodland Park
507 W Main Street

Coming Soon: Community Center,
307 Cherry Street

<http://www.getfitstayfitrv.com/>

facebook Roanoke Valley Community Health Initiative



Red Barn Farmers Market
US Highway 158, Murfreesboro
(Hertford County)

Name of Site	Address	Phone	Description of Activity
Conway Middle School	400 E. Main St, Conway	(252) 585-0312	Athletic Fields, <i>Coming Soon: Boat Landing</i>
Garysburg Park	Kee and Freeman St, Garysburg	(252) 536-2167	Park
Garysburg Community Center	504 NC Hwy 46, Garysburg	(252) 536-2167	Community Center, Farmers Market, Library, Playground, Walking Trailing
Dwight Hall Ball Park	132 Baird St	(252) 537-1046	Park, Athletic Fields
Copeland Park	China and Long St	(252) 537-1046	Park
KIPP GCP Primary	320 Pleasant Hill Rd	(252) 308-6932	Athletic Fields, Playground
Gaston Elementary School	400 Broughton St	(252) 537-2520	Playground
Gaston Middle School	400 Broughton St	(252) 537-1910	Athletic Fields, Playground
Northampton County High School	152 Hurricane Drive	(252) 585-0627	Athletic Fields
Lake Gaston Community Center	564 NC 46 Hwy	(252) 533-5092	Community Center
Squire Elementary/Northampton Early College	4671 NC 46 Hwy West	(252) 537-2877	Playground
Roanoke Rapids North Side Fishing Area	828 Family Ln		
Boones Mill Pond Dam	Hwy 158 West		Picnic Area, Fishing
Central Elementary School	9742 NC Hwy 305	(252) 534-3381	Playground
Jackson Baptist Church	306 N. Church St		Little Free Library
Jackson Farmers Market	W. Jefferson St	(252) 534-3811	Farmers Market
JW Faison Senior Center	110 Ridgecrest Ln	(252) 534-1012	Multi-Purpose Senior Center
Northampton County Memorial Library	207 W. Jefferson St	(252) 534-3571	Provides free access books, computers
Northampton County Museum	203 W. Jefferson St	(252) 534-2911	Historical, Cultural and Heritage Site
Northampton Nature Trail	9495 NC Hwy 305	(252) 534-1303	Nature Trail
Northampton County Health Dept., NC Cooperative Ext.	9495 NC Hwy 305	(252) 534-5841	
Northampton County Cultural and Wellness Center	9536 NC Hwy 305	(252) 534-1303	Athletic Fields, Tennis Court, Basket Ball Court, Walking Trail, Picnic Area, Fitness Room, Accessible Playground
Northampton County Visitors Information Center	102 E. Jefferson St	(252) 534-0331	Tourist Information
Red Barn Farmers Market	U S Hwy 158, Murfreesboro (Hertford County)	(252) 398-7228	Farmers Market, Flea Market, Children's Activities, Entertainment
Willis Hare Elementary School	479 E. Main St, Pendleton	(252) 585-1900	Playground
Dudobbs Grill & Restaurant	408 N. Main St		Little Free Library
Futrell Pharmacy	124 N. Main St		Little Free Library
Seaboard Park	126 Clay St, Seaboard	(252) 589-5061	Athletic Fields, Playground, Walking Trail, Basketball Court, Exercise stations near playground equipment, Splash Pad, Handicap Parking, Picnic Shelter with electric grills, <i>Coming Soon: Volley Ball Court</i>
Community Enhancement Senior Program	8900 NC 35 Hwy	(252) 585-0013	Activities and Programs for Seniors
Meherrin Cultural Arts Center	28900 Hwy 35	(252) 585-0411	Athletic Fields, Community Building
Severn Pendleton Ruritan Club	209 Community St		
Woodland Park	507 W. Main St	(252) 587-7161	Picnic Areas, Athletic Fields, Walking Trail, Playground, Exercise Stations, <i>Coming Soon: Community Center, 307 Cherry St</i>
Children's Garden	303 W. Main St	(252) 587-7161	Gardening and Plant Life

YOU can help create a healthier NORTHAMPTON 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 eat 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

Northampton County Health Department

9495 NC 305 Hwy, Jackson, NC 27845 • (252) 534-5841

Halifax Regional - A Vidant HHealth Hospital

240 Smith Church Road, Roanoke Rapids, NC 27870

Rural Health Group at Jackson

9425 Highway 305, Jackson, NC • (252) 534-1661

Rural Health Group at Rich Square

200 South Main Street, Rich Square, NC 27869 • (252) 539-2082

Northampton Family Practice

111 East Main Street, Conway, NC 27820

School Based Health Center – GCP

KIPP Gaston College Preparatory
320 Pleasant Hill Road, Gaston, NC 27832 • (252) 308-0577

Health Priorities Identified in Northampton County By the Community Health Assessment

- Obesity/Overweight
- Heart Disease

Task

Improve the health of Northampton's population

Changes for better health!

- More Physical Activity
- Eat healthier foods
- Stop using tobacco
- Limit alcohol consumption
- Limit screen time
- Drink more water
- Get 7 – 9 hours of sleep
- Get recommended health screenings
- Read Food Labels
- Portion Control
- Set realistic goals for change
- Learn your family medical history

