



Carolinas HealthCare System

# MAKING CAROLINAS HOME

A WELCOME GUIDE TO YOUR NEW COMMUNITY

# WELCOME TO THE CAROLINAS!

At Carolinas HealthCare System, we know moving into a new place can be an exciting new adventure. That's why we've put together this guide to moving in and exploring the Carolinas.

As you start getting to know your new area and being active, it's important to find the right healthcare provider for you and your family. Visit **CarolinasHealthCare.org** to view everything from doctor profiles and patient reviews to nearby emergency room and urgent care locations.

We're delighted that you've decided to make the Carolinas your home. Let's get going!

## Make your health a top priority.

With the Carolinas App, you can find doctors, emergency rooms and urgent care locations near you.

DOWNLOAD OUR APP



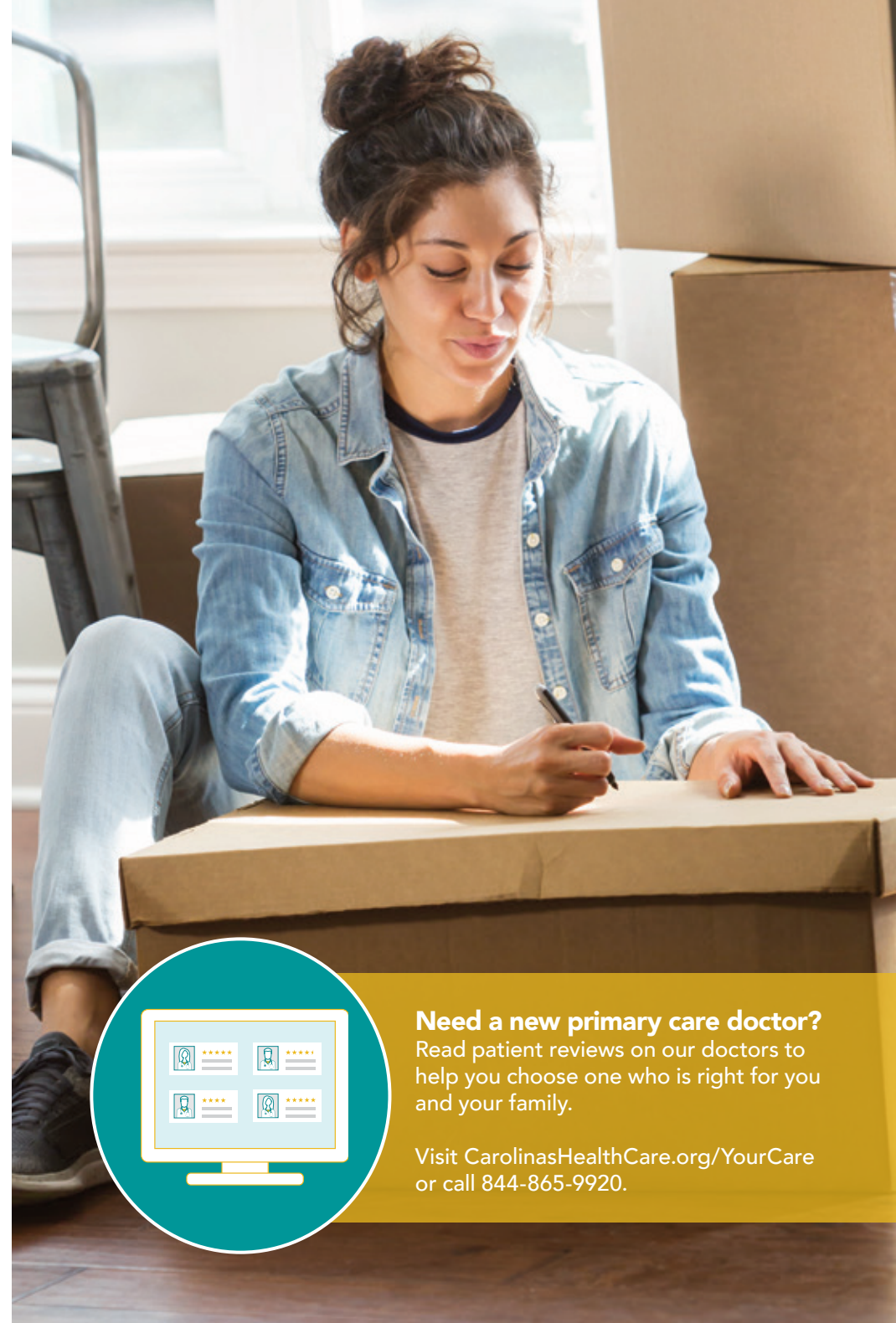




# MOVE-IN CHECKLIST

- ☐ **Update Your Address.** Turn in a change of address card at the post office, and update your address directly for voter registration, banks, your driver's license, credit cards, insurance companies and other essential contacts.
- ☐ **Bundle and Save.** Get cable or satellite TV, internet and phone bundled services for the best deal. Ask your neighbors for service provider recommendations as providers vary depending on where you live.
- ☐ **Set Up City Services.** Contact your local county office for city/county services, including water, sewer, trash collection, schools, buses and more. If you live in Mecklenburg County, call 311 or visit **charlottenc.gov**.
- ☐ **Transfer Your Prescriptions.** Contact your previous healthcare provider and have them send your prescriptions to the pharmacy near your new home or workplace.
- ☐ **Find Your New Primary Care Doctor.** Visit **CarolinasHealthCare.org/YourCare** or download the **Carolinas App** to find a doctor who meets your needs. You can even customize your search and read patient reviews.
- ☐ **Identify Nearby Emergency Services.** Locate the nearest police station, fire department, urgent care and emergency department in case of emergencies. Visit **CarolinasHealthCare.org/Locations**, and check out our map of urgent care locations on page 22 of this guide.
- ☐ **Explore Your Town.** Check out **yelp.com** to help find the nearest and best café, grocery store, takeout restaurant, library and any other location you are likely to frequent. Download the **Nextdoor App** to introduce yourself to your neighbors and learn more about your new community!

Enjoy your new home!



## Need a new primary care doctor?

Read patient reviews on our doctors to help you choose one who is right for you and your family.

Visit **CarolinasHealthCare.org/YourCare** or call 844-865-9920.





# FUN WAYS TO STAY ACTIVE

Fitness doesn't mean you have to go to the gym every day. The greater Charlotte area has all sorts of other fun ways to get and stay healthy.



## Climb

If you're up for all the challenges of mountain climbing, check out one of the area's indoor climbing spots.

**Inner Peaks**

Charlotte, NC • [innerpeaks.com](http://innerpeaks.com)

**Cliff Hangers**

Mooresville, NC •

[cliffhangersclimbing.com](http://cliffhangersclimbing.com)

**West Cabarrus YMCA**

Concord, NC • [cannonymca.org](http://cannonymca.org)



## Run

**Charlotte Running Club**

Charlotte, NC •

[charlotterunningclub.org](http://charlotterunningclub.org)

**Rock Hill Striders**

Rock Hill, SC • [rockhillstriders.org](http://rockhillstriders.org)



## Make a Splash

Don't let the fact that Olympians train here fool you; this place is for anyone who wants to move outside. From rafting to kayaking and more.

**U.S. National Whitewater Center**

Charlotte, NC • [usnwc.org](http://usnwc.org)

Ready to paddle? This adventure spot offers stand-up paddleboard fitness, rentals and excursions on Lake Wylie.

**The Goat Boater**

Tega Cay, SC • [goatboater.com](http://goatboater.com)

Prefer to swim a few laps? Check out the local aquatic centers.

**John F. McInnis Aquatic Center**

Concord, NC • [mecknc.gov](http://mecknc.gov)

**Mecklenburg County Aquatic Center**

Charlotte, NC • [mecknc.gov](http://mecknc.gov)

**CSD Community YMCA**

Clover, SC • [upymca.org](http://upymca.org)



# HIKING THE CAROLINAS

Hiking is one of the many activities to pursue in the area's nature preserves and nearby mountain trails. Getting out on the trail is the perfect way to spend a sunny day with family and friends.

## Mountain Peaks

### Crowders Mountain State Park

There are several trails of varying lengths that take you to the 1,265-foot summit of Crowders Mountain.

Kings Mountain, NC • [ncparks.gov](http://ncparks.gov)

### Morrow Mountain State Park

Hike to the summit of Morrow Mountain for a lovely vista of rolling hills, lush green farmlands and the winding Pee Dee River.

Albemarle, NC • [ncparks.gov](http://ncparks.gov)

## Think it's poison ivy?

When you need medical advice and treatment on the go, you can have a face-to-face video visit with a medical professional with Virtual Visit.

### GET THE FREE VIRTUAL VISIT APP



MUST BE IN NORTH CAROLINA AT THE TIME OF VISIT



## Great Strolls for Everyone

### Carolina Thread Trail

The Carolina Thread Trail is a developing regional network of greenways, trails and blueways (running along water) that connects 15 counties in North and South Carolina. There are over 250 miles of trails and 100 miles of blueways open to the public – linking people, places, cities, towns and attractions in the greater Charlotte area.

[carolinathreadtrail.org](http://carolinathreadtrail.org)

### McDowell Nature Center and Preserve

Meander more than 7 miles of trails on the preserve's 1,108 acres along the shores of Lake Wylie.

Charlotte, NC • [mecknc.gov](http://mecknc.gov)

### Anne Springs Close Greenway

More than 40 miles of trails to explore on 2,100 acres.

Fort Mill, SC • [ascgreenway.org](http://ascgreenway.org)

### Pee Dee National Wildlife Refuge

Put on your walking shoes and grab your binoculars. Wildlife abound on the 8,500-acre refuge.

Wadesboro, NC • [fws.gov](http://fws.gov)



# GET THOSE WHEELS TURNIN'

The greater Charlotte area has plenty of trails for bikers at every skill level.

## For a Quick Spin

**Jetton Park on Lake Norman**  
1.3-mile bike trail  
Cornelius, NC  
[mecknc.gov](http://mecknc.gov)

**Marcia H. Cloninger Rail Trail**  
1.6-mile trail  
Lincolnton, NC  
[carolinathreadtrail.org](http://carolinathreadtrail.org)

**Colonel Francis Beatty Park**  
4.35-mile mountain bike trail  
Matthews, NC  
[mecknc.gov](http://mecknc.gov)

**Charlotte B-Cycle**  
Just look for the blue bikes and B-stations around Uptown Charlotte and surrounding neighborhoods.  
Charlotte, NC  
[charlotte.bcycle.com](http://charlotte.bcycle.com)

## More Difficult Trails

**Sherman Branch Park**  
11.6-mile mountain bike trail  
Charlotte, NC  
[tarheeltrailblazers.com](http://tarheeltrailblazers.com)

**Buffalo Creek Park**  
Not for beginners! This mountain biking trail is for anyone looking to get their adrenaline pumping.  
Lake Lure, NC  
[townoflakelure.com](http://townoflakelure.com)

## Feel the Adrenaline

**Hornets Nest Park**  
1,150-foot BMX track  
Charlotte, NC  
[ncbm.com](http://ncbm.com)

**Giordana Velodrome**  
Track cycling is an Olympic sport, but don't let that keep you from trying it! This year-round facility offers programs for cyclists of all stages and ages, providing equipment and instruction.  
Rock Hill, SC  
[cityofrockhill.com](http://cityofrockhill.com)

## Group Rides

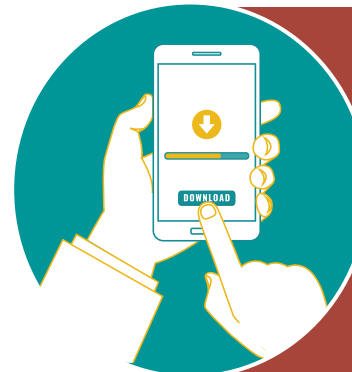
You never know what you're capable of until you try. Riding with a group can help you become a more confident rider. The best part? You get to meet people while having some fun.

**Charlotte Spokes People**  
Charlotte, NC  
[cltspokespeople.org](http://cltspokespeople.org)

**Central Carolina Cycling Club**  
Concord/Kannapolis, NC  
[centralcarolinacycling.com](http://centralcarolinacycling.com)

**Weekly Rides**  
Charlotte, NC  
[weeklyrides.com](http://weeklyrides.com)

**Rock Hill Bicycle Club**  
Rock Hill, SC  
[rockhillbicycleclub.com](http://rockhillbicycleclub.com)



### Ouch!

In the unfortunate event your bike ride sends you tumbling, Carolinas HealthCare System has nearly 30 convenient urgent care locations near you to get you back to riding again.

**DOWNLOAD THE CAROLINAS APP TO FIND A NEARBY URGENT CARE.**





# BENEFIT MIND, BODY AND SPIRIT

The greater Charlotte area offers lots of great ways to relax your mind, move your body and feed your spirit. Here are some of the best places to check out.

## Garden Walks

### Daniel Stowe Botanical Garden

Hundreds of acres of gardens for leisurely strolling. Regular yoga classes. Get ready, get set and glow from the inside at this local treasure.

Belmont, NC • [dsbg.org](http://dsbg.org)

### Glencairn Garden

The 11-acre garden includes tiered fountains and ponds, gardens, boardwalks and beautiful flower-filled walkways.

Rock Hill, SC • [cityofrockhill.com](http://cityofrockhill.com)

### Wing Haven Garden and Bird Sanctuary

Charlotte's own walled "secret" garden offers a piece of the city's history, wrapped up in some of the prettiest boxwoods, statuary and pebbled paths you'll ever walk.

Charlotte, NC • [winghavengardens.com](http://winghavengardens.com)

## Yoga Practice

### My Aloha SUP Yoga

Escape the studio and head to Lake Norman to practice yoga on a stand up paddleboard.

Cornelius, NC • [standuplkn.com](http://standuplkn.com)

### Cabarrus Health Alliance

This class is a perfect introduction for people at all levels of fitness.

Kannapolis, NC • [cabarrushealth.org](http://cabarrushealth.org)

### Charlotte Yoga Club

Charlotte Yoga Club was created to offer quality, cost-effective yoga and other physical practices.

Charlotte, NC • [meetup.com/charlotteyogaclub](http://meetup.com/charlotteyogaclub)

### YMCA

YMCA has locations across the region. They offer many different types of classes including basic, hatha and vinyasa yoga. Tai chi is also a great way to increase strength, improve balance, calm the spirit and achieve mental peace and relaxation.

[ymca.net](http://ymca.net)

[ymcacharlotte.org](http://ymcacharlotte.org)

[ywcacentralcarolinas.org](http://ywcacentralcarolinas.org)



# ENJOY OUR BEAUTIFUL PARKS

The greater Charlotte area boasts a collection of wonderful parks perfect for jogging, dog walking, picnics and family fun.



## Public Parks

### Freedom Park

A perfect example of an urban park, the “Central Park of Charlotte” is a popular setting for picnickers and sunbathers. The biggest draw is the paved trail that circles the lake – when the sun is shining, the trail is bustling with joggers, cyclists and dog walkers.

Charlotte, NC • [mecknc.gov](http://mecknc.gov)

### Cane Creek Park

This sprawling lakefront park offers fishing, boating and swimming, plus camping, hiking and horseback riding.

Waxhaw, NC • [co.union.nc.us](http://co.union.nc.us)

### Shelby City Park

Shelby’s park has a children’s playground, nine-hole golf course, tennis court, 1,600-seat gymnasium, an Olympic pool that hosts swim meets and athletic fields.

Shelby, NC • [cityofshelby.com](http://cityofshelby.com)

### North Cabarrus Park

Located in northern Cabarrus County, this park offers a quiet place for family recreation with playgrounds, picnic shelters, horseshoes, volleyball and basketball courts, walking and jogging trails, disc golf and more.

Concord, NC • [visitnc.com](http://visitnc.com)

## Dog Parks

### Swaney Pointe K-9

18441 Nantz Road

Cornelius, NC • [mecknc.gov](http://mecknc.gov)

### Barkingham Park

2900 Rocky River Road

Charlotte, NC • [mecknc.gov](http://mecknc.gov)

### Davie Dog Park

4635 Pineville-Matthews Road

Charlotte, NC • [mecknc.gov](http://mecknc.gov)

### George Poston Dog Park

1101 Lowell-Spencer

Mountain Road

Gastonia, NC • [gastongov.com](http://gastongov.com)

### Mary Warner Mack Dog Park

148 Adventure Road

Fort Mill, SC • [ascgreenway.org](http://ascgreenway.org)



# FAMILY FUN SPOTS

Adults and children alike will enjoy these area attractions.

## Discovery Place Nature

Get close to wildlife, play with the butterflies in the Butterfly Pavilion or check out all the animals in Creature Cavern. So much to explore and see around every corner.

Charlotte, NC • [nature.discoveryplace.org](http://nature.discoveryplace.org)

## The Schiele Museum of Natural History

Discover the planetarium, Stone Age site, nature trail, live animal enclosures and many other interactive exhibits. Fun for all ages!

Gastonia, NC • [schielemuseum.org](http://schielemuseum.org)

## Lazy 5 Ranch

Who knew zebras and giraffes were just a short drive away in North Carolina? Check out this family-friendly animal park with the kids. Or go without kids. It's fun.

Mooresville, NC • [lazy5ranch.com](http://lazy5ranch.com)

## Latta Plantation

This historic site is the perfect place for a picnic, light hike, horseback ride or educational adventure on a living history farm!

Huntersville, NC • [lattaplantation.org](http://lattaplantation.org)

## Carowinds

Carowinds is right at the heart of where the Carolinas come together. Enjoy world-class thrill rides, the largest water park in the Carolinas, live entertainment and more! With over 60 rides, shows and attractions, we have everything you need to make lifelong memories.

Charlotte, NC • [carowinds.com](http://carowinds.com)

## Museum of York County

With more than 2,000 specimens at your fingertips, the Naturalist Center will guide your learning adventures. Visit the planetarium and travel the cosmos from the comfort of your seat with state-of-the-art digital projection.

Rock Hill, SC • [chmuseums.org](http://chmuseums.org)





# FROM THE GARDEN TO YOUR TABLE

Fresh produce, picked from your own garden or bought at farmers' markets, is a big deal in this area. Here are some ways to get local goodies to your table.



Area Markets  
[usda.gov](https://usda.gov)

University Farmers' Market,  
run by Carolinas HealthCare  
System  
N. Tryon St.  
Charlotte, NC

7th Street Public Market  
E. 7th St.  
Charlotte, NC

Atherton Market  
at Atherton Mill  
2104 South Blvd.  
Charlotte, NC

Matthews Community  
Farmers' Market  
N. Trade St.  
Matthews, NC

Salisbury Farmers' Market  
S. Jackson St.  
Salisbury, NC

Bush-N-Vine Farm Market  
Filbert Highway  
York, SC

Foothills Farmers' Market  
W. Marion St.  
Shelby, NC

Gastonia Farmers' Market  
410 E. Long Ave.  
Gastonia, NC

Lancaster Farmers' Market  
1920 Pageland Highway  
Lancaster, SC

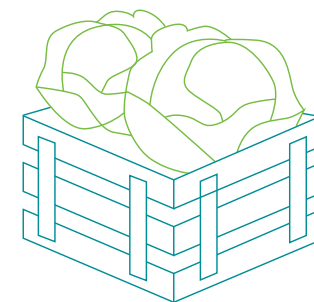
## How Does YOUR Garden Grow?

Consider taking fresh even further; join your neighbors in creating a community garden. The bounty (and the work) can be shared by several families. Check out the local parks and recreation website in your new neighborhood to find one – or start one – near you!

North Carolina Community Garden Partners  
[nccgp.org](https://nccgp.org)

Marvin Community Garden  
Marvin, NC • [marvinnc.org](https://marvinnc.org)

Reedy Creek Park Community Garden  
Charlotte, NC • [nccgp.org](https://nccgp.org)





# FIND YOUR PLACE

Feeling like you're part of a community and neighborhood takes time and effort. Use these tips for settling in and getting acquainted with your new city.



## Volunteer

Volunteering is an easy way to get involved in your local community, make new friends and feel like you're making a difference. Find a local organization that supports your interests, then visit their office to find out how to help.

### Carolinas HealthCare System

There are a variety of volunteer opportunities at Carolinas HealthCare System hospitals.

[CarolinasHealthCare.org](http://CarolinasHealthCare.org)

### Hands On Charlotte

Hands On Charlotte recruits and manages volunteers in dozens of volunteer service projects every month.

[handsoncharlotte.org](http://handsoncharlotte.org)

### Local Government

Without volunteers, local towns and counties would be unable to meet the many needs of the community.

[Cabarrus County, NC • cabarruscounty.us](http://Cabarrus County, NC • cabarruscounty.us)

[Lincoln County, NC • lincolncounty.org](http://Lincoln County, NC • lincolncounty.org)

[Rock Hill, SC • cityofrockhill.com](http://Rock Hill, SC • cityofrockhill.com)



## Join a Club

Find a local class or interest group to join, whether through a local recreation center or a small college.

### Recreation Centers

[Charlotte, NC • mecknc.gov](http://Charlotte, NC • mecknc.gov)

### Community Colleges

[Central Piedmont Community College](http://Central Piedmont Community College)

[Charlotte, NC • cpcc.edu](http://Charlotte, NC • cpcc.edu)

### Rowan-Cabarrus Community College

[Salisbury, NC • rccc.edu](http://Salisbury, NC • rccc.edu)

### York Technical College

[Rock Hill, SC • yorktech.edu](http://Rock Hill, SC • yorktech.edu)



## Make healthy connections.

If you haven't already, be sure to partner with a primary care doctor.

Visit [CarolinasHealthCare.org/YourCare](http://CarolinasHealthCare.org/YourCare) or call 844-865-9920.





# WE MAKE IT EASY TO FIND THE RIGHT DOCTOR.

At Carolinas HealthCare System, it's all about your health – your way. We connect you with on-demand care, world-class specialists and the region's largest primary care network.

With 700-plus primary care doctors at more than 200 locations, it's easy to find the right doctor close by.

Visit **[CarolinasHealthCare.org/YourCare](https://CarolinasHealthCare.org/YourCare)** or call **844-865-9920** for help finding a doctor, or to schedule an appointment today.



Carolinas HealthCare System

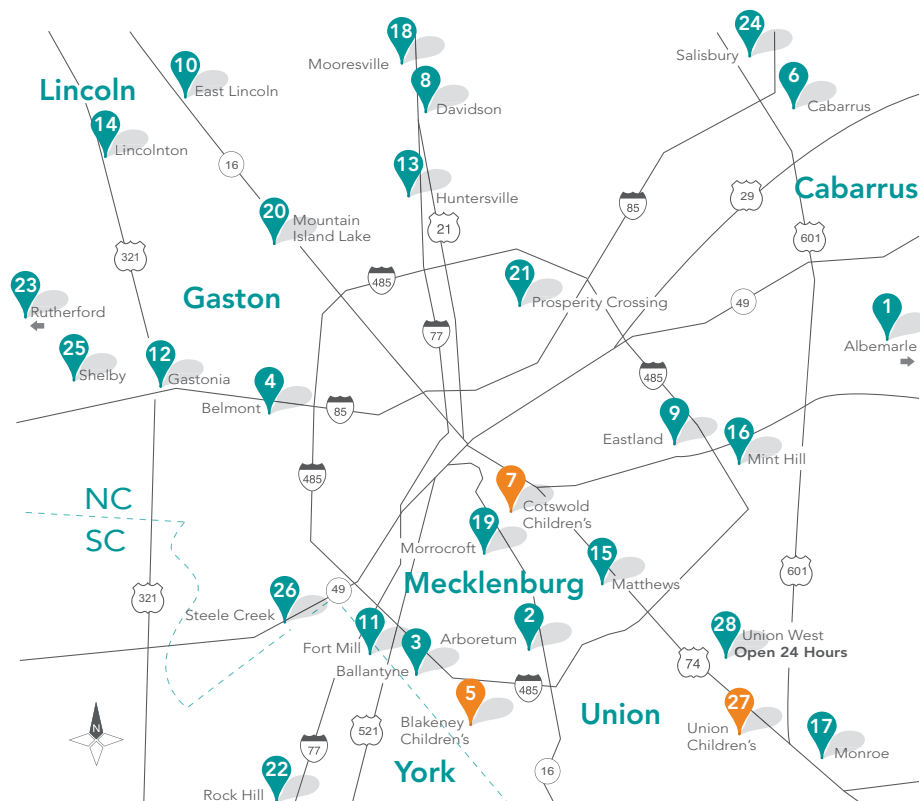


If It's Urgent to You, It's Urgent to Us.

# URGENT CARE LOCATIONS

Carolinas HealthCare System has nearly 30 convenient urgent care locations in the Carolinas. Walk in or reserve your spot online.

Reserve Your Spot: [CarolinasHealthCare.org/ReserveUC](https://CarolinasHealthCare.org/ReserveUC)



- 1 **Albemarle**  
703 Leonard Ave.  
Albemarle, NC 28001
- 2 **Arboretum**  
7810 Providence Road, Suite 102  
Charlotte, NC 28226
- 3 **Ballantyne**  
14214 Ballantyne Lake Road  
Suite 100  
Charlotte, NC 28277
- 4 **Belmont**  
420 Park St.  
Suite 105  
Belmont, NC 28012
- 5 **Blakeney (Children's) – Ages 0-18**  
6025 Blakeney Park Drive, Suite 100  
Charlotte, NC 28277
- 6 **Cabarrus**  
1090 Northeast Gateway  
Court NE, Suite 202  
Concord, NC 28025
- 7 **Cotswold (Children's) – Ages 0-18**  
231 S. Sharon Amity Road  
Charlotte, NC 28211
- 8 **Davidson**  
705 Griffith St., Suite 100B  
Davidson, NC 28036
- 9 **Eastland**  
5717 Albemarle Road  
Charlotte, NC 28212
- 10 **East Lincoln**  
275 Highway 16 N., Suite 104  
Denver, NC 28037
- 11 **Fort Mill**  
704 Gold Hill Road, Suite 1200  
Fort Mill, SC 29715
- 12 **Gastonia**  
603 Cox Road  
Gastonia, NC 28054
- 13 **Huntersville**  
12905 Rosedale Hill Ave., Suite C  
Huntersville, NC 28078
- 14 **Lincolnton**  
1802 E. Main St.  
Lincolnton, NC 28092
- 15 **Matthews**  
332 N. Trade St., Suite 1100  
Matthews, NC 28105
- 16 **Mint Hill**  
10545 Blair Road, Suite 1200  
Mint Hill, NC 28227
- 17 **Monroe**  
613 E. Roosevelt Blvd.  
Monroe, NC 28112
- 18 **Mooresville**  
119-D Marketplace Ave.  
Mooresville, NC 28117
- 19 **Morrocroft**  
4525 Cameron Valley Parkway, Suite 1500  
Charlotte, NC 28211
- 20 **Mountain Island Lake**  
10210 Couloak Drive, Suite E  
Charlotte, NC 28216
- 21 **Prosperity Crossing**  
5727 Prosperity Crossing Drive  
Suite 1100  
Charlotte, NC 28269
- 22 **Rock Hill**  
1656 Riverchase Blvd., Suite 1800  
Rock Hill, SC 29732
- 23 **Rutherford**  
181 Daniel Road  
Forest City, NC 28043
- 24 **Salisbury**  
340 Jake Alexander Blvd. W.  
Suite 105  
Salisbury, NC 28147
- 25 **Shelby**  
1010 E. Dixon Blvd., Suite B  
Shelby, NC 28152
- 26 **Steele Creek**  
9332 S. Tryon St.  
Charlotte, NC 28273
- 27 **Union (Children's) – Ages 0-18**  
3193 W. Highway 74  
Monroe, NC 28110
- 28 **Union West**  
Open 24 Hours  
6030 W. Highway 74, Suite A  
Indian Trail, NC 28079



**KEEP BURNING**

# **BECOME A PREMIER MEMBER AND RECEIVE A VIP KIT.**

*Includes Orangetheory Fitness drawstring  
bag, water bottle and workout towel.  
Mention promo code **CHS** to claim this offer.*

**START BURNING WITH A FREE WORKOUT AT  
[FreeClass.OrangetheoryFitness.COM/Region-2/Charlotte](http://FreeClass.OrangetheoryFitness.COM/Region-2/Charlotte)\*\***

\*Visit [Orangetheoryfitness.com/termsandconditions](http://Orangetheoryfitness.com/termsandconditions) for additional information. Orangetheory®, OTF® and other Orangetheory® marks are registered trademarks of Ultimate Fitness Group LLC. ©Copyright 2017 Ultimate Fitness Group LLC and/or its affiliates. \*\*First-time visitors and local residents only. Certain restrictions apply. \$28 minimum value. At participating studios only.



**ESCAPE THE EVERYDAY AND COME PLAY**

For special savings, visit:  
***[carowinds.com/save](http://carowinds.com/save)***

**username: new password: mover**