

Unity Medical Center



Community Health Needs Assessment 2025



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Introduction

Purpose of the CHNA

The Community Health Needs Assessment (CHNA) for Unity Medical Center aims to identify and address the health needs and priorities of our community in Manchester, Tennessee. This assessment is crucial for understanding the current health status of Manchester's residents, recognizing gaps in health services, and developing targeted strategies to improve health outcomes. By engaging community members, healthcare providers, and local organizations, the CHNA seeks to foster a collaborative approach to enhancing public health and well-being.

Scope and Focus

This CHNA focuses on the City of Manchester, a vibrant community located in Coffee County, Tennessee. The assessment covers a broad spectrum of health issues, including chronic diseases, mental health, access to healthcare, and the social determinants of health. This report provides a comprehensive overview of Manchester's health landscape by examining both quantitative data and qualitative insights from community stakeholders.

Community Overview

Manchester, Tennessee, is home to a diverse population of approximately 13,700 residents. Known for its rich history, cultural heritage, and the annual Bonnaroo Music and Arts Festival, Manchester is a dynamic community with unique health needs. The city is characterized by a mix of urban and rural areas, influencing the accessibility and availability of health services.

Goals and Objectives

The primary goals of this CHNA are:

1. **Identify Key Health Needs:** To determine the most pressing health issues affecting Manchester's residents.
2. **Understand Health Disparities:** To recognize health disparities and inequities among different demographic groups within the community.
3. **Engage the Community:** To involve residents and stakeholders in the assessment process, ensuring their voices and concerns are heard.
4. **Develop Actionable Strategies:** To create effective, evidence-based strategies for addressing identified health needs and improving overall community health.

By achieving these goals, the Unity Medical Center aims to enhance the quality of life for all residents, promote health equity, and ensure that everyone has the opportunity to achieve optimal health.

In the following sections, this report will detail the methodology used for the CHNA, present a comprehensive profile of the community, outline key findings, prioritize health needs, and describe the strategic plan for addressing these needs. Through this collaborative and data-driven approach, Manchester is committed to building a healthier future for all its residents.

Mission and Vision

→ Mission

To provide quality, compassionate, cost-effective healthcare responsive to the needs of the communities we serve, while upholding the highest ethical standards

→ Vision

To improve the health status and enhance the quality of life of individuals and communities we serve

A Letter from Our C.E.O

At Unity Medical Center (UMC), we are driven by a singular passion to improve the health and wellbeing of the local community. Every decision we make, and every initiative we launch, is rooted in our unwavering commitment to ensuring that all residents of Manchester have access to the care and resources they need to lead healthy lives.

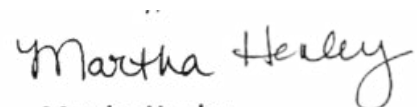
Improving community health is at the heart of UMC's mission and fuels our everyday work. As we reflect on the needs of our community, we recognize that mental health is one of the most pressing challenges we face. That's why UMC has placed a strong emphasis on expanding access to mental health care with the Rapha Centre for Community Mental Health and Recovery Health, which was launched in 2016 in response to the growing need for counseling and recovery resources due to the opioid epidemic. We believe that mental health is just as important as physical health, and we are working to break down barriers and provide residents with the support they deserve. Our initiatives are designed to foster a holistic approach to health, where every person has the resources and guidance needed to thrive, no matter their circumstances.

UMC is also committed to expanding access to care in other key areas. We recognize the importance of accessible pediatric care, which is why we are working on expanding our services to meet the needs of children and families. Ensuring that children receive the care they need at a young age lays the foundation for healthier lives in the future, and we are dedicated to being there for them every step of the way.

Our leaders recognize that healthcare costs can be a significant burden, which is why UMC is committed to supporting local organizations like Coffee Cares that help alleviate medical debt for those in need. Several UMC leaders, including myself, proudly serve on the board, reinforcing our dedication to ensuring that financial barriers don't stand in the way of care. Through these partnerships, we are actively working to create a healthier, more accessible future for our community.

The 2025 Community Health Needs Assessment is an essential part of our ongoing effort to better understand the health needs of our community. Through research, community engagement and feedback, we are able to identify key areas where we can make the greatest impact. This assessment serves as a critical tool for shaping our strategic plans and deepening our partnerships with organizations that share our commitment to improving the health of our community.

Thank you to our dedicated staff, board members and community partners for your continued support. We are grateful for your input, collaboration, and partnership as we work together to create healthier futures for everyone in Manchester. Together, we will continue to build a stronger community.

A handwritten signature in black ink that reads "Martha Henley".

Martha Henley
Chief Executive Officer
Unity Medical Center

Community Health Committee

The goal of establishing the Community Health Committee for this process was to solicit input from residents of the Manchester that represent the diverse (underserved, chronically ill, low income and minority populations) view of the community and to promote the broad interest of those served by the Hospital. Members of the CHC helped to research community needs and find ways the hospital can improve these issues. The committee established by Unity Medical Center and their associated community roles or occupations are as follows:

Name	Title
Martha Henley	C.E.O (Unity Medical Center)
Jeremy Cook	C.R.O. (Java Medical Group)
Erin Murray	C.R.O (Unity Medical Center)
Haley Medley	Clinical Director (MRHC)
Ryan Horony	I.T. Director (Unity Medical Center)



Community Profile

Demographics

The City of Manchester, located in Coffee County, Tennessee, is a community of approximately 13,600 residents. The population is diverse, with a mix of age groups, ethnic backgrounds, and socioeconomic statuses. Key demographic details include:

- **Age Distribution:** The population has a relatively balanced age distribution, with a median age of 31.7 years. Adults make up the majority of the population at 65% of which seniors account for 13%, and children (under 18) make up 35%.
- **Ethnicity and Race:** Manchester's population is predominantly White (82%), with African Americans making up 6.5%, multiracial residents 6.2%, and other races and ethnicities constituting the remaining 5%.
- **Income Levels:** The median household income in Manchester is \$53,639, with 16.5% of residents living below the poverty line.
- **Education:** Approximately 85% of adults over 25 in Manchester have a high school diploma or higher, while 24% hold a bachelor's degree or higher.

Health Indicators

Health status indicators provide a snapshot of the overall health of Manchester's residents. Key indicators include:

- ***Chronic Diseases:** The prevalence of chronic diseases is a significant concern. 13.6% of adults have diabetes, 27.3% have hypertension, and 34.4% are overweight or suffer from obesity.
- ***Mental Health:** Mental health issues are prevalent, with 28% of adults reporting feelings of depression and a notable number of residents experiencing anxiety.
- ****Insurance Coverage:** 89.2% of residents are covered by some form of insurance. 42.8% covered by employers, 22.6% on Medicaid, and 8.95% on Medicare



*City Data. (2022). Health and Nutrition of Manchester, TN Residents: Sexual Behavior, Medical Conditions, Reproductive Health, Mental Health, Consumer Behavior, Physical Activity, Oral Health, Taste & Smell, Audiometry, Diet Behavior & Nutrition, and more. City-Data.com. <https://www.city-data.com/health-nutrition/Manchester-Tennessee.html>

**Data USA. (2022). Manchester, TN | Data USA. Datausa.io. <https://datausa.io/profile/geo/manchester-tn>

Community Profile

Healthcare Access

Access to healthcare is a critical component of community health. In Manchester:

- **Healthcare Facilities:** The city has one major hospital, multiple primary care clinics, and several specialized health services.
- **Provider Availability:** There is a shortage of healthcare providers, particularly in mental health and primary care services, which impacts timely access to care.

Social Determinants of Health

The social determinants of health, such as education, housing, and economic stability, play a significant role in the health outcomes of Manchester's residents. Key factors include:

- **Education:** Educational attainment is a predictor of health. Additionally, quality of education regarding health and nutrition are predictors of health.
- **Housing:** The majority of residents live in stable housing conditions, but there is a segment of the population facing housing insecurity.
- ***Economic Stability:** Employment opportunities and economic stability are vital for health. 15.85% of the population lives below the poverty line indicating that there is a need for improvement in the city's efforts to help with economic stability.

Community Resources and Assets

Manchester is home to numerous resources and assets that contribute to the community's health and well-being:

- **Parks and Recreation:** The city offers several parks, recreational facilities, and community centers promoting physical activity and social interaction.
- **Community Organizations:** Numerous non-profit organizations and community groups are active in Manchester, providing services ranging from medical debt relief to food security for vulnerable populations.
- **Rehabilitation Organizations:** Manchester has a few centers that specialize in rehabilitation for drug and alcohol use.



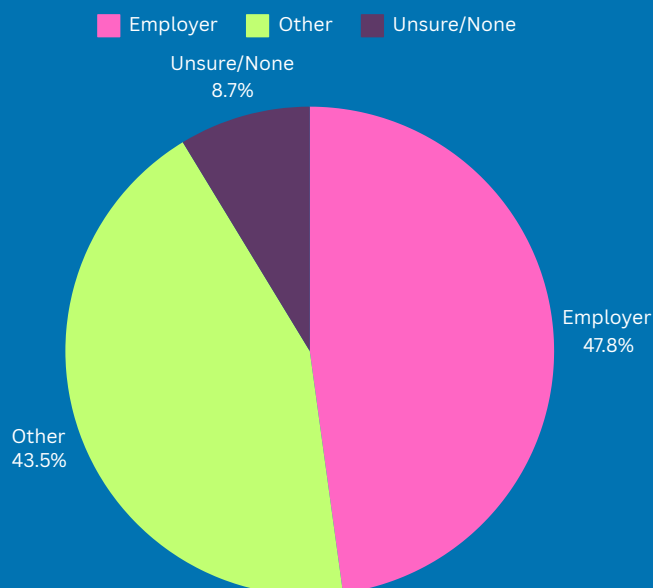
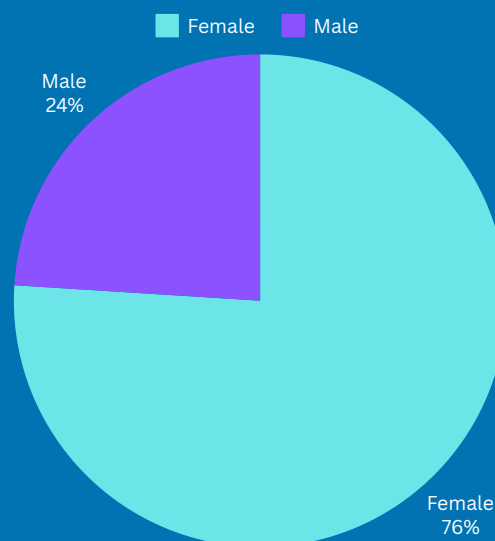
Survey/Results

Purpose

In order to better understand the needs of the community, Unity Medical Center conducted a public survey from the months of May through October. This survey was posted on the hospital's social media page, it was taken to local businesses, it was submitted to the local fire department, it was posted in the hospital and clinic waiting rooms, and it was offered to participants of the Daily Bread, a food security program created by the hospital. Through these avenues, we asked over 100 people to participate. The full list of survey questions can be found in Appendix 1. The following information analyzes the Community Health Committee's findings from the survey results:

Gender

The majority of survey respondents were female. 76% to be precise, 24% male, and 0 people declined to answer.

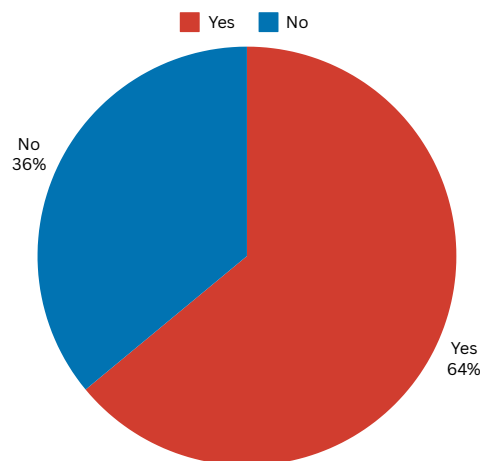


Insurance

We asked the participants how they obtained their health insurance. The majority of respondents do not receive health insurance from the same source. However, almost 48% are insured by employers.

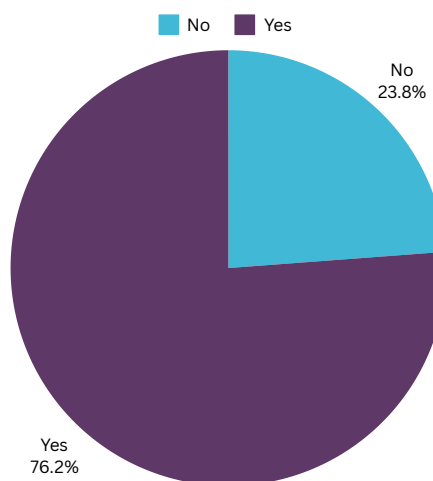
High Blood Pressure

When asked about hypertension, 64% of participants stated that they had been told by a doctor that they have high blood pressure. This could be a sign of poor nutrition, lack of physical activity, or obesity in the community.



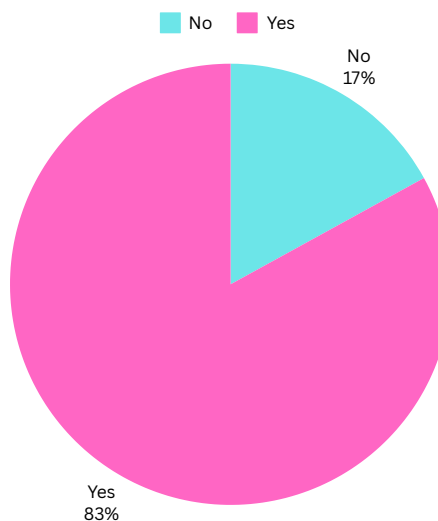
Blood Pressure Medication

Of those who have been diagnosed with hypertension, 76% were prescribed medication. However, no data was collected to show the number who fill these prescriptions or consistently take the medications.



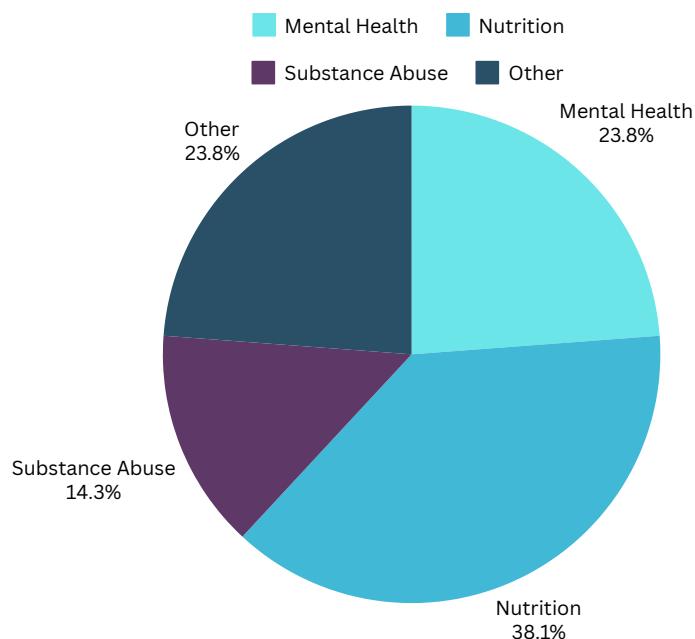
High Blood Sugar

83% of participants have been diagnosed with high blood sugar. This is another indicator of poor community nutrition, whether that be from a lack of options, education, or cost barriers.



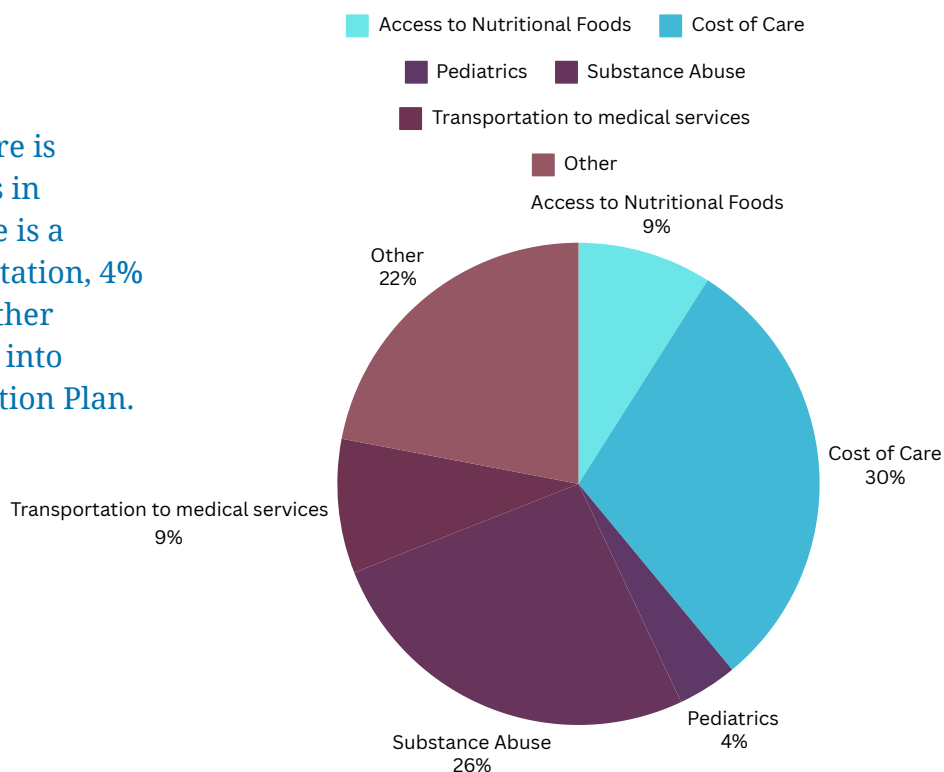
Community Education Needs

Participants listed a variety of educational needs regarding community health. 38% of respondents feel that nutrition education is a top concern, 23.8% listed mental health education, 14.3% listed substance abuse, and 22.8% listed other areas of educational needs. These results will help to shape Unity's methods of health education.



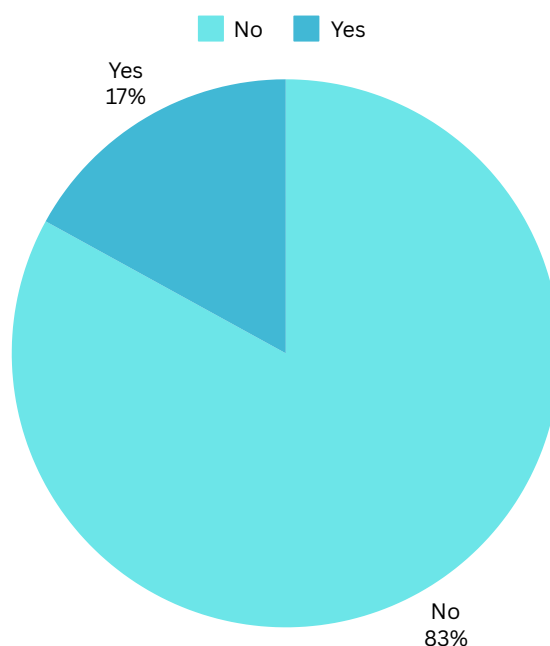
Community Health Needs

Survey results showed that 26% of participants feel substance abuse care is among the highest health care needs in Manchester. 30% feel the cost of care is a significant barrier, 9% said transportation, 4% said pediatric care, and 22% listed other needs. All of these needs were taken into account when creating the CHNA Action Plan.



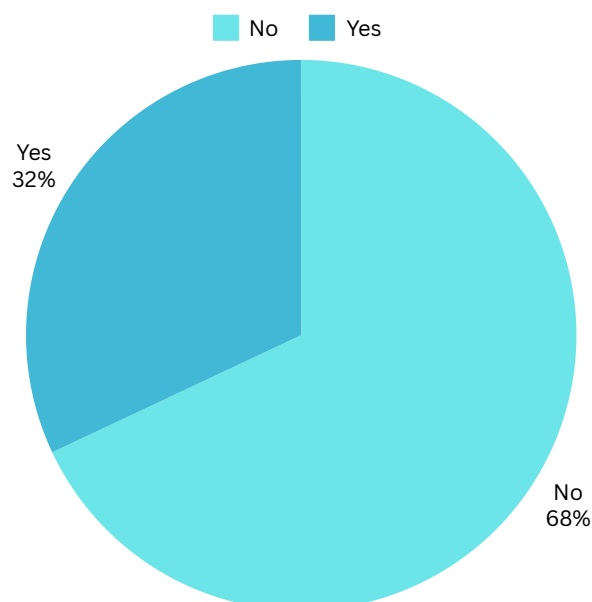
Transportation Needs

17% of participants said they struggled with finding adequate transportation to healthcare services while 83% felt they did not. This survey does not account for weather influences such as flash-flooding or icy roads both of which can impact transportation needs for both patients and providers



Detriment of Copays

32% of participants said that the price of copayments are high enough that they would avoid seeking care. This is a tremendously high percentage of people avoiding preventative care, which often leads to higher rates of emergency care.



Hospital Statistics

To further diversify research efforts, the Community Health Committee analyzed data from outpatient and emergency services. The following statistics were influential in creating Unity's CHNA Action Plan:

Demographic	Number of Patients	Year
Patients with Diabetes	242	2023
Patients with mental health conditions	443	2023
Patients with overdose	55	2023
Pediatric emergency	1787	2023
Patients with Diabetes	112	2024
Patients with mental health conditions	420	2024
Patients with overdose	54	2024
Pediatric emergency	1739	2024

Action Plan

Key Findings	Actions/ Response	Timeline	Success Indicators
Community concern regarding mental health resources	Rapha Centre expansion to include all mental health	Implementation: 2022	Increase in patients served Number of patients receiving medication for mental health
Community concern regarding mental health resources	Hire a pediatric psych nurse practitioner	Implementation: January 2025	Number of pediatric patients with specialized care
Community involvement barriers	Develop a resource packet of local organizations that offer community classes and resources	Implementation: Updated fall of 2023	Number of packets distributed Success stories from patients
Cost of care barrier	Referral partnership with Coffee Cares	Implementation: January 2024	Referral numbers Recipient numbers
Food insecurity/lack of nutrition in community	Development of Daily Bread meal delivery service	Implementation: August 2021, expansion 2023	Meals delivered Number of people served
Lack of pediatric care	Intended development of Unity Pediatric Center	Intended start for construction: Fall of 2025	Recipient of grant for initial funding Confirmed construction timeline
Lack of pediatric care	Partnership with Coffee County school system and juvenile court system	Implementation: January 2025	School referrals Juvenile court referrals Number of pediatric patients

Mental Health

MENTAL HEALTH SERVICES OF UMC

- UMC provides office based opioid treatment (OBOT) services.
- UMC provides medication-assisted treatment (MAT) services.
- UMC provides adult and pediatric mental health counseling services.
- UMC provides resources and referrals to behavioral health services.
- UMC ED accepts and stabilizes acute psychiatric emergencies prior to transfer to appropriate facility.

Rapha Centre



Recognizing a huge need for behavioral and mental healthcare, Unity made the decision to purchase the Rapha Centre located at 1615 McMinnville Hwy in Manchester. Since 2022, Unity Medical Center has increased its scope of mental health care by adding 2 critical services: medication assistance (MAT) and a pediatric specialist. As of January 2025, the Rapha Centre has a Pediatric Psychiatric Nurse Practitioner who provides specialized care for pediatric patients.

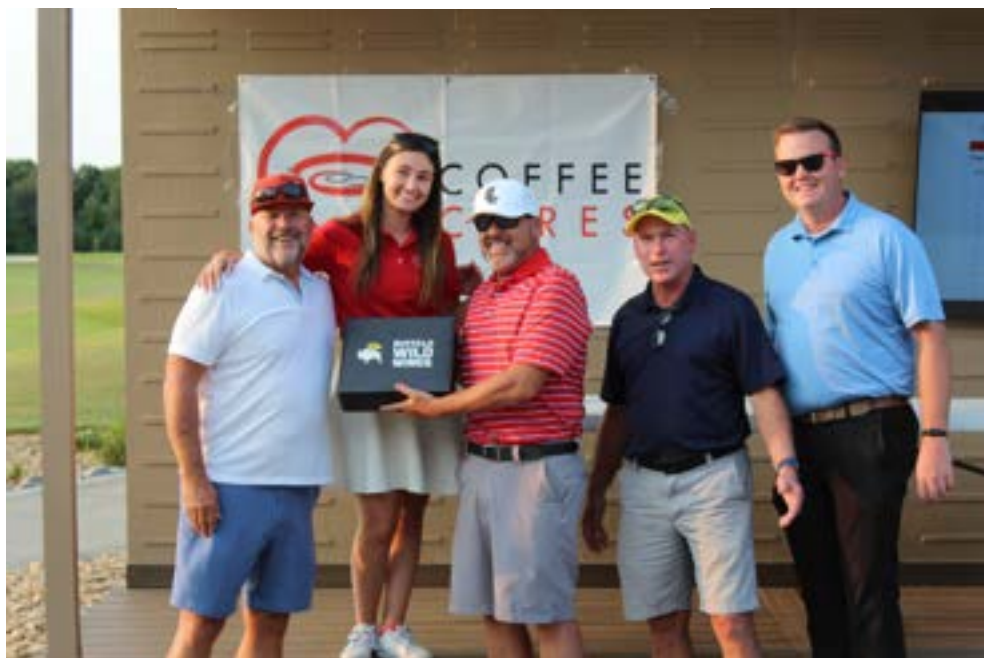
Cost of Care



Coffee County has a poverty rate that sits higher than the national average. This creates a financial barrier that prohibits many Manchester community members from non-emergent receiving healthcare. In response to this barrier, Unity Medical Center has partnered with Coffee Cares, a nonprofit organization that aims to relieve medical debt in Coffee County. As a referring partner Unity is able to connect patients in need of financial assistance to Coffee Cares, allowing the patient to skip a lengthier personal application process.



Additionally, Unity was a premiere sponsor at the Coffee Cares 2nd Annual Golf Classic, and helped the organization raise close to \$30,000 for medical debt relief in the county!



Nutrition

Unity Medical Center created the Daily Bread Mobile Meals as a response to the city's need of food security. Food insecurity can stem from a variety of factors including food prices, resources availability as well as mobility restrictions.

Volunteers at the Daily Bread deliver hot, fresh meals directly to the homes of meal of community members who would otherwise go without.



14,000 Meals
Have been provided by Daily
Bread Mobile Meals in just
three years!



Our volunteers hand deliver each meal making sure to have a conversation with every recipient. This reduces social isolation for those who are unable to leave their homes and allows volunteers to check that participants are safe from medical emergencies.



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Community Health Needs Assessment

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This Survey is to help us align our services to the needs of our Amazing Community! Please assist us in fulfilling our Mission Statement: To provide quality, compassionate, cost-effective healthcare responsive to the Communities we serve, while upholding the highest ethical standards.

Zip Code

37355

Gender

- ☐ Male
- ☐ Female
- ☐ Other

How many years have you lived in the area?

Years

Have you recieved your Flu Shot in the last 12 months?

- ☐ Yes
- ☐ No

Have you been informed by your doctor that you have high blood pressure?

- ☐ Yes

☐ No

If yes to the last question, have you been prescribed and are taking a medication to treat your condition?

☐ Yes

☐ No

Are you currently trying to lose weight?

☐ Yes

☐ No

If you answered yes to the previous question, what actions are you taking?
(Select all that apply.)

☐ Diet

☐ Exercise

☐ Supplements

☐ Weight Loss Medications

☐ Rehabilitation

☐ Other

Have you ever been told by a doctor that you have any of the following conditions? (Select all that apply.)

- ☐ High Cholesterol
- ☐ Asthma
- ☐ Cancer
- ☐ Diabetes or High Blood Sugar

Has a child in your home been diagnosed with any of the following conditions?
(Select all that apply.)

- ☐ Diabetes
- ☐ Obesity
- ☐ Asthma

Have you been told by a doctor that your blood cholesterol is too high?

- ☐ Yes
- ☐ No

When did you last have your Cholesterol levels checked?

- ☐ Less than 1 Month
- ☐ 1 to 3 Months
- ☐ 3 to 6 Months
- ☐ 6 Months to 1 Year

- ☐ 1 to 3 Years
- ☐ Longer or Never

Have you ever been told by a doctor or medical professional that you have diabetes or high blood sugar?

- ☐ Yes
- ☐ No

How long has it been since you were last screened for colon cancer?

- ☐ 1 Year or Less
- ☐ 2 to 3 Years
- ☐ 3 to 5 Years
- ☐ 5 to 10 Years
- ☐ More than 10 Years or Never

How long has it been since your last mammogram?

- ☐ 1 Year or Less
- ☐ 2 to 3 Years
- ☐ 3 to 5 Years
- ☐ 5 to 10 Years
- ☐ More than 10 Years or Never

How long has it been since your last Pap smear?

- ☐ 1 Year or Less
- ☐ 2 to 3 Years
- ☐ 3 to 5 Years
- ☐ 5 to 10 Years
- ☐ More than 10 Years or Never

How long has it been since your last breast exam by a nurse?

- ☐ 1 Year or Less
- ☐ 2 to 3 Years
- ☐ 3 to 5 Years
- ☐ 5 to 10 Years
- ☐ More than 10 Years or Never

What do you think are the most pressing health issues in our community?

- ☐ Transportation to medical services.
- ☐ Access to nutritional foods.
- ☐ Cost of Care
- ☐ Substance Abuse (Drug/Alcohol/Tobacco).
- ☐ Other

What medical services are most needed in our community?

- ☐ Pediatrics
- ☐ Neurology
- ☐ Mental Health Services
- ☐ Other

What topics in health education are most needed in our community?

- ☐ Nutrition
- ☐ Mental Health Awareness
- ☐ Substance Abuse Awareness
- ☐ Other

How many household members are currently covered by health insurance?

- ☐ None
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6

☐ 7 or more

If you or a household member currently has health insurance, how is it obtained?

☐ Employer

☐ Healthcare.gov

☐ Other

☐ Unsure or None

Does your policy provide dental coverage?

☐ Yes

☐ No

☐ N/A or Unsure

Are your copays large enough to keep you from seeking medical or dental service?

☐ Yes

☐ No

Do you have any troubles getting adequate transportation to healthcare services?

☐ Yes

☐ No

How far do you need to travel to reach healthcare services?

- ☐ 0 to 5 Miles
- ☐ 5 to 15 Miles
- ☐ 15 to 30 Miles
- ☐ 30 to 50 Miles
- ☐ More than 50 Miles

How far do you need to travel to reach childcare services?

- ☐ 0 to 5 Miles
- ☐ 5 to 15 Miles
- ☐ 15 to 30 Miles
- ☐ 30 to 50 Miles
- ☐ More than 50 Miles

What is your estimated yearly combined household income?

Enter a number



Submit

Every Voice Matters!

HOW WOULD YOU IMPROVE COMMUNITY HEALTH?

Community Health Needs Assessment



**SCAN TO
COMPLETE
SURVEY**



Unity Medical Center is determined to provide Manchester with the highest quality healthcare inside and outside of the hospital boundaries. Help us help the community by sharing your opinion on the top needs of the community!



Programs and Resources for Coffee County TN

Manchester Recreation Center: The Recreation Center is a 69,000 square feet complex with a 10,000 square feet pool. The recreation center contains the following: Outdoor large leisure pool with: Waterslides, Lazy river, Lily pad walk, and a Water playground. Indoor competition pool with: Eight 25 yd. lanes One meter diving boards, Indoor warm water therapy pool with:, Hydrotherapy bench, and a Toddler area. It also has a gymnasium with: Two high school-size courts, Two racquetball courts, Gymnastics room, Aerobics/dance room, Youth activity room, Indoor walking track and a Casual care nursery. Manchester Parks and Recreation also provides Financial Assistance. Their policy is designed to provide financial assistance to any resident who cannot afford to pay for designated recreational activities involving a fee through the City of Manchester Parks and Recreation Department.

Address: 557 N Woodland St, Manchester, TN 37355

Phone: (931) 728-0273

Manchester Recreation Center Programs and Classes:

Children's After School Program- The Manchester Parks and Recreation Department offers a Children's After-school Program (C.A.P.) that operates Monday through Friday 3:05 pm - 6:00 pm through the school year. C.A.P. children will get to use the Recreation Center and indoor pool, play outside, have a healthy snack daily, and special activities. The department transports children from City Schools to the recreation complex with via bus. This is not a drop in program, children must be registered per week and the cost is \$40.00 per week regardless of how many days you attend that week. Children who do not attend Manchester City Schools are welcome to participate but must provide their own transportation to the recreation center. For more information, call us at 931-728-0273.

Manchester School of Dance- If your child is looking for a fun activity or to learn serious dance techniques, then Manchester School of Dance is where they need to be! Manchester School of Dance offers a complete program for young dancers through high school age students. We offer a fun and learning experience of creativity. The dance year is a ten month program, running August through May. Classes offered are Mommy and Me (Ages 12 months to 2 years old), Beginning Combo (Ages 3 to 5 years old), Level 2 & 3 Combo (Ages 6 to 17 years old), and Jazz Class (Ages 5 to 17 years old). For additional information, please contact Kalinda Clippard.

Tennessee Cheerleading and Gymnastics- Classes are a combination of tumbling, cheerleading, and physical fitness. Classes are available year round for children ages 4 and up. Classes are held at the Manchester Recreation Center in the gym. Classes are one hour in length and are held one day per week on Thursday.

Manchester Recreation Center Fitness Classes:

- **Barre Class** – A ballet inspired workout focusing on the glutes and core. Your buns and abs will be burning. That is a promise!
- **Chair Yoga** – A chair based yoga class for those who have difficulty getting up and down off the floor. This class helps increase range of motion, flexibility, balance, and core strength. This is for everyone of any age!
- **HIIT** – Combining intervals of cardio workouts with weight workouts. Come dance, lift, and sweat with us while having fun exercising!
- **HIIT Explosion** – This workout is a full body cardio/weight workout. You may run stairs, do sprints, and some body weight exercises. A good variety because you never know what is coming except a great workout!
- **Power Step** – High intensity step class including upper and lower body workouts spread throughout. Come step in tiem with us and build those muscles!
- **Power Step 2.0** – This class offers 30 minutes of power step along with a second 30 minutes of muscle building. Get your cardio and strength all in on hour!
- **Senior Dance** – Join us as we dance to the beat of our own drum in this cardio dance class!
- **Silver Sneakers** – A chair based class working on cardio, strength, range of motion using bands, weights and resistance balls. This class is for all ages but geared toward 50 and over.
- **Spin** – An instructor led cycling class. Ride up and down hills, add some jumps, and sprints. An awesome cardio workout.
- **Spinerval** – Spin with a twist. Add weights, some core, and so much more. Will have you sweating in no time!
- **Sweat Fest** – A cardio dance class designed to give all ages a fun way to sweat it out during the week. Some classes may also include 15 minutes of abs and glute workouts!
- **Ultimate Fizique** – Get the tone you want with this head to toe weight workout. We will hit every muscle you can imagine in all different ways.

- **Yoga** – Mind body class to increase strength, coordination, flexibility, and balance. All levels are welcome.
- **Zumba** – Get your groove on! This is a Latin based cardio dance workout. If you love to dance this is your workout. Dance those calories away!

Water Fitness Classes Manchester Recreation Center

- **Swim Lessons:** This is a new program that repeats monthly. This means that your student can progress through different levels once they have attained the skills for their current level. These swim lessons will be held for one 30-minute session per week for a four week period. This program is for ages 3 and up!
- **Manchester's Mako Swim Team:** The swim team is for ages 4 to 18 and all swim levels. The levels are from not able to swim yet (bubble blowers) to swimming all 4 competitive strokes. We teach and swim USA swimming standards. We swim year round but take the month of August off. Swimmers can sign-up at anytime.
- **Silversplash-**This class is designed for those who wish to exercise in warmer water and get a cardio workout. It has 30-40 minutes of cardio exercise in the water which may include some intense sections of jogging, jumping, and moving quickly. Then 20-30 minutes of flexibility and strength exercises emphasizing arms, legs, and hips. These exercises are designed to build and maintain range of motion of arms, legs, and hips. Any of the exercises can be modified by the participant. Class held in the Warm Water Therapy pool.
- **Water Arthritis-**Water is an excellent source of exercising muscles and limbs affected by arthritis. This class does not include jumping or jogging exercises. More attention is spent in building range of motion and this a 60 minute class held in the Warm Water Therapy pool.
- **Water Zumba-**Move to the beat in the lap pool. This class has fun quick movements with some upbeat music and provides an excellent cardio training.
- **Deep Water Aerobics-**An excellent class for those who wish to work out but may have back or knee issues. You never touch down and are suspended in the water utilizing the water resistance to work muscles and heart. Great range of motion builder and it takes place in the lap pool. You do not need to know how to swim as we provide flotation belts.
- **Movin With Music-**This is another upbeat class using music that is held in the Warm Water Therapy pool. There are times when jumping and jogging take place in this class.

If you enjoy getting your groove on this is the class for you. Time format is 40 minutes of cardio movement and 20 minutes of strength and flexibility exercises.

- **Aqua Dance**-Set in the lap pool this class also gets you moving to music and is similar to Water Zumba. The class is 60 minutes of constant movement to music and is a great cardio workout. Great off training day exercise class of getting to move but not stressing those muscles that you have worked out in other workouts.
- **Aqua Cycle**-Have you wanted to try a spin class but it looks hard or very intense? Try our Aqua Cycle classes. We have spin bikes in the water! Get a literally cool workout riding bike while water provides added resistance and massaging that body. This class is set to music and is an hour format.

Youth Athletics In Manchester:

MYFL Foot Ball and Cheerleading- is an organization established to provide children ages 5-12 with an opportunity to compete in the sports of football and cheerleading. Our goal is to place an emphasis on Safety, Training, and Fun. We provide the necessary equipment, education, and environment for children to grow as athletes and productive members of our community. We are located in Manchester, Tennessee, and we welcome all children from Coffee County and surrounding areas to join our team. Sign-ups are from April-June.
Address: P.O. Box 266 Manchester, TN 37349.
Phone Number: 931-952-3136.
Email: myflraiders21@gmail.com

Coffee County Soccer League- is a developmental recreational soccer league. As a recreational league, we focus on providing age-appropriate developmental training. Building a love for the game in players of all skill levels. Our program covers players ages 4-15.
Address: 421 McMinnville Highway , Manchester, Tennessee 37355
Email: coffeecountysoccerleague@gmail.com

Manchester Youth Baseball- Manchester Youth Baseball is proud to provide a fun and competitive place for 5–18-year-old children to play America's favorite past time, baseball. On this page you will find important dates, news, and information relative to the league.
Address: Wilson Street, Manchester, TN, United States, Tennessee
Email: manchesteryouthbaseball2014@gmail.com

Manchester Girls Softball League- This is for Girls Slow pitch league ages 4 and older. We also provide co-ed coach pitch for ages 4-6.
Address: 240 N Ramsey St, Manchester, TN, United States, Tennessee
Email: Manchestergsl@gmail.com
Website: <https://playpass.com/manchester-girls-softball-league>

Coffee County Fast Pitch Association- was formed in 1997 in order to teach young ladies the game of fastpitch softball, sportsmanship and teamwork. Our final goal is to prepare each young lady for the middle and high school softball program. Ages 6 and up.

Website: <https://playpass.com/manchester-girls-softball-league>

Fine Arts

Manchester Arts Center: Our purpose: to stimulate, promote, educate, and advance the theatrical arts in our community. We strive to encourage community participation and advancement of all areas of the theatrical arts.

Address: 128 E Main St, Manchester TN 37355

Phone: 931-570-4489

- **Home School Enrichment Program:** The HSTEP program provides participation in theatre productions and education in the dramatic arts among home schooled students and families.
- **TAG is open to all teens aged 13 to 19:** Millennium produces two TAG shows per year: a non-musical early in the year and a musical in August. Members of TAG choose their own shows.
- **Wee Actors Guild:** Is for students ages 7-12.

The Coffee County Craft Association: The Coffee County Craft Association is a non-profit educational organization whose members are dedicated to generating participation in quality craft work through class instruction and seminars. Their goal is to educate the public in the appreciation of fine crafts and provide facilities through Foothills Crafts for members to exhibit and offer their products for sale. Juried craftsmen are qualified as exhibiting members in numerous categories using wood, clay, metal, glass, and fiber.

Address: 418 Woodbury Highway (Highway 53), Manchester, TN 37355

Phone: 931-728-9236

Tullahoma Recreation

Tullahoma Parks and Recreation: The Tullahoma Parks and Recreation Department oversees two community centers. D.W. Wilson Community Center's facilities include: Fitness center, Gymnasium, Indoor swimming pool, Meeting rooms for the community's use, and a Water park. C.D. Stamps is located on Jackson Street at the site of historical Davidson Academy and has: 2 meeting rooms, Fitness center, Game room, and a Gymnasium. Both facilities are managed by the Recreation Director, Kurt Glick, who is one of only fifty-seven parks and recreation professionals

who is a certified Leisure Professional, the National Recreation and Parks Association's highest level of certification. This is a national standard for managerial, administrative, and executive parks and recreation professionals. The city has 11 baseball and softball fields along with 2 miles of greenways and oversees 605 acres in 12 parks. The latest addition to the parks system is a Rocket Playground, funded in part by the Tullahoma Rotary Clubs. Also, Tullahoma is one of 4 Tennessee cities to offer a certified Soap Box Derby competition and boasts one national champion. For golfers, Tullahoma is home to Lakewood Golf and Country Club and Arnold Air Force Base's golf course (9 holes). Nearby, the Bear Trace at Tim's Ford is a Jack Nicklaus designed golf course within 10 minutes of the city and the Willow brook Golf Club is located in Coffee County.

Address: 501 N Collins St, Tullahoma, TN 37388

Phone: (931) 455-1121

- **Red Cross Lifeguard Training**-Gather information about the annual American Red Cross lifeguard training classes.
- **Deep Water Exercise (Self-Guided)**-Cardio and muscle toning workout using an aqua jogger belt and/or water dumbbells in the 9 to 12 feet depths.
- **Forever Fit**-A shallow water instructor-led workout for seniors and people with disabilities which focuses on joint mobility and muscle strength with increased cardio. Adaptable to various fitness levels and ability.
- **Silver Sneakers Splash**-A shallow water instructor-led workout for seniors and people with disabilities which focuses on joint mobility and muscle strength with increased cardio. Adaptable to various fitness levels and ability.
- **Water Walking (Self-Guided)**-Perform different walking techniques in 3 feet 6 inches to 5 feet depth to improve strength, flexibly, and endurance.

Cardio and Fitness Classes:

- **Cardio Sculpt**-Cardio Sculpt is a total body workout, incorporating traditional and resistance exercises, designed to maximize fat burning while toning using short bursts of high impact interval training, followed by resistance training.
- **Latin Fusion Dance**-This class is tailored to active older adults who are looking for a easy to follow choreographed dance class at a lower-intensity.
- **Cardio Kickboxing**-Cardio kickboxing combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Cardio kickboxing does not involve physical contact between competitors.

- **Silver Sneakers Classic**-This fun class incorporates a variety of exercises designed to increase muscular strength, range of movement, balance skills.
- **T&T (Tabata & Toning)**-Low impact Tabata and Toning class with cardio burst interspersed with a total body strength workout for maximum fitness results. All fitness levels.
- **Wacky Wednesday**-High interval training (HIT) Inspired workout. Instructors' choice, varies weekly.
- **Yoga 101**-Caters to beginning students and focuses on alignment and the basics. You'll be surrounded by both brand new and returning practitioners as well as more advanced yogis who want to work on beginning poses.
- **Gentle Yoga**-The slower pace of this gentle class makes it a great choice if you want a less strenuous approach to your practice. This extremely accessible class is perfect for anyone looking to develop a practice of conscious, mindful movement with some support

Tullahoma Adult Baseball- 23 Tullahoma Adult Baseball games begin June, 2023. Admission is free! Games are played at both Grider Stadium and Green Field (Waggoner Park). We are a 18+ men's baseball league based in Tullahoma, TN. Our games are played at Grider Stadium behind Tullahoma High School. 2014 was our first year and proved to be a success. We are always welcome to new teams. Please contact us for more information.
Phone: 931-455-1121

Other Youth Programs In Tullahoma

Frank Mullins Youth Foot Ball and Cheerleading- We strive to provide a positive atmosphere to teach your child about sportsmanship, teamwork, football skills, and cheerleading. The objective of the program is to inspire and encourage youth to practice ideals of sportsmanship, character, and physical fitness; to bring youth closer together through the means of common interest in sportsmanship, fellowship, and athletic competition; to impact to the game elements of safety through intelligent supervision and training; to keep the welfare of the child first and foremost; and winning not being the most important thing in the game. For grades K-7th for football and ages 6-12 years of age for cheerleading.

Email: frankmullinsyouthfootball@gmail.com.

Address: 117 S Jackson St, Tullahoma, Tennessee 37388

Phone: 931-247-8483

The Tullahoma Soccer Association (TSA)-Serves the greater Tullahoma community with competitive and recreational soccer for youth of all levels of play. The recreation soccer program is designed to teach players soccer skills, teamwork, and sportsmanship in an environment where participation and fun are the focus, not competition. This program is for ages 6 and up.

Address: P.O. Box 1652, Tullahoma , TN 37388

Email: tsaboard@tullahomasoccer.org

Jr. NBA Basketball- NBA is a program designed to give youth the opportunity to develop their skills in the game of basketball with step-by-step coaching guidelines, practice plans, and more available from the Jr. This program is for Grades K-5.

Address: 501 N Collins St, Tullahoma, TN 37388

Phone: 931-455-1121

Tullahoma Cheerleading and Gymnastics- Offers multiple classes such as Ninja Nastics, Jellybean, Junior Gym, Tumbling, competitive cheerleading, Boys and Girls Gymnastics.

Address: 1003 Davidson St #2368, Tullahoma, TN 37388

Phone: (931) 841-3841

- **Ninja-Nastics!**-This class focuses primarily on fun and fitness. While it will teaches some elements of gymnastics and tumbling, the main focus of the class is on movement, overcoming obstacles (courses), and flexibility. Ninja-Nastics is open to both boys and girls ages 7 and up.
- **Jellybean**-_Our Jelly Bean classes are for our youngest athletes, beginning at age 2, and require a parent or adult to participate. These classes are 45 minutes long, and focus on strengthening gross motor skills, body control, and tumbling and gymnastics fundamentals. While listening and following directions is a big part of our Jellybean program, our coaches will make this the "funnest" 45 minutes of your child's week!
- **Junior Gym**-_These classes are the next stop after our Jellybean classes and are not parent participation. In these classes, athletes will continue to work and refine their gross motor skills and be introduced to more advanced tumbling and gymnastics elements.
- **Boys' Gymnastics**-_Gymnastics is the perfect way for your child to build strength, flexibility and balance. Not only that, but they will build confidence and have a blast on the high bar, parallel bars, pommel horse, and vault, occasionally working in elements of floor tumbling.
- **Girls' Gymnastics**-_Gymnastics is a great way for your child to build strength, flexibility, and balance. Not only that, but they will build confidence and have a blast on the uneven bars, balance beam and vault. Athletes in our gymnastics program will work skills

on balance beam, uneven bars, and vault, occasionally working in elements of floor tumbling.

- **Tumbling-** In our recreational tumbling classes, the goal is to have fun and teach new skills. Our athletes are always encouraged to set personal goals and work with coaches and independently to achieve those goals. Our highly-trained instructors teach by using drills and spotted skills. Each class uses stations where we implement drills to teach muscle memory and flexibility to our athletes. Our tumbling program is the perfect place to start if you're looking for something fun and challenging for your child. We have class availability so your athletes can work at their own pace and skill level!
- **Daytime Play Time-** Provides a fun atmosphere and allows them to play in the gym. It provides little ones time to play and run out some of their energy in a safe but super fun environment! There is no formal instruction, our staff are there to simply monitor the activities and make sure our equipment is used correctly. We have bounce houses, trampolines, gymnastics equipment, and even more! It is for ages 7 and under. This program is Monday and Fridays from 10AM-12PM. There is a fee of \$10.
- **Home School Hangout-** This program is an open gym just for members of the home school community! We have bounce houses, trampolines, and all of our gymnastics equipment available for kids to play on and get some PE time! This program is on every Tuesday, from 12:30-2:30. This program operates from the months of May until August. There is a fee of \$10.

Tullahoma Lanes: At Tullahoma Lanes you can have a great time at prices that won't break your family's budget. We have plenty of bumper bowling lanes just for kids! Bumpers are great to keep the bowling balls out of the gutters and smiles on the faces of your small children. Also offers bowling Leagues.

Address: 900 S Anderson St, Tullahoma, TN 37388

Phone: (931) 455-1947

- **Youth Bowling-** Open to any child 17 & under as of August 1, 2022. There is 12 weeks of competition League begins May 13th at 10:00 a.m.
- **Bowling Leagues-** For all ages including senior citizens. Leagues can be formed with as few as 8 bowlers (4 Teams of 2). An extra benefit of bowling in a league with only a couple bowlers on each team sessions can be limited to 90 minutes or less too - no longer do you need to mark the entire night/day off your schedule.

Station 6 Fitness: brand new fitness and martial arts gym in Tullahoma, offering classes for adults and youth.

Address: 1802 N Jackson St Suite 650, Tullahoma, TN 37388

Phone: (423) 488-3317

- **Judo-** is the martial art that we integrate into our Jiu Jitsu at Station 6 in Tullahoma for close-up stand up work. Judo involves throws, trips and other techniques for taking your opponent to the ground and gaining a dominant position. Most fights start standing up and Judo is one of the most effective martial arts for gaining an advantage in the stand-up position.
- **Kickboxing-**Muay Thai Kickboxing is a style of kickboxing that developed in Thailand and is the most practiced form of kickboxing in the world. It is the most common standup technique trained by MMA professionals in the UFC. Kickboxing also makes a great cardio workout and we use kickboxing in our fitness program.
- **Jiu Jitsu-**Brazilian Jiu Jitsu is our specialty at Station 6. Jiu Jitsu is a great self-defense martial art that involves controlling and dominating your opponent's body using leverage. Jiu Jitsu uses joint locks, arm bars, chokes, sweeps and many other grappling techniques that take years to learn. A 3-minute roll in Jiu Jitsu is the most intense, all around cardio workout you'll ever have.

Gracie Jiu-Jitsu- martial arts schools that are authorized to teach the proprietary self-defense programs developed by Gracie University Headquarters in Torrance, California.

Address: 101 S Woodland St, Manchester, TN 37355

Phone: (931) 723-8575

- **Gracie Bully Proof Program-** We will teach your child to use verbal assertiveness to deter bullies and several non-violent self-defense techniques to stay safe if physically assaulted. Importantly, we don't teach how to punch or kick, since this often does more harm than good. Instead, we use leverage-based control holds to neutralize threats without violence. Numerous school districts have embraced the defensive nature of the Gracie Bullyproof® techniques as a reasonable, nonviolent response to bullying and some even host Gracie Bullyproof® classes on campus! The bottom line is: we will prepare your child to defend themselves against bullies without turning them into one.
- **Gracie Combative-**you will learn the 36 core techniques of Gracie Jiu-Jitsu (also known as Brazilian Jiu-Jitsu or BJJ) in a fun, safe, and cooperative environment. Each one-hour lesson addresses one standing and one ground self-defense technique, which are further broken down into simplified drills or "slices" to facilitate the learning process. You can start the program at any time and participate in any class without previous experience and, since safety is our number one concern, there is no competitive sparring in this program.

Jeremiah Center- martial arts for the heart! We offer a great family atmosphere with world class instructors that make the classes fun, educational, yet informative with PRACTICAL techniques everyone should know to stay safe. No pressure - Just encouragement and Loads of Fun & Fitness for All Ages!!

Address: 607 S Polk St, Tullahoma, TN 37388
 Phone: (931) 455-0581

- **Little Ninjas-** Ages four through six are the most important years of your child's development. Our Little Ninjas Program has been professionally developed specifically for preschoolers to teach them important life skills with an exciting, enriching and age-appropriate curriculum that is always fun. We use a unique concept known as, "Edutainment," to teach your child coordination, concentration and self-control, which are critical to success in school, relationships and life.

Tullahoma Fine Arts Center: features a variety of arts education programs from skilled and talented instructors. Our programs include but not limited to: Acrylic, Oil, Watercolor Painting, Textiles and youth programs.

Address: 401 S Jackson St, Tullahoma, TN 37388
 Phone: 931- 455-1234

Coffee County 4H Club: 4-H is a youth development program of the University of Tennessee and Tennessee State University. 4-H develops youth to thrive and to “make the best better.” Youth participate in 4-H through clubs, special interest groups, after-school programs, camps, and many other methods. 4-H youth “learn by doing” through hands-on activities, starting in their own communities, and reaching far beyond; while empowering them to develop and strengthen valuable life skills. The 4-H program is made available to all youth ages 9-19. 4-H has a presence in most public schools in Coffee County. A home school 4-H club is also available for home schooled youth. If you are interested in joining a 4-H club

Address: 1331 McArthur Street, Manchester, TN 37355.
 Phone: 931-723-5141

HorsePlay Inc: 501(c)3 non-profit organization. HorsePlay is a therapeutic and recreational equine-assisted program. They promote exercise and social interactions for mentally, emotionally and/or physically challenged children while always maintaining safety for children, horses, and volunteers.

Address: 815 Westside Dr, Tullahoma, TN 37388
 Phone: 931-307-0774

Other Places to check out in Coffee County:

Rock Creek Greenway- Rock Creek Greenway offers an eight-foot wide, ADA compliant walking path with bridges, benches, and picnic tables. Patrons can enjoy nature walks while observing the natural scenery including creeks and an abundance of greenery.- Manchester, TN.

Rutledge Falls- A scenic waterfall that provides remarkable views, Rutledge Falls is a privately owned natural area that is open to visitors from dawn to dusk, free of charge. Visitors can swim, picnic, or hike. -Tullahoma, TN

Short Springs Natural Area- Spread over 420 acres is the Short Springs Natural Area which features one of the best spring wildflower locations in Tennessee. The site features two prominent cascading waterfalls and several hiking trails.- Tullahoma, TN.

Hands on Science Center- Tullahoma's Hands-On Science Center is a combination museum, educational center, and visitor attraction. It offers a variety of educational hands-on exhibits designed to teach visitors about science in fun ways. -Tullahoma, TN.

Tims Ford Marina- The Tim's Ford Marina is located along Tim's Ford Lake and features pontoon boat rentals, the Hard Dock Café, and bait. The marina also has a gift shop with fishing accessories. -Tullahoma, TN.

Old Stone Fort State Park- the ruins within the Old Stone Fort State Archaeological Park were built nearly 1,500 to 2,000 years ago. The current park provides many outdoor activities such as hiking, sightseeing, and photography. -Manchester, TN.

May Prairie Natural Area -With over 346 acres of grassland, May Prairie Natural Area offers visitors trails to hike and enjoy birding from. Visitors can view over 300 species of plant life, including three different grass species.

Normandy Lake- Two public fishing piers are available at the Barton Springs boat access site. Bank fishing access is available at the Normandy Dam boat access site. -Normandy, TN

Machine Falls- Machine Falls Loop Trail is in Tullahoma, Tennessee, and is recommended for hikers of all ages and skill levels. It's not wildly difficult to trek through this chunk of the Tennessee wilderness, found in Short Springs State Natural Area, although it does get a little steeper towards the end of the trail closer to the falls. -Tullahoma, TN.

The Fred Deadman Park- A park that contains amenities such as a playground, picnic shelters & ballfields, plus a pathway along the river. -Manchester, TN.

Fraizer McEwen Park- This frequently visited park includes our showcase Rotary Rocket Playground and is the home of our Rock Creek Outdoor Concert Series. The playground features a rubberized surface and Dream Tullahoma's aerospace rocket theme. The playground encourages physical activity, an important part of a child's healthy development. -Tullahoma, TN.

Manchester Skate Park- Constructed in 2018, the Manchester Skatepark is a 6,000 square foot concrete facility. It is open to skateboarders, bikers, scooters, and other wheeled, recreation gear, from sunrise to sun set. – Manchester, TN.

Jefferson Street Park- One of the hidden gems of the parks system is Jefferson Street Park. This beautiful park offers: Horseshoe pits, outdoor basketball courts, picnic pavilion, playground Restroom facilities, and a walking track.

Cascade Park- is located along Rock Creek on Collins Street across from D.W. Wilson Community Center. Little League Baseball has been played on the two fields located in the park since the early 1950s. The southernmost trailhead of the Rock Creek Greenway is in Cascade Park and is home to the Coffee County Lannom Library's storywalk program. This facility features Baseball / Softball field, Bike Trails, and hiking Trails.- Tullahoma, TN.

AEDC Mountain Bike Trail- is a straightforward singletrack through open forest with only a few short climbs. There are approximately 13.5 miles of singletracks and fire roads. There are numbered route points (1-25) with numerous connectors and exit points. The trail is closed during certain times of the year for deer and turkey hunting.

Coffee County Emergency Help for Rent, Utility Bills, Transportation, Childcare and Food

The Attic Outlet- Is a thrift store ministry that is only by donations. All proceeds from sale of merchandise are used to meet various needs of the individuals and families within coffee, Moore, Franklin and Bedford counties. Some of the areas of service includes, food, furniture, clothing, household items, rent, and utilities.

Good Samaritan of Tullahoma – Can provide Utility Bill Assistance in the form of a payment for all or a portion of the electric or utility bills of people whose utilities have been or are at risk of being shut off. Applicants will need to meet disability, age, income, need, family vulnerability or other requirements. 315 E Grundy St., Tullahoma, Tennessee 37388, phone (931) 455-7353

Heartland Baptist Church – Can provide a small amount of food, meals, or groceries to those in need. Food Pantry Hrs. Monday only 1:00 pm - 4:00 pm. 307 E. Jefferson Pike, Murfreesboro, TN 37130, dial (615) 890-3834.

Human Service Department-administers government assistance, benefits, and temporary grant programs. There is everything from SNAP food stamp applications to elder care, cash aid from TANF/welfare, Medicaid for health or dental needs and more. Or working parents can look into free day care vouchers or other programs that facilitate employment. The office is at 55 St Bedes Dr, Manchester, Tennessee 37355. Call (931) 393-0162

Non-profit Buffalo Valley Inc- is an agency that works to both prevent homelessness and to also help families or individuals move into a new, safe and affordable home. They focus their services on seniors, the disabled, and veterans in Coffee County area.

Partners for Healing- was organized in November 2001 to provide free primary healthcare to a population, working uninsured. Started by area community leaders, the clinic was initiated to improve access to healthcare. Services include Flu Shots Annual Exams Mammograms Ultrasounds, EKG's and Labs Chronic Disease Management Specialist Care Referrals Mental Health Counseling and Prescription Assistance.

Tullahoma Address: 109 W. Blackwell St. Tullahoma, TN 37388. Phone: 931-455-5014

Address: 1914 McArthur Street, Manchester, TN, 37355 Manchester Phone: 931-455-5014

Coffee County Home School Network-Page on facebook for any homeschool parents in or around coffee county . Members of this page is encouraged to share information about the events, activities, field trips, clubs, classes, websites, and curriculum that would be helpful to other homeschooling parents.

Manchester Housing Authority- Provides housing to low income families, those who are disabled, and the homeless.

Address: 710 Butler Circle, Manchester, TN, 37355

Phone(931) 728-2596

Smart Steps Program- Program in Tennessee that helps low income pay for day care. This program is for individuals or families that's income is below the 85th percentile of State Median Income (which can be found on the Income Eligibility and Parent Co-Pay Fee Table using the 85.0% line that coincides with your household size) who have children six (6) weeks to five (5) years old and who work or go to school, or both, for 30 hours or more a week.

Website: [.gov/humanservices/for-families/child-care-services/child-care-payment-assistance.html](http://www.tn.gov/humanservices/for-families/child-care-services/child-care-payment-assistance.html)

Coffee County Health Department- Provides primary care services, prenatal care, WIC, children's health services, and can also send referrals for dental care. Please go to the website to see a full list of services.

Website: <https://www.coffeecountytn.gov/177/Health-Department>

Address: 615 Wilson Ave, Tullahoma, TN 37388

Phone: 931-455-9369

The Storehouse Food Pantry: A 501(c)3 that distributes food boxes to those in need every Thursday from 10am to 12pm. Their purpose is to feed people in Coffee County and surrounding areas. The Storehouse Food Pantry serves around 150 families per week.

Address: 607 Hickerson St, Manchester, TN 37355

Phone: 931- 409-6040

Coffee Co Child Care Center: Dedicated to providing quality childcare in a secure facility at affordable rates. Provides a safe and educational environment for children 1-5 years old.

Address: 707 Oak Dr, Manchester, TN 37355

Phone: 931-728-0288

Haven of Hope: Provides crisis counseling, emergency shelter, safety planning, education, resource development and individual or group support services for victims of domestic violence.

Address: 300 Hillsboro Blvd., Room 4, Manchester, TN 37355

Phone: 931-728-1133

Coffee County Senior Citizens Inc: To provide programs, provide services, and seek opportunities to meet the physical, social, psychological, educational and economic needs of all seniors, so they may enjoy full participation in the benefits of a democratic society and maintain a meaningful involvement in the community.

Address: 603 Woodbury Hwy, Manchester, TN 37355

Phone: 931-723-8288

Coffee County Humane Society: Promotes animal welfare to prevent suffering, neglect, abuse, and overpopulation of animals. Provides spay/neutering services for low-income pet owners.

Address: PO Box 252, Manchester, TN 37349

Phone: 931-723-2730

Main Street Church of Christ: Provides Mother's Day out, which is a program designed to provide a safe Christian environment where parents can leave their children home for a few hours each week. They operate on Tuesday and Thursday from the months of August until May. They accept children ages 6 weeks old to age 5 years old.

Address: 201 E. Main St, Manchester, TN, 37355

Phone: 931-728-3306

Coffee County Public Transportation: Provides transportation to Residents of Coffee County, including Seniors 60+ and Adults with Disabilities. Trips offered daily Monday through Friday. All trip reservations must be made 24 hours in advance. To ensure availability a 48 to 72 hour notice is recommended. All trips based on appointment and availability.

Address: 410 N. Collins Street, Tullahoma, TN 37388

Phone: 931-455-1787

National Family Caregiver Support Program: is to help families care, as long as possible, for older relatives with chronic illness or disability in their homes. This program is available through the Commission and local Area Agencies on Aging and Disability. Providing services to, Adults age 60 and over, Adults with Alzheimer's Disease or a related disorder, and Grandparent/relative caregivers (not parents) who are 55 years of age or older and caring for a minor child. Services Include: Counseling and support groups, Caregiver training, Respite care, Personal care, Homemaker services, and Adult daycare.

Phone: 1-866-836-6678

Legal Aid of Middle Tennessee: The mission of Legal Aid Society of Middle Tennessee and the Cumberland (‘‘LAS’’) is to advance, defend, and enforce the legal rights of low-income and vulnerable people in order to secure for them the basic necessities of life.

Address: 281 Industrial Blvd, Tullahoma, TN 37388

Phone: 931-455-7000

Facebook online support groups:

The Caregiver Space Community

Caregivers Hub Support Group

Caregivers Connect - Facebook Group

Caregiver Support Community

Caregivers Assist Support Group

Domestic Violence Hotlines:

TN Coalition to end Domestic Violence and Sexual Violence Phone:615-386-9406

Statewide Hotline Phone:1-800-356-6767

National Domestic Violence Hotline Phone: 1-800-799-7233

Food bank locator

<https://www.secondharvestmidtn.org/get-help/>

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