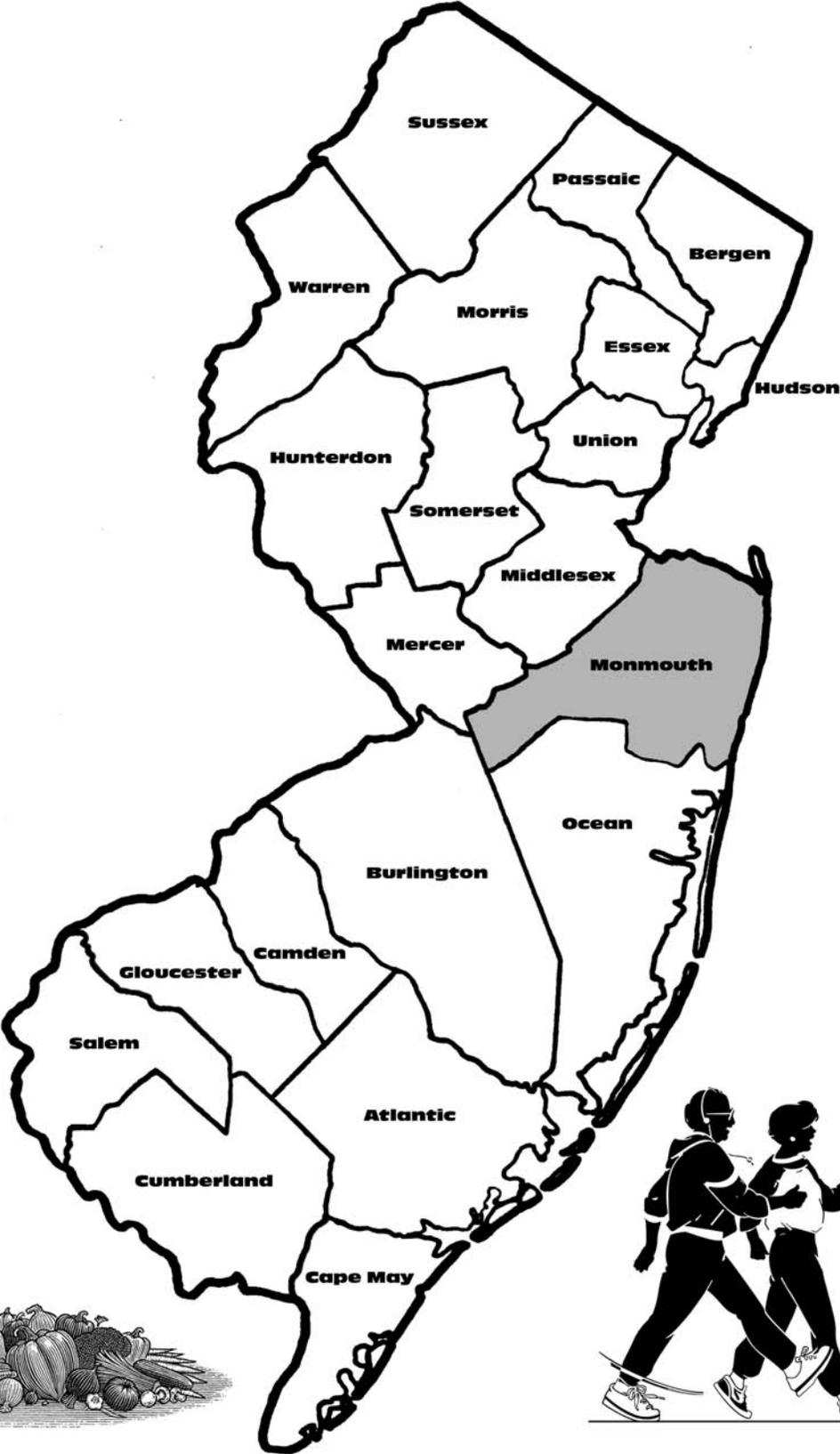


# Monmouth County





# MONMOUTH COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Bayshore Fitness and Wellness Centers</b>
<b>Agency/Institution:</b>	<b>Bayshore Community Health Services, Inc.</b>
<b>Address:</b>	<b>727 N. Beers Street, Holmdel, NJ 07733</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-739-5904</b>
<b>Website:</b>	<b>www.bchs.com</b>
<b>Services:</b>	     
<b>Population served:</b>	<b>All ages</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>

<b>Program Name:</b>	<b>Nutrition and Cooking Demonstrations</b>
<b>Agency/Institution:</b>	<b>The Wellness Community - The Diney Goldsmith Center</b>
<b>Address:</b>	<b>613 Hope Road, Eatontown, NJ 07724</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-578-9200</b>
<b>Website:</b>	<b>www.thewellnesscommunity.org/jerseyshore</b>
<b>Focus:</b>	<b>Teach and encourage healthier eating during and after cancer treatment</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>We serve both Monmouth and Ocean counties and we are conveniently located off the Parkway Exit 105 for Ocean County residents. Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# MONMOUTH COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Choosing a Healthy Life by Making Healthy Choices</b>
<b>Agency/Institution:</b>	<b>Pediatric Council on Research and Education</b>
<b>Address:</b>	<b>The Children's Hospital at Monmouth Medical Center, 300 Second Avenue, Long Branch, NJ 07740</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-923-7250</b>
<b>Website:</b>	<b>www.aapnj.org</b>
<b>Focus:</b>	<b>Teaching children and families to make healthier choices and thus lead a healthier life</b>
<b>Services:</b>	
<b>Population served:</b>	<b>Age 3-4 years enrolled in preschool in Long Branch, NJ</b>
<b>Funded by:</b>	<b>Robert Wood Johnson Foundation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Sessions to preschoolers and their families regarding making healthy choices Physician sessions with preschoolers and parents regarding obesity</b>

<b>Agency/Institution:</b>	<b>Monmouth County Park System</b>
<b>Address:</b>	<b>805 Newman Springs Road, Lincroft, NJ 07738</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-542-1642 ext. 23</b>
<b>Website:</b>	<b>www.monmouthcountyparks.com</b>
<b>Services:</b>	
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# MONMOUTH COUNTY Nutrition Programs

<b>Agency/Institution:</b>	<b>Bayshore Senior Center</b>
<b>Address:</b>	<b>100 Main Street, Keansburg, NJ 07734</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-495-2454</b>
<b>Focus:</b>	<b>To encourage seniors to stay well through healthy eating</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>State, federal, county</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# MONMOUTH COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Yoga, T'ai Chi, Qi Gong, Strength Training</b>
<b>Agency/Institution:</b>	<b>The Wellness Community - The Diney Goldsmith Center</b>
<b>Address:</b>	<b>613 Hope Road, Eatontown, NJ 07724</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-578-9200</b>
<b>Website:</b>	<b><a href="http://www.thewellnesscommunity.org/jerseyshore">www.thewellnesscommunity.org/jerseyshore</a></b>
<b>Focus:</b>	<b>To help people affected by cancer enhance their health and well-being</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>We serve both Monmouth and Ocean counties and we are conveniently located off the Parkway Exit 105 for Ocean County residents. Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>

<b>Agency/Institution:</b>	<b>YMCA of Western Monmouth County</b>
<b>Address:</b>	<b>470 E. Freehold Road, Freehold, NJ 07728</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-462-0464</b>
<b>Website:</b>	<b><a href="http://www.ymcanj.org">www.ymcanj.org</a></b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding, grants, state</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# MONMOUTH COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Choosing a Healthy Life by Making Healthy Choices</b>
<b>Agency/Institution:</b>	<b>Pediatric Council on Research and Education</b>
<b>Address:</b>	<b>The Children's Hospital at Monmouth Medical Center, 300 Second Avenue, Long Branch, NJ 07740</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-923-7250</b>
<b>Website:</b>	<b>www.aapnj.org</b>
<b>Focus:</b>	<b>Help children and families make better choices and thus have a healthier lifestyle</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Age 3-4 year old children attending pre-school in Long Branch, NJ</b>
<b>Funded by:</b>	<b>Robert Wood Johnson Foundation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>Bayshore Fitness &amp; Wellness Centers</b>
<b>Agency/Institution:</b>	<b>Bayshore Community Health Services, Inc.</b>
<b>Address:</b>	<b>727 N. Beers Street, Holmdel, NJ 07733</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-739-5904</b>
<b>Website:</b>	<b>www.bchs.com</b>
<b>Focus:</b>	<b>Improve strength, flexibility, health and well-being.</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# MONMOUTH COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Balloon Exercise</b>
<b>Agency/Institution:</b>	<b>Bayshore Senior Center</b>
<b>Address:</b>	<b>100 Main Street, Keansburg, NJ 07734</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-495-2454</b>
<b>Focus:</b>	<b>To keep seniors up and moving and to show them how much better they feel when they move or laugh</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>Senior Fitness, Senior Walking, Family Walking, Aerobics, Pilates, Yoga, Children's Intro to Sports</b>
<b>Agency/Institution:</b>	<b>Department of Human Services-Township of Ocean</b>
<b>Address:</b>	<b>P.O. Box 910, 601 Deal Road, Oakhurst, NJ 07755</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>731-531-2600</b>
<b>Website:</b>	<b>www.oceanhsd.org</b>
<b>Focus:</b>	<b>Promote an active lifestyle, improve fitness levels, and alleviate stress</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# MONMOUTH COUNTY Physical Activity Programs

<b>Agency/Institution:</b>	<b>Monmouth County Park System</b>
<b>Address:</b>	<b>805 Newman Springs Road, Lincroft, NJ 07738</b>
<b>County:</b>	<b>Monmouth</b>
<b>Phone:</b>	<b>732-542-1642 ext. 23</b>
<b>Website:</b>	<b>www.monmouthcountyparks.com</b>
<b>Focus:</b>	<b>Promote a healthy and active lifestyle and help people carry on the lifestyle outside of our structured programming</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

