

# MU Department of Psychological Sciences Wellness Resource Committee

## Community Resources

The Department Wellness Resource Committee (WRC) is a committee of faculty and graduate students. The mission of the WRC is to serve as a department resource to promote psychological, emotional, and physical well-being among department members, with a primary focus on graduate students

### How to Interpret/Use this List

The following information represents services in the community based on graduate students' opinions in response to an anonymous survey and/or Google ratings. This information does not necessarily reflect the opinions of the MU Department of Psychological Sciences or the MU Department of Psychological Sciences Wellness Resource Committee.

### Student Rated Resources

This resource list is based on aggregate data and reflects varying numbers of respondents. These data also reflect graduate students' spontaneous responses on services and providers they would recommend and why and those they would not recommend and why not. There is a substantial amount of missing data for the providers listed in this resource list (e.g., blank cells) because students did not always identify why they recommended a provider or only one.

The information is grouped into a table for each type of wellness resource or service to facilitate comparison of providers. A smiley face in a given cell indicates that students recommended that provider (the row) for the factor (the column). A neutral face indicates that some students recommended that provider and others did not for that reason. An empty cell indicates that students neither recommended nor did not recommend a provider for a given reason.

### Other Resources

This resource list contains information for other wellness related resources in the community. The information is grouped into tables for each type of resource to facilitate comparison. Location and contact information is provided for almost all the resources, and Google ratings (as of December, 2016) are provided when available.

This is by no means an exhaustive list of all resources in the community, but rather an attempt to give students additional resources that are not on campus.

Note: Click on any heading to jump to that part of the document.

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**Student Rated Services**








**DENTAL**

Provider	Quality of Services	Cost	Convenience/Location
<p><b>Accent Dental Care</b>                      1401 Forum Blvd. Ste. 203                      Columbia, MO 65203 (573)                      446-7181 <a href="mailto:office@accent-dental.com">office@accent-dental.com</a>  <a href="http://www.accent-dental.com">http://www.accent-dental.com</a></p>			
<p><b>Cherry Hill Dental</b>                      2012 Cherry Hill Dr.                      Rosewood Bldg. Ste. 101                      Columbia, MO 65203 (573)                      446-0880  <a href="http://www.cherryhilldentalonline.com/">http://www.cherryhilldentalonline.com/</a></p>	☹	☹	
<p><b>Dr. Michael Murrah</b>                      2600 Forum Blvd. Ste. B2                      Columbia, MO 65203                      (573) 446-3848</p>	☺	☺	
<p><b>Dr. Nick McHargue</b>                      3301 W Broadway Business Park Ct.                      Ste. C                      Columbia, MO 65203                      (573) 445-3630</p>		☺	
<p><b>Dr. Oschner</b>                      1301 Vandiver Dr.                      Columbia, MO 65202                      (573) 441-9441</p>		☺	
<p><b>Dr. Tyler Nivens</b>                      1101 N Providence Rd.                      Columbia, MO 65203                      (573) 886-6711</p>	☺	☺	

<p><b>Drs. Willet &amp; Patton</b> 1601 Chapel Hill Rd. Columbia, MO 65203 (573) 445-5300 <a href="http://www.willettandpattondds.com/">http://www.willettandpattondds.com/</a></p>	😊	😐	
<p><b>Fairview Dental</b> 2901 W. Broadway, Ste. 109 Columbia, MO 65203 (573) 445-5811 www.fairviewdentalcolumbia.com</p>	😐	😐	
<p><b>Miller Dental Associates</b> 904 Elm St., Ste. 214 Columbia, MO 65201 (573) 443-2434</p>	😊	😐	😊
<p><b>Plaza Dental</b> 303 N. Keene St., Ste. 206-210 Columbia, MO 65201 (573) 817-2222 <a href="http://www.pdgcolumbia.com">http://www.pdgcolumbia.com</a> <a href="mailto:frontdesk@pdgcolumbia.com">frontdesk@pdgcolumbia.com</a></p>	😊	😊	

EYECARE

Provider	Quality of Services	Cost	Convenience/Location
<p><b>America's Best</b> 1205 Grindstone Pkwy Columbia, MO 65201 (573) 442-5725 <a href="http://www.americasbest.com/">http://www.americasbest.com/</a></p>		😊	

<p><b>Clarkson Eyecare</b>  <a href="http://www.clarksoneyecare.com/">http://www.clarksoneyecare.com/</a></p> <p>100 Brickton Rd. Ste. 102          Columbia, MO 65201          (573) 303-3937</p> <p>1020 E. Green Meadows          Ste. 100          Columbia, MO 65201          (573) 303-3960</p>			
<p><b>Columbia Eye Consultants</b> s.dinyer@yahoo.com  <a href="http://cecoptometry.com/home.php">http://cecoptometry.com/home.php</a></p> <p>500 N. Keene St. Ste. 103          Columbia, MO 65201          (573) 874-2030</p> <p>1601 Chapel Hill Rd. Ste. B          Columbia, MO 65203          (573) 874-2030</p>			
<p><b>Dr. Kent Studer</b>          EyeCare of Columbia          401 Locust St., Ste. 200          Columbia, MO 65201 (573) 449-4356  <a href="mailto:eyecarecolumbia@yahoo.com">eyecarecolumbia@yahoo.com</a>  <a href="http://www.visionsourceeyecarecolumbia.com/">http://www.visionsourceeyecarecolumbia.com/</a></p>			
<p><b>Eyes on Missouri</b> 1400 Forum Blvd.          Columbia, MO 65203 (573) 446-0331  <a href="http://eyesonmissouri.com/">http://eyesonmissouri.com/</a></p>			
<p><b>In Vision Eye Care Center</b>          30 Southampton Dr. Ste. 109          Columbia, MO 65203 (573) 874-3937  <a href="mailto:invision_columbiamo@hotmail.com">invision_columbiamo@hotmail.com</a>  <a href="http://www.invisioneyecarecenter.net/">http://www.invisioneyecarecenter.net/</a></p>			

<p><b>Kramer Family Eyecare</b> 3901 S. Providence Rd. Columbia, MO 65203 (573) 449-4188 <a href="mailto:kFEfrontdesk@gmail.com">kFEfrontdesk@gmail.com</a> <a href="http://drandrewkramer.com/">http://drandrewkramer.com/</a></p>	😊		
<p><b>Lenscrafters</b> 2300 Bernadette Dr. Spc 700 Columbia, MO 65203 (573) 445-5448 <a href="http://www.lenscrafters.com/">http://www.lenscrafters.com/</a></p>	😊		😊
<p><b>Pearle Vision</b> Columbia Mall 2300 Bernadette Dr. Columbia, MO 65203 (573) 285-0198 <a href="http://www.pearlevision.com/">http://www.pearlevision.com/</a></p>		😊	😊





PRIMARY CARE

Provider	Quality of Services	Cost
<p><b>Dr. Gary Upton</b> University Physicians Medical Bldg. 1020 Hitt St. Columbia, MO 65201 (573) 882-7481 <a href="http://studenthealth.missouri.edu/needtoknow/meethestaff/upton.html">http://studenthealth.missouri.edu/needtoknow/meethestaff/upton.html</a></p>	😊	😊
<p><b>Dr. Laura Henderson</b> General Internal Medicine-Fairview 101 S. Fairview Rd. Columbia, MO 65203 (573) 882-4464 <a href="http://www.muhealth.org/providers/profile/?id=829#OfficeInformation">http://www.muhealth.org/providers/profile/?id=829#OfficeInformation</a></p>	😊	😊
<p><b>Dr. Steven Zweig</b> South Providence Family Medicine Clinic 551 E. Southampton Dr. Columbia, MO 65201 (573) 882-1758 <a href="http://medicine.missouri.edu/family-community-medicine/?faculty=zweig-steven">http://medicine.missouri.edu/family-community-medicine/?faculty=zweig-steven</a></p>	😊	

**SPECIALISTS**










*Note: Students with Aetna Student Health Insurance typically need to get a referral from their primary care physician at MU Student Health before being seen by a specialist.*









<b>Provider</b>	<b>Quality of Services</b>	<b>Cost</b>
<b>Boone County Department of Public Health</b> HIV/STD services 1005 W. Worley St. Columbia, MO 65203 (573) 874-7355 <a href="http://www.gocolumbiamo.com/Health/">http://www.gocolumbiamo.com/Health/</a>	☺	☺
<b>Dr. Daniel Lamothe-Jost</b> Rheumatology 401 N. Keene St. Ste. 202 Columbia, MO 65201 (573) 876-1622	☺	☺
<b>Dr. Fadi Siyam</b> Endocrinology Boone Diabetes & Endocrine Care 1701 E Broadway Ste. 302 Columbia, MO 65201 (573) 815-7146	☺	☺
<b>Dr. Sarah Bernard</b> Ob/Gyn Columbia Women's Care 1601 E. Broadway Ste. 100 Columbia, MO 65201 (573) 443-8796 <a href="http://www.whainc.com/index.cfm/fuseaction/site.physicians/action/dtl/phys/99907911.cfm">http://www.whainc.com/index.cfm/fuseaction/site.physicians/action/dtl/phys/99907911.cfm</a>	☺	☺
<b>Drs. Stephanie Womack and Kimberly Morse</b> Women's Health Associates Ob/Gyn 1601 E. Broadway #100 Columbia, MO 65201 (573) 443-8796 <a href="http://www.wha-inc.com/">http://www.wha-inc.com/</a>	☺	☺

<p><b>Missouri Orthopedic Institute</b> Orthopedics 1100 Virginia Ave. Columbia, MO 65212 (573) 882-2663 <a href="http://www.muhealth.org/locations/missouri-orthopaedicinstitute/">http://www.muhealth.org/locations/missouri-orthopaedicinstitute/</a></p>		
<p><b>MU Dermatology</b> 1020 Hitt St. 2<sup>nd</sup> floor Columbia, MO 65212 (573) 882-4800 <a href="http://www.muhealth.org/services/dermatology/">http://www.muhealth.org/services/dermatology/</a></p>		
<p><b>MU Neurology</b> 1020 Hitt St. Columbia, MO 65212 (573) 882-3135 <a href="http://medicine.missouri.edu/neurology/">http://medicine.missouri.edu/neurology/</a></p>		
<p><b>Planned Parenthood 711</b> N. Providence Rd. Columbia, MO 65203 (573) 443-0427 <a href="https://www.plannedparenthood.org/">https://www.plannedparenthood.org/</a></p>		
<p><b>Rain of Central Missouri</b> HIV/STD services 1123 Wilkes Blvd. Ste. 250 Columbia, MO 65201 (573) 875-8687 <a href="mailto:info@missourirain.org">info@missourirain.org</a> <a href="http://www.missourirain.org/">http://www.missourirain.org/</a></p>		









**PHARMACIES**

Provider	Quality of Services	Cost	Convenience/Location
<p><b>D&amp;H Drugstore</b>  <a href="http://www.dhdrugstore.com">www.dhdrugstore.com</a>                      1001 W. Broadway                      Columbia, MO 65203                      (573) 777-7333</p> <p>1814 Paris Rd.                      Columbia, MO 65201                      (573) 777-7373</p>			
<p><b>Hy-Vee</b> <a href="http://www.hy-vee.com">www.hy-vee.com</a>                      405 E Nifong Blvd.                      Columbia, MO 65201                      (573) 442-8595</p> <p>25 Conley Rd.                      Columbia, MO 65202                      (573) 442-7703</p> <p>3100 W. Broadway                      Columbia, MO 65203                      (573) 447-0133</p>			
<p><b>Schnucks</b>                      1400 Forum Blvd.                      Columbia, MO 65203 (573)                      446-2800  <a href="https://www.schnucks.com">https://www.schnucks.com</a></p>			
<p><b>Student Health Pharmacy</b>                      1020 Hitt St., Room 1001                      Columbia, MO 65212 (573)                      882-8300  <a href="http://www.muhealth.org/locations/profile/?id=33">http://www.muhealth.org/locations/profile/?id=33</a></p>			




<p><b>Target</b>                  2400 Bernadette Dr.                  Columbia, MO 65203 (573)                  445-9544  <a href="http://www.target.com">www.target.com</a></p>			
<p><b>Walgreens</b>                  222 E. Broadway                  Columbia, MO 65203 (573)                  874-3562  <a href="http://www.walgreens.com/">http://www.walgreens.com/</a></p>			
<p><b>Walmart</b> <a href="http://www.walmart.com">www.walmart.com</a>                  1201 Grindstone Pkwy.                  Columbia, MO 65201                  (573) 449-0815                   415 Conley Rd.                  Columbia, MO 65202                  (573) 499-4935                   3001 W. Broadway                  Columbia, MO 65203                  (573) 445-9506</p>			

THERAPISTS

Provider	Quality of Services	Cost
<p><b>Dr. Craig Rooney, Ph.D.</b>                  University Physicians Medical Bldg.                  1020 Hitt St.                  Columbia, MO 65201 (573) 882-1483  <a href="https://studenthealth.missouri.edu/needtoknow/meethestaff/rooney.html">https://studenthealth.missouri.edu/needtoknow/meethestaff/rooney.html</a></p>		

<p><b>Dr. Erika Patterson, Ph.D.</b>                  1200 Rogers St. Ste. B                  Columbia, MO 65203 (573) 356-5536  <a href="http://www.epattersontherapy.com/AboutMe.html">http://www.epattersontherapy.com/AboutMe.html</a></p>		
<p><b>Dr. Jamie Meadows, Ph.D.</b>                  Counseling and Psychological Services                  2804 Forum Blvd., #4                  Columbia, MO 65203 (573) 446-5034  <a href="mailto:info@capstherapy.net">info@capstherapy.net</a>  <a href="http://www.capstherapy.net">www.capstherapy.net</a></p>		
<p><b>Family Counseling Center-Columbia</b> 117 N. Garth Ave.                  Columbia, MO 65203                  (573) 449-2581</p>		
<p><a href="http://www.compasshealthhome.org/familycounseling-center">http://www.compasshealthhome.org/familycounseling-center</a></p>		













**PSYCHIATRISTS**

Provider	Quality of Services	Cost
<p><b>Dr. Kim Brandt, M.D.</b>                  1020 Hitt St.                  Columbia, MO 65201 (573) 882-1483  <a href="http://studenthealth.missouri.edu/needtoknow/meethestaff/brandt.html">http://studenthealth.missouri.edu/needtoknow/meethestaff/brandt.html</a></p>		
<p><b>Dr. Stephanie Bagby-Stone, M.D.</b>                  1 Hospital Dr.                  Columbia, MO 65212                  (573) 882-8913</p>		


**HOUSING**

<b>Realtor/Apartment</b>	<b>Quality of Living Space/Realty Services</b>	<b>Landlord</b>	<b>Amenities</b>	<b>Location</b>	<b>Cost</b>
<b>Ashland Road Apartments</b> 1411 Ashland Rd. Columbia, MO 65201 (573) 442-6411 <a href="http://www.ashlandmanorapartments.com">www.ashlandmanorapartments.com</a>	☺		☺	☺	☺
<b>Broadway Village Apartments</b> 36 Broadway Village Dr. Columbia, MO 65203 (573) 875-8600 <a href="mailto:info@apt4u.com">info@apt4u.com</a> <a href="http://www.apt4u.com/">www.apt4u.com/</a>	☺		☺	☺	☺
<b>Carol Denninghoff</b> House of Brokers 1515 Chapel Hill Rd. Columbia, MO 65203 (573) 446-6508	☺				
<a href="mailto:cdenninghoff@houseofbrokers.com">cdenninghoff@houseofbrokers.com</a> <a href="http://cdenninghoff.houseofbrokers.com">cdenninghoff.houseofbrokers.com</a>					
<b>Courtyard Apartments</b> 2012 W Ash St. Columbia, MO 65203 (877) 678-5622 <a href="http://millsapartments.net/apartments/courtyard-apartments/">millsapartments.net/apartments/courtyard-apartments/</a>	☺		☺	☺	☺
<b>Dalclifton Apartments</b> 1712 Mizzou Pl. #5A Columbia, MO 65201 (573) 449-7942 <a href="mailto:info@EandEEnterprises.com">info@EandEEnterprises.com</a> <a href="http://www.eandenterprises.com/dalclif.htm">www.eandenterprises.com/dalclif.htm</a>	☺	☺	☺	☺	☺

<p><b>DBC Rentals</b>                      5001 S Providence Rd.                      Columbia, MO 65203 (573)                      443-7221  <a href="mailto:dbcrentals@aol.com">dbcrentals@aol.com</a>  <a href="http://dbcrentals.com/">http://dbcrentals.com/</a></p>	☺	☺	☺		
<p><b>Deer Valley Apartments</b> 817                      E Green Meadows Rd.                      Columbia, MO 65201 (573)                      499-4500  <a href="mailto:deervalleyagent@gmail.com">deervalleyagent@gmail.com</a>  <a href="http://www.deervalleyapts.com/">www.deervalleyapts.com/</a></p>	☺	☺	☺	☺	☺
<p><b>Forest Village Apartments</b> 3001                      S Providence Rd.                      Columbia, MO 65203 (573)                      443-4526  <a href="http://forestvillagewoodlake.com/">http://forestvillagewoodlake.com/</a></p>	☹			☹	
<p><b>Jacobs Place</b>                      33 E Broadway Ste. 100                      Columbia, MO 65203 (573) 449-                      2558  <a href="mailto:jacobsrealty@jacobsrealty.com">jacobsrealty@jacobsrealty.com</a>  <a href="http://www.jacobspropertymanagement.com">www.jacobspropertymanagement.com</a></p>					☺
<p><b>Katy Place Apartments</b> 1700                      Forum Blvd.                      Columbia, MO 65203 (573)                      446-2600  <a href="mailto:info@katyplaceapts.com">info@katyplaceapts.com</a>  <a href="http://www.katyplaceapts.com/">www.katyplaceapts.com/</a></p>	☺	☺	☺	☺	☺
<p><b>Kelly's Ridge Apartments</b> 3601                      W. Broadway                      Columbia, MO 65203 (573)                      446-5900  <a href="mailto:info@kellysridge.com">info@kellysridge.com</a>  <a href="http://www.kellysridge.com/">www.kellysridge.com/</a></p>	☺		☺		

<p><b>Modern Properties 205</b>                  E Forest Ave.                  Columbia, MO 65203 (573)                  228-9022  <a href="http://modernpropertygroups.com">http://modernpropertygroups.com</a></p>					
<p><b>Stephens Park Apartments</b>                  1901 E. Walnut Apt. 101                  Columbia, MO 65201 (573)                  442-5419  <a href="http://stephensparkapartments.com/">stephensparkapartments.com/</a></p>					
<p><b>The Hill Apartments</b>                  30 E Southampton Dr. Ste. 115                  Columbia, MO 65203 (573)                  442-6478  <a href="mailto:info@corporatelake.com">info@corporatelake.com</a>  <a href="https://corporatelake.com/the-hill/">https://corporatelake.com/the-hill/</a></p>					

LEGAL

Provider	Quality of Services	Cost
<p><b>Jeff Hilbrenner</b>                  Harper, Evans, Wade, Netemeyer                  401 Locust St. Ste. 401                  Columbia, MO 65201 (573)                  355-5172  <a href="http://www.lawmissouri.com/">http://www.lawmissouri.com/</a></p>		

**TAXES**

<b>Provider</b>	<b>Quality of Services</b>	<b>Cost</b>
<b>H&amp;R Block</b> <a href="http://www.hrblock.com/">http://www.hrblock.com/</a>  1020 E Green Meadows Rd. Ste. 5 Columbia, MO 65203 (573) 256-2903  2703 E Broadway Ste. 234 Columbia, MO 65202 (573) 449-9213  601 Business Loop 70 W Columbia, MO 65203 (573) 875-3000	☺	☹
<b>TaxAct Online</b> <a href="http://www.taxact.com/index.asp">www.taxact.com/index.asp</a>	☺	☺

**CHILDCARE**

<b>Provider</b>	<b>Quality of Services</b>	<b>Cost</b>
<b>Kindercare</b> 2416 W Ash St., Columbia, MO 65203 (573) 445-9488 <a href="http://www.kindercare.com/">http://www.kindercare.com/</a>	☺	☺
<b>Silvia Wyatt 1809</b> Kathy Dr. Columbia, MO 65202 (573) 514-2164 <a href="mailto:bijuwyatt@yahoo.com">bijuwyatt@yahoo.com</a>	☺	☺

## Other Resources

### HEALTH GROCERS

	<b>Address</b>	<b>Web</b>	<b>Hours</b>	<b>Google Rating</b>
<b>Clovers Natural Market</b>	2012 E Broadway	cloversmarket.com	9am – 9pm	4.8/5
<b>Clovers Natural Market</b>	2100 Chapel Plaza Ct.	cloversmarket.com	9am – 9pm	4.8/5
<b>Lucky's Market</b>	111 S Providence Rd	luckysmarket.com	7am – 9pm	4.7/5
<b>Natural Grocers</b>	400 N Stadium Blvd.	naturalgrocers.com	8am – 9pm	4.6/5

### ETHNIC GROCERS

	<b>Address</b>	<b>Web</b>	<b>Hours</b>	<b>Google Rating</b>
<b>A &amp; Y Global Market</b>	15 N 4th St.	ayglobalmarket.com	10am – 9pm	4/5
<b>Lee's Market</b>	700 Cherry St.		9:30am – 7pm	4.6/5
<b>Hong Kong Market</b>	3510 I-70 Dr. SE #D		10am – 7pm	3.9/5

### GYMS/HEALTH & FITNESS

	<b>Address</b>	<b>Web</b>	<b>Hours</b>	<b>Google Rating</b>
<b>Anytime Fitness</b>	3200 Penn Terrace Suite 117	anytimefitness.com	24 hrs	4.7/5
<b>Anytime Fitness</b>	2101 Corona Rd. Suite 103	anytimefitness.com	24 hrs	4.1/5



<b>Wilson's Fitness Center</b>	2601 Rangeline	wilsonsfitness.com	4am – 11pm	4.6/5
<b>Wilson's Fitness Center</b>	2902 Forum Blvd.	wilsonsfitness.com	5am – 10pm	4.3/5
<b>Gold's Gym</b>	2101 W Broadway	goldsgym.com	5am – 11pm	4.2/5
<b>Activity and Recreation Center</b>	1701 W Ash St.	como.gov/ParksandRec/ARC/	5:30am – 9:30pm	4.3/5
<b>Body Refinery Gym</b>	3400 W Broadway Business Park Ct #110	bodyrefinerygym.com/	24 hrs	4.9/5
<b>9Round</b>	901 E Nifong	9round.com/fitness	5am – 1pm 3pm – 8pm	4.6/5
<b>Jazzercise</b>	120 E Nifong Blvd #C	jazzercise.com	5:30am – 9pm	4.8/5
<b>Yoga Sol</b>	210B St James Ct	yogasol.org	7am – 9pm	4.8/5
<b>alleyCat Yoga</b>	17 N 4 <sup>th</sup> St	alleycatyoga.com	9am – 8pm	
<b>Sumits Hot Yoga Columbia</b>	505 E Nifong Blvd #103	sumitsyogacolumbia.com	8am – 9pm	4.7/5
<b>All Group Fitness</b>	3410 W Broadway Business Park Ct #107	allgroupfitness.com		4.8/5
<b>PRO Fitness</b>	3210 Vandiver Dr.	profitnesscolumbia.com	5am – 10pm	3.2/5
<b>CrossFit COMO</b>	3605 S Providence Rd #1	crossfitcomo.com	5am – 9pm	5/5
<b>CrossFit Fringe</b>	901 Old 63 N	crossfitfringe.com	6am – 9pm	5/5
<b>Open Studio Pilates</b>	300 St James St Ste 102	openstudiopilates.com		5/5
<b>Lynn Milyo Pilates</b>	4601 Winterbrook Ct	lynnmilyopilates.com	5pm – 6pm	4.9/5

<b>Ultramax Sports</b>	700 E Broadway	ultramxsports.com	10am – 7pm	4.5/5
<b>Tryathletics</b>	1605 Chapel Hill Rd. #A	tryathletics.com	10am – 6pm	4.9/5
<b>Cyclextreme</b>	19 S 6 <sup>th</sup> St	cyclex.com	10am – 7pm	4.4/5
<b>Walts Bicycle &amp; Wilderness</b>	1217 Rogers St	waltsbikeshop.com	10am – 6pm	4.7/5

**NATURE TRAILS/PARKS**

	<b>Address</b>	<b>Web</b>	<b>Hours</b>	<b>Google Rating</b>
<b>Forum Nature Area</b>	2701 Forum Blvd.	como.gov	6am – 11pm	
<b>Grindstone Nature Area</b>	2011 Old 63 S	como.gov	6am – 11pm	4.3/5
<b>Bonnie View Nature Sanctuary</b>	3300 Rollins Rd	como.gov	6am – 11pm	4.6/5
<b>Columbia Audubon Nature Sanctuary</b>	3607 Bray Ave	como.gov	6am – 11pm	
<b>Garth Nature Area</b>	2799 N Garth Ave	como.gov	6am – 11pm	
<b>Capen Park</b>	1600 Capen Park	como.gov	6am – 11pm	4.5/5
<b>MKT Parkway</b>	M-K-T Nature/Fitness Trail (Columbia to McBaine)	como.gov	6am – 11pm	4.1/5
<b>Rock Bridge Memorial State Park</b>	5901 South Highway 163	como.gov	6am – 11pm	4.8/5

<b>Gans Creek Recreation Area</b>	3350 E Gans Rd	como.gov	6am – 11pm	
<b>Cosmo Park</b>	1615 Business Loop 70 W	como.gov	6am – 11pm	4.7/5
<b>Stephens Lake Park</b>	2001 E Broadway	como.gov	6am – 11pm	4.8/5
<b>Three Creeks Conservation Area</b>		como.gov	6am – 11pm	4.3/5
<b>Clyde Wilson Memorial Park</b>	601 Rockhill Rd	como.gov	6am – 11pm	
<b>3M Flat Branch-Hinkson Creek Wetlands</b>	M-K-T Nature/Fitness Trail (Columbia to McBaine)	como.gov	6am – 11pm	
<b>Flat Branch Park</b>		como.gov	6am – 11pm	4/5
<b>Bear Creek Park</b>	1402 Elleta Blvd	como.gov	6am – 11pm	
<b>Finger Lakes State Park</b>	1505 E Peabody Rd	como.gov	6am – 11pm	

## MEDITATION

	<b>Address</b>	<b>Web</b>
<b>Show Me Dharma</b>	1600 W Broadway	showmedharma.org
<b>Silent Mind – Open Heart</b>		silentmindopenheart.org
<b>Missouri Zen Center</b>	220 Spring Ave	missourizencenter.org
<b>Transcendental Meditation – Mid-Missouri</b>		tm.org/transcendental-meditation-mid-missouri