Healthy Living Resource Guide

A guide to physical activity, recreation, nutrition and weight management resources for children, teens and families in San Joaquin County.
Physical Activity & Recreation
YMCA of San Joaquin County
(209) 472-9622
www.ymcasjc.org

Cub Scouts & Boy Scouts
(209) 545-6320
beascout.scouting.org
Boys, ages 7-10 and 11-17.

Girl Scouts
(209) 473-5914 or
(209) 473-5913
www.girlscoutshcc.org
Girls, ages 5-17.

Venture Crew
(209) 545-6320
www.scouting.org
Ages 14-20.

4-H Clubs
(209) 953-6106
www.ucanr.org/sites/SJC_4H
Ages 5-19.

Delta Sierra Group
(916) 557-1100, ext. 119
www.motherlode.sierraclub.org
Teens and families.

Mobile Farmers Markets
(209) 464-7369
Pantry Hours: Mon-Fri 9am-12pm
www.stocktonfoodbank.org/
OurPrograms/Mobile Farmers Market.aspx

San Joaquin County Public Health Services

Nutrition Classes & Counseling
Nutrition, Family, & Consumer Sciences
Anna Martin
(209) 953-6121
www.ucanr.org/sites/nutrition
Youth, adults and families.

Breastfeeding Coalition of San Joaquin County
Mary Woelfel
(209) 468-3267
www.breastfeedSJC.org
Pregnant and nursing women.

Overeaters Anonymous
Valley Sierra Intergroup
(209) 533-4780
www.valleyhow.org
Sacramento Valley Intergroup
(916) 786-0330
www.sacvalleyoa.org
Youth, adults and families.

Food Addicts in Recovery
Anonymous
(800) 600-6028
www.foodaddicts.org
Youth, adults and families.

Eating Disorders Awareness
(209) 432-3889
www.kristenwattfoundation.org

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OurPrograms/Mobile Farmers Market.aspx

San Joaquin County Public Health Services

Physical Activity & Recreation
Parks & Recreation Department
(209) 831-6202
www.ci.tracy.ca.us
Boys & Girls Club of Tracy
(209) 832-2582
www.bgctracy.org
Ages 6-18.

Women, Infants & Children Nutrition Program
WIC-CMC (209) 229-7800
WIC-PHS (209) 831-5930
Low-income pregnant and nursing mothers and children up to age 5.

San Joaquin County Public Health Services

Healthy Information Library
Sutter Tracy Community Hospital—Healthy Connections
(209) 229-4922
35 East 10th Street, Suite 8
www.suttertracy.org/health
All ages.

Health Education & Nutritional Counseling
Community Medical Centers
Tracy Family Practice
(209) 820-1500
Open to CMC patients only.
All ages.

Women, Infants & Children Nutrition Program
WIC-CMC (209) 229-7800
WIC-PHS (209) 831-5930
Low-income pregnant and nursing mothers and children up to age 5.

Tracy Certified Farmers Markets
(209) 405-2074 or (209) 263-2636
www.sjcfarmersmarket.com

San Joaquin County Public Health Services

Eating Disorders Awareness
(209) 432-3889
www.kristenwattfoundation.org

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OurPrograms/Mobile Farmers Market.aspx

San Joaquin County Public Health Services
**Physical Activity & Recreation**

**Manteca Parks & Recreation Department**
(209) 456-8600
www.ci.manteca.ca.us/parks

**Lathrop Parks & Recreation Department**
(209) 941-7370
www.ci.lathrop.ca.us/prd

**Ripon Parks & Recreation Department**
(209) 599-2108
http://www.cityofripon.org

**Escalon Parks & Recreation Department**
(209) 691-7372
www.cityofescalon.org

**Give Every Child a Chance**
After School Advantage Program
(209) 825-7003
http://www.gecac.net/asap.html
1st-6th graders.

**Boys & Girls Club of Manteca & Lathrop**
Jeanie Miller, Executive Director
(209) 239-5531
www.bgmanteca.org
Ages 6-18.

**Nutrition Classes & Counseling**

**Women, Infants & Children Nutrition Program**
WIC-PHS (209) 823-7104
Low-income pregnant and nursing mothers and children up to age 5.

**Health Education & Nutritional Counseling**
Community Medical Centers
(209) 624-5800
Open to CMC patients only. All ages.

**Lodi Unified School District Bridge After School Programs**
Manager: Jose Maciel
jmaciel@lodiusd.net
Lodi: Jessica Holladay
jholladay@lodiusd.net
Stockton: Michaiah Stricklen
mstricklen@lodiusd.net
www.lodiusd.net/bridge
K-8th graders.

**New Hope After School Program**
(209) 794-2376
1st-8th graders.

**Lodi Certified Farmers Markets**
(209) 367-7840
Thursdays 5pm-8:30pm
May 19th-September 1st, 2016
www.lodichamber.com/events/farmers-market
All ages
Physical Activity & Recreation
Parks & Recreation Department
(209) 937-8206
www.stocktongov.com

Teen IMPACT Center
Family Resource & Referral Center
www.frrcsj.org/common/teencenter.htm
High school students only.

Tai Chi, Qi-Gong, Liu Tong, Breathing and Yoga
Pacific Complementary Medicine Center
(209) 464-4800
www.wuway.com
Ages 14 and up.

Sundance Running Club
Mary Hyatt, President
(209) 474-0159
www.sundancerunners.webs.com
All ages.

Lord’s Gym
Joey Steelman
(209) 478-5496
www.lordsgymstockton.org
Youth: 13-17
Adult: 18+

Stockton Bicycle Club
Rich Freggiaro, Vice President
brumbyroad@peoplepc.com
www.stocktonbikeclub.org
Ages 12 and up.

Stockton Youth Soccer Association
(209) 472-9166
www.stocktonyouthsoccer.org
Ages 3-18.

Tiger Aquatics
(209) 553-0202
www.tigeraquatics.com
Ages 6-21.

Step-Up
Stockton Unified School District
After School Program
Janet Yarbrough, Administrator
(209) 933-7130, ext. 2618
K-8th graders.

Stockton Kid’s Club
(209) 466-1264
www.stocktonkids.org
Ages 5-13.

San Joaquin County Public Health Services
www.sjcphs.org

Nutrition Classes & Counseling
Women, Infants & Children Nutrition Program
WIC-CMC (209) 870-5000
WIC-DHC (209) 444-8600
WIC-PHS (209) 468-3280
Low-income pregnant and nursing mothers and children up to age 5.

Healthy Eating, Active Living for Teens and Families
Kaiser Permanente
(209) 476-3299
Open to the Community.

Health Education & Nutritional Counseling
Community Medical Centers
Channel Medical Center
(209) 944-4700
Hammer Lane Clinic
(209) 751-5200
King Family Center
(209) 933-7232
Mariposa Clinic
(209) 751-1900
Waterloo Clinic
(209) 940-5600
Open to CMC patients only.
All ages.

Stockton Certified Farmers Markets
(209) 405-2074 or (209) 263-2636
www.sjcfarmersmarket.com