Christiana Care Health System: Health and Wellness

<http://www.christianacare.org/bodymod.cfm?id=163&registration=true&action=list>

Links for Cancer support groups, community events, conferences, Diabetes education, First Aid & CPR classes, health & wellness Classes, nutrition workshops, parenting and pregnancy classes, screenings, and weight management classes that are offered to the community. Most classes are free to attend.

You can also follow their wellness blog at <http://wellness.christianacare.org/>

Happenings Guide for New Castle County

<http://www2.nccde.org/communityservices/default.aspx>

Sections of this guide and website include information on: sports and athletics (basketball leagues, soccer leagues, volleyball leagues), community and recreation centers (which offer free and affordable programs such as fitness classes, open gym time, yoga, dancing, and more), and Carousel Park (which offers Zumba and fitness classes).

Wilmington Parks and Recreation Events

<http://www.ci.wilmington.de.us/government/parksevents>

The Recreation division is responsible for sports and recreational activities which include martial arts, basketball leagues, tennis, Frisbee league, football, golf, track & field, softball, chess, billiards, swimming, women’s tackle football, and an all-season awards banquet. Also responsible for a number of special activities which includes The Wilmington Games, 5K Run/Walk Race, Senior Health Day, and summer park camp activities. Mayor Dennis P. Williams and Director Claude W. McCrea, Jr. invite you to attend the upcoming and updated Department of Parks and Recreation events.

Delaware Tourism: Outdoor Recreation

Discover Delaware's natural beauty and invigorating outdoor recreational activities. Visitors can walk along sandy beach trails, take in spectacular views on a hayride, or kayak through the First State's historic waterways.

<http://www.visitdelaware.com/things-to-do/outdoor-recreation/>

Bike Wilmington

<http://www.ci.wilmington.de.us/visitors/bikewilmington>

The Wilmington Bicycle Advisory Committee (WBAC) was created to advise and coordinate bike-related initiatives in the city as well as advocate for bicycle transportation and recreation opportunities. WBAC welcomes bike enthusiasts of all skill levels to get involved. Committee members actively participate in events like the Wilmington Grand Prix, Bike-to-Work Day, bike surveys, bike infrastructure installation, the Bike Summit as well as supporting various local bike charity and non-profit organizations.

William "Hicks" Anderson Community Center

<http://www.ci.wilmington.de.us/government/hicksanderson>

The WHACC offers cultural programs and recreational activities for Wilmington residents. Activities includes boxing, community relations, aquatics, game room, fitness weight center, gym, senior center, after care, tutorial, summer camp, computer technology lab services, annual black history program, field trips, home assistance, senior thanksgiving luncheon, holiday caroling, and more.