



Free and Reduced Cost Diabetes Resources in Arkansas

Diabetes Prevention and Control Program



Arkansas Department of Health
Keeping Your Hometown Healthy





City	County	What	Cost	Where	When	Contact Person	Phone Number/ Email or Website
Arkansas Statewide	All counties	Educational Resources; Advocacy	Free	American Diabetes Association	Office hours: M-F 8am-4:30pm	Rick Selig; Director	(501) 221-7444
Arkansas Statewide	All counties	Locates doctors to donate office visits; prescription assistance if drug is on free list	Free to low-income, uninsured (Proof of income required)	Arkansas Health Care Access Foundation	Fill out application at DHS or Health Department	Pat Keller; Director	1-800-950-8233; http://www.ahcaf.org
Amity	Clark, Hot Spring, Pike, Garland, Hempstead, Ouachita, Montgomery	Assistance with Medical Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Amity Community Health Center	MTWF 8am-5pm, Thursday 8am-12pm; call for information	Judy Hearnberger; Melanie Sheppard	(870) 342-5606; JudyH@cabun.org
Arkadelphia	Clark	Diabetes Education	Private insurance, Medicare	AllCare Pharmacy	Call for information	Charity Lowdermilk	(870) 246-3044
Arkadelphia	Clark	Support Group	Free	AllCare Pharmacy	2nd Tuesday of the month; call for information	Charity Lowdermilk	(870) 246-3044
Arkadelphia	Clark and surrounding cities	Basic physician visits with lab; Assist with writing patient grants; Patient education following ADA guidelines	No health insurance and fall within 185% poverty level	Clark County Charitable Health Service	Monday & Wednesday 9 am to noon and 1:30 to 5 pm	Rebecca Bell, Nurse Educator; Cindy Jackson	(870) 230-1309; Fax: (870) 230-1520
Augusta	Woodruff	Diabetes Education	Physician referred, Medicare/Medicaid	Augusta Medical and Dental Clinic	Call for information	N/A	(870) 347-2508
Bald Knob	White	Diabetes Education	Physician referred, Medicare/Medicaid	Bald Knob Medical Center	Call for information	N/A	(870) 724-6207
Bearden	Ouachita, Dallas, Calhoun	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Bearden Health Center	MTWF 8am-5pm; Thurs 8am-12pm	Judy Hearnberger;	(870) 687-3637; JudyH@cabun.org
Bella Vista	Benton	Support Group	Free	Bella Vista Community Church	2nd Friday of the month (except summer and December) at 9am	Gloria Carrington; Amy Gores	(479) 855-1126; questions@bvcommunitychurch.org



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Benton	Saline	Medical Services; Prescription Assistance; Diabetic supplies (diabetic shoes); Patient education	Low income with no access to medical insurance, Medicaid or Medicare (show proof of income), must fall within 200% poverty level	Christian Community Care Clinic	Must register first: 1st and 3rd Thursdays of the month, 8am-12pm; Clinic: 2nd Tuesdays and 4th Thursdays of the month, 6-8:30 pm	N/A	(501) 776-1703
Bentonville	Benton	Diabetes Education Services	Private insurance, Medicare, Medicaid, Sliding Scale	Northwest Medical Center- Benton County	Call for appointment	Ashley Meek, RD; Connie Horton, RN, CDE	(479) 553-2011; (479) 553-2004
Bentonville	Benton	Pre-Diabetes Class	Free	Northwest Medical Center- Benton County	Last Thursday of the month, 9am; Call for appointment	Ashley Meek, RD; Connie Horton, RN, CDE	(479) 553-2011; (479) 553-2004
Bentonville	Benton	Be Well - Live Well Workshop	Free	Bentonville (TBA)	6 week workshop sessions	Angie Dunlap	870-741-1144 adunlap@aanwar.org
Berryville	Carroll	Support Group	Free	Carroll Regional Medical Center, Medical Arts Building	2nd Tuesday of the month at 7pm	Gay Morton	(410) 871-6348
Blytheville	Mississippi	Medical Services; Pamphlets	Free if qualify; must fall within 150% poverty level	Great River Charitable Clinic	Office hours: M/W 9am-12pm; Clinic: 1st and 3rd Thursday of the month, open at 5:30pm, call for appointment	Connie Ash	(870) 762-5459; http://www.greatriverclinic.org
Blytheville	Mississippi	Family and Consumer Science; Educational Material	Free	Mississippi County U of A Extension Office	Call for information	Pam Pruitt	(870) 762-2075
Booneville	Logan	Be Well – Live Well Workshop	Free	Booneville Senior Center	Thursdays, 9:30 am to 12:00 noon, 2/9/12–3/15/12	Rosemary Alcon, MS, CHES	479-478-8635 ralcon@uams.edu
Bryant	Saline	Be WII - Live Well Workshop	Free	Bryant (TBA)	6 week workshop sessions	Mary Vickers	(501) 847-7275



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Camden	Ouachita and surrounding areas	Educational Program	Free	Christian Health Center	1st Tuesday of the month at 7pm	Brenda Carpenter	(870) 231-1111
Camden	Ouachita and surrounding areas	Medical Service; Prescriptions	\$10/visit for working individuals with no insurance	Christian Health Center	Tuesday and Wednesday from 1:30-4:30 pm; Tuesday and Thursday night at 5pm	Brenda Carpenter	(870) 231-1111
Carlisle	Lonoke	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Carlisle Medical Clinic	M-F 8am-5pm	N/A	(870) 552-7303
Clarendon	Monroe, Prairie, Arkansas	Diabetes Education to patients; Medical Services; Diabetes Supplies (insulin)	Private insurance, Medicare, Medicaid, Sliding Scale	Mid-Delta Health Clinic	M-F 8am-5pm	Angie Cote, LPN	(870) 747-3381
Conway	Faulkner	Medical Services; Dental Services	For uninsured; \$20 for new patients, \$15 each visit for returning patients; lab work extra	Conway Interfaith Clinic	M-Thurs 7:30am-5pm	Kitti Aaron, Exec Director	(501) 932-0559
Conway	Faulkner	Be Well - Live Well Workshop	Free			Debra Robinson	501-327-2895
Corning & Piggott	Clay	Be Well - Live Well Workshop	Free	Senior Centers	6 weeks	Melissa Prater	(870) 930-2222 mprater@eaaaaa.org
Dardanelle	All counties	Medical Services; Diabetic Counseling; Diabetes Care; Medication Assistance; Dental and Optical care	Except in emergency situations, proof of income and pre-registration are required, Must fall within 125% of the Federal Poverty Guidelines, Must have no Medical Insurance of any kind; Accepts patients with Medicaid and Medicare for Dental and Optical services only	River Valley Christian Clinic	Office hours: M-F 9am-3pm; Clinic: 1st and 3rd Thursday of the month, 6pm, doors open at 4pm	N/A	
Deer	Newton	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Deer Clinic	M-F 8am-5pm	Carla Roberts	(870) 428-5391
DeQueen	Sevier	Expanded Food Nutrition Education Program (EFNEP)	Free	Sevier County U of A Extension Office	Various locations in DeQueen, call for information	Reyna Alvarez	(870) 584-3013



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Dermott	Chicot	Medical and Dental Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Mainline Health Systems - Dermott	Monday-Thursday: 8am-5:30pm Friday: 8am-12pm	N/A	Medical Appointments: (870) 538-3355 Dental Appointments: (870) 538-9720
Des Arc	Prairie	Diabetes Education	Physician referred, Medicare, Medicaid	Des Arc Health Center	Call for information	N/A	(870) 256-4178
DeValls Bluff	Prairie	Medical Services; Prescriptions; Free optometrist exams; Discounted glasses	Private insurance, Medicare, Medicaid, Sliding Scale	DeValls Bluff Health Center	M-F 8am-5pm, call for appt.	Carol Werner	(870) 998-2571
DeWitt	Arkansas	Diabetes Self Management Education	Free	Daughters of Charity; Greater Delta Alliance	Varies	Linda Sanders; Jane Pelkki	(870) 382-3080, ext 4
Dumas	Desha	Diabetes Self Management Education	Free	Daughters of Charity (DePaul Health Center)	Varies	Linda Sanders; Jane Pelkki	(870) 382-3080, ext 4
El Dorado	Union	Medical Services; Prescriptions	Free to uninsured	Interfaith Clinic	M-F 8am-5pm; Night classes are Monday and Tuesday at 6pm	Bettye Thurmon, Exec. Dir.	(870) 864-8010
El Dorado	Union, Polk	Support Group	Free	Medical Center of South Arkansas, Warner Brown Campus in the Betty White Ed. Center (same building as AHEC South Arkansas)	Last Thursday of the month	Jessica White	(870) 863-2390
El Dorado	Union	Diabetes Education	Financial assistance available	South Arkansas Medical Associates	Tuesday or Thursday afternoons, 3 class meetings	Marsha Ford	(870) 862-2400; http://www.sharefoundation.com
Eudora	Chicot	Medical Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Mainline Health Systems - Eudora	Monday-Thursday: 8am-5:30pm Friday: 8am-12pm	N/A	Medical Appointments: (870) 355-2512



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Eureka Springs	Carroll and surrounding locations	Medical Services; Diabetes Care	Free for uninsured, low income	Eureka Christian Health Outreach, Inc. (ECHO)	2nd and 4th Thursday nights; For more information, patient eligibility inquiries and patient appointments, contact any Tuesday or Thursday from 1:00 pm to 4:00 pm	N/A	(479) 253-5547
Fairfield Bay	Van Buren	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Fairfield Bay Clinic	M-F 8am-5pm	Carla Roberts	(501) 884-6898
Fayetteville	Washington	Diabetes Type 1 Support Group	Free	Northwest Health Systems	Quarterly evening meetings as needed, Call for information	Connie Horton	(479) 236-5909
Fayetteville	All counties	Medical and Dental Services; Prescriptions; Diabetes Education	Low income with no access to medical insurance, Medicaid or Medicare; small fee based on income	Northwest Arkansas Free Health Center	Offer appointments M-F; call or come in Tues or Friday from 8:30-10:30am to schedule appointment	N/A	(479) 444-7548
Fayetteville	Washington	Support Group	Free	Washington Regional Medical Center in the Old Washington Regional Hospital	1st Thursday of the month at 12-1pm	Joanna Cook	(479) 463-4333
Fayetteville	Washington	Be Well – Live Well	Free	Fayetteville SAC	Not set yet	Angie Dunlap	870-741-1144 adunlap@aanwar.org
Fort Smith	Sebastian	Support Group	Free	Cooper Clinic at the Reynolds Support House	2nd Tuesday of the month at 4 pm (except for summer months)	Susan Sears	(479) 452-2077;
Fort Smith	States: Arkansas and Oklahoma	Medical Services	Uninsured, means tested	Good Samaritan Clinic	MWTHF 8am-5pm, Tuesdays 5:30-7:30 pm	Connie Fisher	(479) 783-0233



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Fort Smith	Sebastian, Garland	Support Group	Free	Sparks Health System	1st Monday of the month at 7pm	Pixie King, Outpatient Coordinator; Terri Reno, Supervisor	(479) 441-4076; http://www.sparkhealth.com
Fountain Hill	Ashley	Medical Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Fountain Hill Clinic	M-F 8am-5:30pm, call for appt.	Betty Shuler, Ex. Dir.	(870) 853-9993
Gould	Lincoln	Diabetes Self Management Education	Free	Daughters of Charity (St. Elizabeth Health Center)	Varies	Linda Saners; Jane Pelkki	(870) 382-3020, ext 4
Hampton	Calhoun	Medical Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	CABUN Rural Health Services, Inc.	MTWTF 8am-12pm, Thurs 8am-12pm, call for information	Judy Hearnberger; Melanie Sheppard	(870) 798-4064, (870) 798-4299; judyH@cabun.org
Harrison	Boone	Be Well - Live Well Workshop	Free	Boone County SAC	Not Scheduled Yet	Angie Dunlap	
Hazen	Prairie	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Hazen Medical Center	M-F 8am-5pm	Steven Collier, Ex. Dir.	(501) 255-3696
Heber Springs	Cleburne	Support Group	Free	Baptist Health Medical Center	Quarterly, call for information	Phyllis Carr	(501) 206-3256
Heber Springs	Cleburne and surrounding areas	Medical Services; Prescription; Diabetic Supplies	Low income with no access to medical insurance, Medicaid or Medicare (show proof of income); An administrative fee of \$5.00 is requested for each visit to the clinic. This fee is NOT a requirement to receive any of the above services.	Christian Health Center, Inc.	Thursdays at 6pm	Bill Wells	(501) 362-2252; http://www.chchbersprings.org
Heber Springs	Cleburne	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Heber Springs Health Center	M-F 8am-5pm	Steven Collier, Ex. Dir.	(501) 362-7595
Helena	Phillips	Medical Services	Free	Delta Area Health Education Center	Tuesday, Wednesday, Thursday	Karen Cox	(870)338-9100
Helena	Phillips	Support Group	Free	Delta Area Health Education Center	Once per month	Karen Cox	(870) 338-9100



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Helena	Phillips	"Eating and Moving for Life" diabetes prevention education (health screening, nutrition, exercise)	Free	Phillips County U of A Extension Office (1000 Campus Drive, Suite 124, 72342)	Ongoing classes in Helena	Keith Cleek	(870) 338-8027
Helena	Phillips	"The Right Bite" diabetes cooking class; EFNEP diabetic class; Mediterranean cooking class	Free	Phillips County U of A Extension Office (1000 Campus Drive, Suite 124, 72342)	Ongoing classes in Helena, call for information	Keith Cleek	(870) 338-8027
Holly Grove	Monroe, Jefferson	Diabetes Education to patients; Prescriptions	Private insurance, Medicare, Medicaid, Sliding Scale	Holly Grove Health Center	M-F 8am-5pm, call for appt.	Carol Werner	(870) 462-3393
Hope	Hempstead	Medical Services; Prescriptions	\$5 donation requested but not required, free to uninsured	Charitable Christian Medical Clinic of Hope	2nd and 4th Thursday of the month at 6 pm	Beverly Reyenga	(870) 777-5757
Hope	Hempstead	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Hope Migrant/ Community Health Center	MTWF 8am-12pm	Judy Hearnberger; Melanie Sheppard	(501) 777-8420; JudyH@cabun.org
Hot Springs	Garland	Diabetes Education	Proof of income required, uninsured	Charitable Christian Medical Clinic	Call for information	Sharon Morel	(501) 623-8850
Hot Springs	Garland	Eye Clinic	Proof of income required, uninsured	Charitable Christian Medical Clinic	4th Tuesday of the month	Sharon Morel	(501) 623-8850
Hot Springs	Garland	Medical Services; Prescriptions	Low income with no access to medical insurance, Medicaid or Medicare (proof of income required)	Charitable Christian Medical Clinic	Clinic: Tuesday, Wednesday, Thursday	Sharon Morel	(501) 623-8850
Hot Springs	Garland	Diabetes Education (Physician Referral)	Private insurance, Medicare, Medicaid, Sliding Scale	St. Joseph Regional Health Center (221 McAuley Court)	Call for information	Jessica Wilson	(501) 622-4665
Hot Springs	All counties (no restrictions)	Support Group	Free	St. Joseph Regional Health Center (221 McAuley Court)	3rd Thursday of the month at 1pm	Jessica Wilson	(501) 662-4665
Hughes	St. Francis	Medical Services; Prescriptions	Private insurance, Medicare, Medicaid, Sliding Scale	Hughes Satellite Clinic	M-Th 8:30am-4:30pm, Fri 8:30am-4pm	Clifton Collier, Ex. Dir.	(870) 339-4181
Huntsville	Madison	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Huntsville Clinic	M-F 8am-5pm	Carla Roberts	(479) 738-5500



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Huntsville	Madison	Be Well - Live Well Workshop	Free	Madison County SAC	6 week workshop (Thursdays 12:00 - 3:00)	Angie Dunlap	870-741-1144 adunlap@aaaanwa.r.org
Jacksonville	Pulaski	Be Well -Live Well Workshop	Free			Betty Seales	501-982-7531
Jasper	Newton	Be Well - Live Well Workshop	Free	Newton County SAC	6 week workshop (Fridays 9:00 - 11:30)	Angie Dunlap	870-741-1144 adunlap@aaaanwa.r.org
Jonesboro	Craighead	Medical Services; Prescriptions; One time Diabetes Education class for established patients of the clinic on Fridays	Minimum \$10 charge, income based	Jonesboro Church Health Center, Inc.	M-Thurs 8:15am-4pm; Friday 8:15am-11am	Dolores Phillips	(870) 972-4777
Jonesboro	Craighead	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Jonesboro Family Health Center	M-F 8am-5pm	Steven Collier, Ex. Dir.	(870) 802-3586
Jonesboro	Craighead	Diabetes Education	Financial assistance from Hospital; Physician referrals are required	St. Bernard's Medical Center, Diabetes Management Center	Monday-Friday, Call for information	Melissa Wade; Scott Treadway	(870) 972-4341, Fax (870) 972-4341; http://www.sbrmc.com/departments-services/clinical/diabetes-management-center
Jonesboro	Craighead	Support Group	Free	St. Bernard's Medical Center, Location: St Bernards Imaging Center	2nd Tuesday of the month at 5:30-6:30 pm	Melissa Wade; Scott Treadway	(870) 972- 4341, Fax (870) 336-5676; Mwade@sbrmc.org
Jonesboro	Craighead	Be Well - Live Well Workshop	Free	Senior Center	6 weeks	Melissa Prater	(870) 930-2222 mprater@eaaaa.org
Kensett	White	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Kensett Family Clinic	M-F 8am-5pm	Steven Collier, Ex. Dir.	(501) 742-5697





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Lake Village	Chicot	Diabetes Education; Support Group	Free	Chicot Memorial Hospital	Call for information	Shirley Catalani	(870) 265-5351 x312; http://www.chicotmemorial.com/cmh.nsf/HomePage/Home
Lake Village	Chicot	Diabetes Self Management Education	Free	Daughters of Charity; Greater Delta Alliance	Varies	Linda Sanders; Jane Pelkki	(870) 382-3080, ext 4
Lavaca	Sebastian	Be Well - Live Well Workshop	Free	Lavaca Senior Center	Tuesdays, 12:30 pm to 3 pm, 3/6/12-4/10/12	Rosemary Alcon, MS, CHES	479-478-8635 ralcon@uams.edu
Lepanto	Poinsett	Medical Services; Prescriptions	Private insurance, Medicare, Medicaid, Sliding Scale	Lepanto Clinic	M-F 8am-5pm	Barbara Williams, Ex. Dir.	(870) 475-2977
Lewisville	Strong, Hampton, Amity, Hope, Ouachita	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Lewisville Family Practice	MTWF 8am-5pm, Thurs 8am-12pm (individual visits)	Judy Hearnberger; Melanie Sheppard	(870) 921-5781; JudyH@cabun.org
Little Rock	Pulaski	Be Well - Live Well Workshop	Free	UAMS		Todd Price	501-688-7445
Little Rock	Pulaski	Support Group	Free	Baptist Health Medical Center, Mezzanine	1st Thursday of the month at 2:30 pm	Harriet Larson	(501)202-1120
Little Rock	Pulaski	Medical Service	Free testing services (When done as a community service)	City Pharmacy	Random screenings done out in the community, call for information	Gary Bass	(501) 374-6565
Little Rock	Pulaski	Medical and Dental Services	Sliding scale; proof of income and 2 forms of ID required	College Station Clinic	Monday 8am-6:30pm, Tues-Thurs 8am-5pm, Fri-Sat 8am-12:30pm, appointment or walk-in	Laronda Hill	(501) 490-2440





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Little Rock	Zip Code Area: 72209	Bilingual Medical Care (English/Spanish)	\$5 per visit; serve people who have no access to medical care (no health insurance)	Esperanza Hope Clinic; located on the campus of Second Baptist Church at 6111 W 83 rd Street	Thursday 6-9pm; Call for appointment	Dr. David King, Medical Director	Clinic Phone (501) 562-1114; e-mail info@esperanzaclinic.org
Little Rock	Pulaski	Medical and Dental Services; Prescriptions; Optometry	Free to local residents whose income does not exceed 200% of the Federal Poverty Level, are currently medically uninsured, and between the ages of 13 and 64	Harmony Health Clinic (201 East Roosevelt Road)	Medical clinic: Thursdays 5-9pm, Saturdays 8am-12pm; Dental clinic: Fridays 8am-12pm, call for appointment	Eddie Pannell	(501) 375-4400; Executive Director@harmonyclinic.org, http://www.harmonyclinic.org
Little Rock	Pulaski	Support Group/ Outreach Programs (Type 1 diabetes)	Free	Juvenile Diabetes Foundation- Greater Arkansas Chapter	Call for information	Renee Dean, Exec. Dir.	(501) 217-0321
Little Rock	Pulaski, Faulkner, Saline, Lonoke, Sebastian, Columbia, Jefferson	Medical Services; Prescriptions; Referrals	Free to homeless, individuals (living with relatives less than 6 months, college students living in dormitories, anyone in rehab facilities, individuals on transitional housing)	Open Hands Clinic (1225 MLK Drive)	M-Th 8am-5pm; Friday 8am-2pm, call for appointment	Falecia Madison; Linda Cabine	(501) 244-2121
Little Rock	Residents of zip code 72204 for new patients	Medical and Dental Services; Health Education	Free to uninsured (Although medical services are free, families are asked to contribute a \$5.00 registration for each visit)	Shepherd's Hope Neighborhood Health Centers, LLC	Medical clinic hours: Thursdays 6-9 pm (except Holidays); Dental clinic hours: Tuesday evenings 6-9pm, Call to schedule an appointment	Pam Ferguson	(501) 614-9523; http://shepherds-hope.org
Little Rock	Pulaski	Medical Services; Prescriptions	Uninsured, working poor; proof of income required	St. Francis House Clinic (St. Vincent Community Clinic)	Tuesday-Wed 8am-1pm, call for appointment	Elizabeth	(501) 552-3241
Little Rock	Pulaski	Diabetes Education	Free	St. Vincent Infirmiry Medical Center	Thursdays, call for time	Claire Borroho	(501) 552-2572
Little Rock	Pulaski	Medical Services	Fees based on sliding scale; proof of income and ID required; pay up-front	St. Vincent Health Clinic East	M-Th 8am-4:30pm; Friday 8am-12pm	Roxann Bobo	(501) 552-4710



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Little Rock	States: Arkansas, Oklahoma, Missouri, Mississippi, Louisiana, and Tennessee	Culturally appropriate health education, free health screenings, referrals to community health services	Free	Ventanilla de Salud Mexican Consulate	M-F 8am-5pm, Call for information	Elvira Aguirre Wendrell, BA	(501) 372-6933, ext 232
Little Rock	All counties (no restrictions)	Medical Services; Prescriptions (limited)	Free (But there is a two-three month waiting list)	Westside Free Medical Clinic	Call for information/ appointment	Karen Pippa	(501) 664-0340 x356
Little Rock	All counties (no restrictions)	Spanish Diabetes Education Program	Free (But there is a two-three month waiting list)	Westside Free Medical Clinic	Call for information/ appointment	Flor Lopez	(501) 664-0340 x335
Lonoke	Lonoke	Be Well - Live Well Workshop	Free	Lonoke (TBA)	6 Week Workshop session	Sharon Anderson	501-676-6971
Magnolia	Columbia	Education Program	Physician Referral, Insurance, Medicare, Medicaid	Magnolia Regional Medical Center	Call for information	Margaret West	(870) 235-3516
Magnolia	Columbia	Support Group	Free	Magnolia Regional Medical Center, Life Smart Center	4th Wednesday of the month at 2pm	Margaret West	(870) 235-3516; http://magnoliarmc.org/nutrition.aspx
Marianna	Lee	Medical Services; Prescriptions	Private insurance, Medicare, Medicaid, Sliding Scale	Lee County Cooperative Clinic	M-Thurs 7:30am-5:30pm, Fridays 7:30am-5pm, Saturdays 9am-2pm	Clifton Collier, Ex. Dir.	(870) 295-5225
Marianna	Lee	"Eating and Moving for Life" diabetes prevention education (health screening, nutrition, exercise)	Free	Lee County U of A Extension Office	Ongoing classes in Lee County	Graphie Eldridge	(870) 295-7720
Marianna	Lee	"The Right Bite" diabetes cooking class	Free	Lee County U of A Extension Office	Ongoing classes in Lee County	Graphie Eldridge	(870) 295-7720
Marshall	Searcy	Be Well - Live Well Workshop	Free	Searcy County SAC	not scheduled	Angie Dunlap	870-741-1144 adunlap@aaanwar.org





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Marshall	Searcy	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Boston Mountain Rural Health Center, Inc.	M-F 8am-5pm	Carla Roberts	(870) 448-5733
McCrary	Woodruff	Diabetes Education	Physician referred, Insurance, Medicare, Medicaid	McCrary Health Center	Call for information	Steven Collier, Ex. Dir.	(870) 731-5411; http://www.wrrhc-ar.org/
McGehee	Desha	Diabetes Self Management Education	Free	Daughters of Charity (McGehee County Hospital)	Varies	Linda Sanders; Jane Pelkki	(870) 382-3080, ext 4
Melbourne	Izard	Diabetes Education	Free to residents of Stone and Izard Counties, \$20 for non-residents	TBD (Probably the city hall in Melbourne)	Call for information	Linda Moser	(870) 291-7208
Mena	Polk	DSME/T- DIMES Program (Diabetic Information Management Education & Support)	Medicare, Private Insurance; \$30 for all persons who have no insurance or insurance does not cover and meets 25-25% sliding fee criteria	Healthy Connections	First 4 Thursdays each month; Call for information	Kyleen Dugan	(479) 437-3449, ext. 118; kyleen@healthy-connections.org
Mena	Polk	Support Group	\$5.00/meeting	Mena Regional Health System; Education Room	3rd Tuesday of the month at 5:30-6:30pm; Call for information	Beth Polo Beckel	(479) 216-1301; beth@uniquehealthsolutions.org
Mena	Polk	Medical Services; Prescriptions	Free to uninsured (Proof of income required)	Ninth Street Ministry	Ongoing, call for times	Lisa Suchsberger	(479) 394-2541
Mena	Polk	Medical and Dental Services	Private insurance, Medicare, Medicaid, Sliding Scale	Western Arkansas Total Community Health Center/ Healthy Connections	M-F 8am-5pm, call for appt.	Bob Young, Ex. Dir.	(479) 437-3449
Monticello	Drew	Medical Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Monticello Community Health Center - Monticello	Monday-Thursday: 8am-5:30pm Friday: 8am-12pm Saturday: 8am-12pm	N/A	Medical Appointments: (870) 367-6246
Morrilton	Conway	Medical Services; Optometry and Dental Services	Free if qualify, must have proof of income	Conway County Christian Clinic	1st and 3rd Thursday of the month at 6-9pm	Nan Gibson	(501) 354-4411
Mt Ida	Montgomery	DSME/T- DIMES Program (Diabetic Information Management Education & Support)	Medicare, Private Insurance; \$30 for all persons who have no insurance or insurance does not cover and meets 25-25% sliding fee criteria	Montgomery County Community Clinic	First 4 Mondays each month; Call for information	Kyleen Dugan	(479) 437-3449, ext. 118; kyleen@healthy-connections.org



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Mountain Home	Baxter	Be Well - Live Well Workshop	Free	Van Matre SAC	6 week workshop M(Mondays 12:30 - 3:00)	Angie Dunlap	870-741-1144 adunlap@aaanwa.org
Mountain Home	Baxter	Diabetes Education	Free to Medicaid and qualifying low income patients	Baxter Regional Medical Center, Diabetes Learning Center	M-F 9am-4pm	Jodi Owens; Cheri Smith	(870) 508-1765, (870) 425-5010; jowens@baxterregional.org
Mountain Home	Baxter	Support Group	Free to Medicaid and qualifying low income patients	Mountain Home Christian Clinic, Inc.	1st and 3rd Tuesdays of the month from 6:00-7:30pm	Jodi Owens; Cheri Smith	(870) 425-5010; (870) 404-5546; csmith@mthome.com
Nashville	Howard	Community Clinics, General Physical Examinations, Prescription Drug Patient Assistance Programs	No fee for service	Christian Health Center of Howard County, Inc.	5:30pm - 7:30pm, Second and fourth Thurs. each month	N/A	(870) 845-2871
North Little Rock	Pulaski	Be Well - Live Well Workshop	Free			Todd Price	501-688-7445
North Little Rock	Pulaski	Medical and Dental Services; Food Pantry	\$5 donation requested but not required, free to uninsured and homeless (proof of income and ID required)	River City Ministry of Pulaski County, Inc.	Call for appointment; Tuesdays: First come, first serve walk in health clinic with APN for homeless only from 8:00am-11:00am	Anne Stafford	(501) 376-6694; rivercityministry.org
North Little Rock	Pulaski	Medical Services; Prescriptions	Proof of income required, uninsured, working poor (proof of income and ID required)	St. Vincent-Glenview Community Clinic	Thursdays 9am-1pm, appt. required	Elizabeth	(501) 552-3241
North Little Rock	Pulaski	Medical Services; Prescriptions	Proof of income required, uninsured, working poor (proof of income and ID required)	St. Vincent-Gardner Memorial Community Clinic	Mondays 9am-1pm, appointments encouraged	Elizabeth	(501) 552-3241
Paragould	Greene	Be Well - Live Well Workshop	Free	Senior Center	6 weeks	Melissa Prater	870-930-2222 mprater@eaaaa.org



City	County	What	Cost	Where	When	Contact Person	Phone Number/ Email or Website
Paragould	Greene	Medical Services (physician referral)	Private insurance, Medicare, Medicaid, Sliding Scale	Arkansas Methodist Medical Center	M-F 8:30am-4pm; call for information	Pat Malone	(870) 239-7016
Parkin	Cross	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Parkin Medical Clinic (ARCare)	M-F 8am-5pm	Steven Collier, Ex. Dir.	(870) 755-2234
Pine Bluff	Jefferson	Diabetes Education	Free (Offered only to their own patients)	AHEC Pine Bluff	Once per month, call for information	Angie Davis	(870) 541-6002; (870) 541-7611
Pine Bluff	Jefferson	Be Well - Live Well Workshop	Free	TBD	6 week w workshop April 3 - May 8	Theresa Horton SCCOA Director of Education	870-879-1440 tehorton@uams.edu
Pine Bluff	Jefferson	Support Group	Free	Jefferson Regional Medical Association (JRMCA) in the Henslee Conference Center	3rd Thursday of the month at 7pm	Mary Woods	(870) 541-7310
Pine Bluff	Jefferson	Medical and Dental Services; Prescriptions; Referrals	Free to homeless (individuals living with relatives less than 6 months, college students living in dormitories, anyone in rehab facilities, individuals on transitional housing)	Pine Bluff Medical & Dental Center	M-Th 8am-5pm, Friday 8am-2pm, call for appointment	Falecia Madison	(870) 543-2380 Dental: (870) 543-2341; http://www.jccsi.org/
Pocahontas	Randolph	Medical Services; Prescriptions; Diabetes Education Class	Private insurance, Medicare, Medicaid, Sliding Scale	Pocahontas Family Medical Center	M-F 8am-5pm; Sat 9am-4pm	Sandy Green	(870) 892-9949
Pocahontas	Randolph	Be Well - Live Well Workshop	Free	Pocahontas Senior Center	6 Weeks	Melissa Prater	870-930-2222 mprater@eaaaaa.org
Portland	Ashley	Diabetes Self Management Education	Free	Daughters of Charity; Greater Delta Alliance (Mainline Health Systems)	Varies	Linda Sanders; Jane Pelkki	(870) 382-3080, ext. 4
Portland	Ashley	Medical Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Mainline Health Systems - Portland	Monday- Thursday: 8am-5:30pm; Friday: 8am-12pm	Kris Morgan	Medical Appointments: (870) 737-2221
Ratcliff	Logan	Medical Services and Drug Assistance Program	Private insurance, Medicare, Medicaid, Sliding Scale	River Valley Primary Care Services	M-F 8:30pm-3:00pm, call for appointment	William Nettles, Ex. Dir.	(479) 635-4800 or toll free 1-800-877-7658



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Redfield	Jefferson	Medical and Dental Services; Prescriptions; Referrals	Free to homeless (individuals living with relatives less than 6 months, college students living in dormitories, anyone in rehab facilities, individuals on transitional housing)	Redfield Center	M-Th 8am-5pm, Friday 8am-2pm, call for appointment	Tonya Woods	(501) 397-2261
Rison	Cleveland	Medical and Dental Services; Prescriptions; Referrals	Free to homeless (individuals living with relatives less than 6 months, college students living in dormitories, anyone in rehab facilities, individuals on transitional housing)	Rison Medical Center	M-Th 8am-5pm, Friday 8am-2pm, call for appointment	Renita Attwood	(870) 325-6255
Rogers	Benton	Medical Services/ Prescriptions	Free (No questions asked)	First Baptist Church/ River of Life Medical Clinic	2nd and 4th Thursdays at 6-8pm	Vickie Cline	(479) 636-3451
Rogers	Benton	Diabetes Education	Free	Poplar House Clinic/ Mercy Health System	Every 3 months (In English and Spanish), call for information	Gloria Carrington	(479) 936-2991
Rogers	Benton	Be Well - Live Well Workshop	Free	Rogers Adult Wellness Center	Workshop sessions (every Tuesday 1:00 3:30)	Angie Dunlap	870-741-1144 adunlap@aanwar.org
Rogers	Benton	Medical Services; Prescriptions; Diabetes Education	Follow-up care is \$20, must have no insurance and no Medicaid/Medicare; uninsured and underinsured	Poplar House Clinic/ Mercy Health System	M-F 8am-4:30pm by appt.; Free Diabetes Screenings M-Thurs 8-8:30am, 1-1:30pm; Education Tuesday-Friday	Gloria Rodriguez	(479) 936-2991
Russellville	Pope	Be Well - Live Well Workshop	Free	Pope County Senior Activity Center	6-week workshop sessions (Every Wednesday 10:00 - 12:00)	R.E. Hodges	479-967-9300 rehodges@senior specialists.org
Russellville	Pope	Support Group/Education: Heart and Kidney Failure	Free	Saint Mary's CORF, Café 3	2nd Tuesday of the month at 5:30 pm	Bobbie Miller; Melanie Mullnix, Office Manager	(479) 968-3733



City	County	What	Cost	Where	When	Contact Person	Phone Number/ Email or Website
Searcy	White	Medical Services; Prescriptions	Low income with no access to medical insurance, Medicaid or Medicare (show proof of income)	Christian Health Ministry of White County	2nd Sunday of the month at 5:30pm	Lowell Myers	(501) 268-5383; (501) 305-3888
Searcy	White	Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Searcy Family Medical Center	Call for information	Emily Smith, Diabetes Educator; Steven Collier, Exec. Director	(501) 279-7979
Siloam Springs	Benton	Medical Services	Reduced or Free, must have no insurance and no Medicaid/Medicare	St. Francis Clinic of Siloam Springs	Monday and Tuesday evenings are Free Clinics, Wednesday by appt. only	Peter Davis, Director	(479) 524-9550
Springdale	Washington	Be Well - Live Well Workshop	Free	Springdale SAC	Not Scheduled	Angie Dunlap	870-741-1144 adunlap@aanwar.org
Springdale	Washington	Medical Services-plus gives free glucometers to patients	Income based, sliding scale fee for low income people without insurance or who are underinsured	Community Clinic at St. Francis House	M-F 8am-5pm, call for appt.	Beth Brooks	(479) 751-7417
Star City	Lincoln	Diabetes Self Management Education	Free	Daughters of Charity (Star City Civic Center)	Varies	Linda Sanders; Jane Pelkki	(870) 382-3080, ext. 4
Strong	Union	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Strong Clinic	MTWF 8am-5pm, Thurs 8am-12pm, call for information	Judy Hearnberger; Melanie Sheppard	(870) 797-7620
Swifton	Jackson	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Swifton Medical Clinic	M-F 8am-5pm	Steven Collier, Ex. Dir.	(870) 485-2234
*TBD	Arkansas	Be Well - Live Well Workshop	Free	TBD	6 Week workshop April 2 - May 7 9 - 11:30 am	Theresa Horton SCCOA Director of Education	870-879-1440 tehorton@uams.edu
*TBD	Desha	Be Well - Live Well Workshop	Free	TBD	6 Week workshop April 2 - May 7 1 - 3:30 p.m.	Theresa Horton SCCOA Director of Education	870-879-1440 tehorton@uams.edu



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Texarkana	Miller	Diabetes Education; Support Group	Free	AHEC Southwest	3rd Thursday of the month at 2pm	Rhonda Wright	(870) 779-6000; rgwright@uams.edu; http://ruralhealth.uams.edu/ahecs
Texarkana	Residents of Arkansas, Texas, Louisiana and Oklahoma	Support Group	Free	Christus St. Michael Health System; Glenwood Building, Suite 203B, 1400 College Drive, Texarkana, TX	2nd Monday of the month at 6:30pm; 2nd Wednesday of the month at 2:00pm	Jerry Hutchison, Diabetes Manager/Nurse Educator	(903) 614-2395; http://www.christusstmichael.org/
Texarkana	Miller	Prescriptions	Free (case by case basis)	St. Edwards Outreach Center	M-F 9:30am-noon, call for information	No contact name; Volunteers	(870) 216-2194
Texarkana	Miller	Prescriptions; Diabetes Supplies	Free	Samaritan Charities	M-Sat 10:30am-4:30pm	Darlene Stiner, Ex. Assist.	(870) 774-1588
Texarkana	All counties	Diabetic Cooking Class	Free	Texarkana Regional Center on Aging (4010 Jefferson Avenue)	Last Friday of the month at 10am (except in June, July, November, and December)	Suzy Carroll	(870) 773-2030
Wabash	Phillips	Medical Services; Prescriptions	Private insurance, Medicare, Medicaid, Sliding Scale	Lakeview Area Clinic	M-Thurs 7:30am-5:30pm, Fridays 7:30am-5pm	Clifton Collier, Ex. Dir.; Larayna Waddy	(870) 827-3201
West Memphis	Crittenden, Mississippi, St. Francis, Lee, Phillips, Cross, Poinsett and Shelby County, Tennessee	Diabetes Education; Support Group	Free	Crittenden Regional Hospital	Interactive TV programs bimonthly (will have free class when get RN)	Romona Taylor	(870) 735-5527 x225 (Delta AHEC North office); http://www.crittendenregional.org/index.php
West Memphis	Crittenden	Be Well - Live Well Workshop	Free	senior Center	6 Week session	Melissa Prater	870-930-2222 mprater@eaaaaa.org



City	County	What	Cost	Where	When	Contact Person	Phone Number/ Email or Website
West Memphis	Crittenden and Poinsett counties, as well as other contiguous counties in Arkansas	Medical Services; Prescriptions	Private insurance, Medicare, Medicaid, Sliding Scale	East Arkansas Family Health Center, Inc.	M-F 8am-5pm, call for appt.	Barbara Williams, Ex. Dir.	(870) 735-3846; http://www.eafhc.org
Wilmot	Ashley	Medical and Dental Services; Diabetes Education	Private insurance, Medicare, Medicaid, Sliding Scale	Mainline Health Systems - Wilmot	Monday-Thursday: 8am-5:30pm; Friday: 8am-12pm	N/A	Medical Appointments: (870) 473-2274 Dental Appointments: (870) 473-2311
Wynne	Cross	Be Well - Live Well Workshop	Free	Senior Center	6 Week Session	Melissa Prater	870-930-2222 mprater@eaaaa.org
Wynne	Cross	Medical Services	Private insurance, Medicare, Medicaid, Sliding Scale	Wynne Health Center	M-F 8am-5pm	Steven Collier, Ex. Dir.	(870) 238-0377
	Arkansas, Cleveland, Desha, Grant, Hot Springs, Jefferson, Lincoln, Lonoke, and Saline	Be Well - Live Well beginning Fall 2012: Be Well - Live Well Diabetes (DSMP)	Free	TBD and upon request	TBD	Theresa Horton SCCOA Director of Education	870-879-1440 tehorton@uams.edu

If you find information that is incorrect or needs to be updated, please call (501) 661-2093 or (501) 661-2099. Thank you.



Arkansas Department of Health
Keeping Your Hometown Healthy

Additional Resources:

Arkansas Department of Health

www.healthy.arkansas.gov

Academy of Nutrition and Dietetics

1-800-877-1600 or www.eatright.org

American Association of Diabetes Educators

1-800-338-3633 or www.aadenet.org

American Diabetes Association

1-800-DIABETES (1-800-342-2382) or www.diabetes.org

American Heart Association

1-800-AHA-USA1 (1-800-242-8721) or www.americanheart.org

Centers for Disease Control and Prevention

1-800-CDC-INFO (1-800-232-4636) or www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services

1-800-MEDICARE (1-800-633-4227) or www.medicare.gov/health/diabetes.asp

Healthier US Initiative

www.healthierus.gov





Arkansas Department of Health
Keeping Your Hometown Healthy

Additional Resources:

National Diabetes Education Program

1-888-693-NDEP (6337) or www.ndep.nih.gov

National Institute of Diabetes and Digestive and Kidney Disease

National Diabetes Information Clearinghouse

1-800-860-8747 or www.niddk.nih.gov

National Heart, Lung, and Blood Institute

301-592-8573 or www.nhlbi.nih.gov

National Kidney Disease Education Program

1-866-4-KIDNEY (1-866-454-3639) or www.nkdep.nih.gov

NeedyMeds

www.needymeds.org

United States Department of Agriculture (USDA)

www.nutrition.gov

Weight-Control Information Network

www.win.nih.gov/index.htm







Free and Reduced Cost Diabetes Resources in Arkansas Diabetes Prevention and Control Program



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