



San Joaquin County
Pediatric Referral Resources to Prevent and Treat Child/Adolescent Overweight
 Child Health and Disability Prevention (CHDP) Program

| Medical | Nutrition | Phys Act | Behavior | Program / Contact | Age / Referral Criteria | Description | Language | Cost | Funded by |
|---------|-----------|----------|----------|---|---|--|----------|--|--|
| X | X | | X | Pediatric Endocrinology, UC Davis Medical Clinic, Sacramento Call 800-2-UCDAVIS | Children and Teens w/referral from primary care physician | Expert pediatric endocrinologists and nutritionists provide comprehensive assessment and treatment of childhood obesity and its co-morbidities. Clinic is held once a month. There is a 3-6 month waiting period. With proper referral, most public and private insurance plans cover all but the co-pay fees for this expensive clinical program. NOTE: Fit-Kid Weight Management and Fit-Teen Weight Management clinics are no longer in operation at the UC-Davis Medical Center. | English | \$1,000 per clinic plus labs; most ins. covers all but co-pays | Patient insurance; grants to UC-Davis Medical Center |
| X | X | | X | Pediatric Endocrinology, Oakland Children's Hospital Call 510-428-3654 | Children and Teens w/referral from primary care physician | Oakland Children's Hospital has an Endocrine Clinic and three pediatric endocrinologists: Tariq Ahmad, M.D., Soffia G. Jonsdottir, M.D., and Jennifer A. Olson, M.D. Call new patient coordinator at 510-428-3654, and/or Centralized scheduling at 510-428-3209. http://www.childrenshospitaloakland.org/PhysiciansSearch/searchMain.aspx | English | Most insurance covers all but co-pays and some labs | Patient insurance and/or self pay |
| X | X | X | X | Healthy Hearts & Wellness, Oakland Children's Hospital Call 510-428-3380 | Children and their Families With Endocrine & Cardio Comorbidities | Family-based pediatric weight management and lifestyle change program for children with endocrine and/or cardio co-morbidities and their families www.pediheartcho.org | English | Most insurance covers all but co-payments and some labs | Patient insurance and/or self pay |

Compiled by: The CHDP Program, Children's Medical Services, San Joaquin County Public Health Services.

Date last updated: **APRIL 12, 2011.**

Send updates and corrections to: CHDP Program Fax 468--2072 or P.O. Box 2009, Stockton, CA 95201.

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| | X | X | X | BodyWorks™ Call 468-8918 | Parents, family caregivers and their 9-13 year old children | <p>Family-focused empowerment course for learning and practicing lifelong health behaviors. Weekly sessions over 10 weeks in which families learn to adopt new practices in selecting and cooking healthy foods, and in dining and exercising together as a family. Parents and caregivers attend the first six classes alone; children join in for the last four classes. The emphasis is on healthy living, building strong bodies and family bonds. Fitness and weight loss are positive consequences.</p> <p>Courses have been given in Spanish at the King Complex and Pittman School in Stockton, and in English at the After School Program Parents Group of Cleveland Elementary in Stockton. Certified trainers and facilitators.</p> | English or Spanish | No Cost | U.S. Health & Human Services, Office of Women's Health |
| X | | | | Teen Wellness & Pediatric, Adolescent & Adult Medicine | Patients of Community Medical Centers, Inc. | <p>LODI: Lawrence Family Center 721 Calaveras Street, Lodi 331-8019</p> <p>Woodbridge Medical Group 2401 W. Turner Road, Suite 450 370-1700</p> <p>MANTECA: Community Medical Center 100 Cottage Avenue, Suite 103 Manteca, CA 95336 624-5800</p> <p>STOCKTON: Channel Medical Center 701 E. Channel Street 944-4700</p> <p>Hammer Lane Clinic 1721 E. Hammer Lane, Suite A 751-5200</p> | Spanish & English | | Community Medical Centers, Inc. |

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| | | | | | | <p>King Family Center 2640 E. Lafayette Street 933-7232</p> <p>Mariposa Clinic 2003 E. Mariposa Road 751-1900</p> <p>TRACY Tracy Family Practice 730 N. Central, Tracy 820-1500</p> | | | |
| | X | X | X | Chronic Disease Prevention and Lifestyle Change Education Call Ruby at 373-2819 | Open to CMC Patients & Community Groups | Established groups may schedule a single or series of sessions with the Health Education Dept. of Community Medical Centers (CMC). Topics may include Nutrition, Fitness, Exercise, Behavior Change, Wellness, Chronic Disease Prevention, Obesity Prevention, or Diabetes Prevention. Individual sessions are available to CMC patients. | Spanish & English | No Cost | Community Medical Centers, Inc. and their various funders |
| X | X | | X | Weight Management Sutter Tracy Community Hospital Register at 521-6097 Ext. 6523 www.suttergould.org/learning | Teens Adults Seniors | <p>Lose weight and gain health. Learn the basics of behavior change to improve your eating and exercise habits to achieve better health. Bring your favorite recipes. Instructors will readjust and revitalize them for better health and weight loss.</p> <p>Instructors: Niki Jalisi, MD and Astrin Damayanti, MS, RD, of Sutter Gould Medical Foundation</p> <p>Next series of four session meets April 15, May 20, June 17 and July 15, 2010, in the West Community Room at Sutter Tracy Community Hospital, Tracy Blvd., Tracy. Open to the public.</p> | English | No Cost | Sutter Gould Medical Foundation Community Health Education Program |

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| X | X | X | X | Weight Loss Clinic | Physician referral and lab test results for Adults | Weight loss education, counseling and support with physician supervised medications for weight loss and vitamin B-12 injections. Not for all patients. Lathrop Urgent Care Clinic, 15810 S. Harlan Road, Suite A, Lathrop. Call 983-9000 for more information. | English Spanish | MediCal private insurance Rates \$85 initial visit; \$20 followup visits | Self supporting |
| | X | X | X | Healthy Eating, Active Living for Kids and Families K-P Manteca 824-5070 K-P Modesto 735-6060 K-P Stockton 476-3299 K-P Tracy 839-6130 | Parents and children together | Healthy eating and exercise habits begin with the family. This class will help you and your school-age children develop a healthy lifestyle together. In this overview, we cover basic nutrition and strategies on how to increase energy and fitness with activities the whole family can enjoy. Parents need to attend with their child and will learn how to be healthy role models. <i>Open to the community. Available in Spanish.</i> One session. Call for dates and times. | English or Spanish | No Cost | Kaiser Permanente |

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| | X | X | X | Healthy Eating, Active Living for Teens and Families K-P Manteca 824-5070 K-P Modesto 735-6060 K-P Stockton 476-3299 K-P Tracy 839-6130 | Parents and teens together | <p>Teens can learn to eat well, feel good, and be fit. In this overview class for 12- to 17-year olds, we'll emphasize positive body image, good nutrition, and regular physical activity as part of a healthy lifestyle.</p> <p>Parents are encouraged to attend.</p> <p><i>Open to the community. Available in Spanish.</i></p> <p>One session. Call for dates and time</p> | English or Spanish | No Cost | Kaiser Permanente |
| | X | X | X | Managing Your Weight K-P Manteca 824-5070 K-P Modesto 735-6060 K-P Stockton 476-3299 K-P Tracy 839-6130 | Adults Only | <p>Successful weight loss requires more than just cutting calories. Attend this single-session class to learn practical ideals and tools for making healthy lifestyle choices that can help you loose weight and keep it off. This class will also review all weight management programs available through Kaiser Permanente.</p> <p><i>Open to adult Kaiser Permanente members only.</i></p> <p>One session. Call for dates and time.</p> | English | No Cost | Kaiser Permanente |

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| | X | X | X | Pathway to Stress Reduction K-P Modesto 735-6060 K-P Stockton 476-3299 | Adults Only | <p>Are you feeling overwhelmed? Does your stomach cramp when you get nervous? Do you get headaches? Is stress keeping you up at night? If so, come to this class to learn how your thoughts and emotions can affect your physical well-being. We'll help you identify your sources of stress and discuss how your mental state is affecting your body. You'll learn a simple technique to help you relax. This class also provides an overview of available mind-body classes so you can choose the one(s) best suited for you.</p> <p><i>Open to adult Kaiser Permanente members only.</i></p> <p>One session. Call for dates and time.</p> | English | No Cost | Kaiser Permanente |
| X | X | | X | Pediatric Nutrition Counseling | Sutter-Gould patients and families countywide | Licensed RD with Sutter-Gould Health Foundation visits all S-G sites in Lodi, Stockton, Tracy, and Modesto several times a month. Exclusively for Sutter-Gould patients. | English | Co-pay | Sutter-Gould Health Foundation |
| | X | | X | Pediatric Nutrition Counseling and Education with Grace Shih, RD, MS www.gracenutrition.org | Individual and/or family counseling. Self referral and physician referral | Specialist in pediatric nutrition and eating disorders. Counseling and education to parents, children and families. In-service training to pediatricians. Group presentations to professionals and the public. Practice split between Tracy and San Jose. Typical arrangement for individual and family counseling is an initial one hour assessment followed by 1-3 half-hour sessions. Family participation encouraged. Call 408-421-8797 or visit www.gracenutrition.org | English | \$80-\$90 initial \$45-\$50 regular | Private health insurance or self-pay by health consumers |

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| | X | | X | Cardio Improvement Cooking Class Elota Nicholson lodio@softcom.net | Adults Young to Old | Very popular cooking class for optimal wellness and cardio improvement. Sign up now for this 5 week cooking class which includes monthly follow-up for a year. Space is limited. Classes begin in early January 2010 . Medical and self referrals accepted. | English | \$250 | English Oaks Seventh Day Adventist Church |
| X | X | | X | NUTRITION STUDIO & DIABETES CARE CENTER Call 209-832-3432 Fax 209-839-6742 www.nutritionstudio.net | Children Adolescents Teens Adults Families | <p>The Nutrition Studio & Diabetes Care Center specializes in weight loss and diabetes self-management training. It is the only ADA nationally recognized Diabetes Education Programs in San Joaquin County. The center also assists with cases of failure-to-thrive and eating disorders, although it does not specialize in these fields.</p> <p>Pamela Warmerdam, MS, RD, CDE, CPT. Pam was certified by the USSF Shapedown Program, a family approach to assisting kids and teens with weight loss.</p> <p>Diana Hollingshead-Parker, RN, CPT.</p> <p>Siri Pulliam, MPH, RD.</p> <p>NOTE: Managed Care MediCal children with the Health Plan of San Joaquin (HPSJ) may attend up to six sessions with their physicians medical referral. Transportation and an interpreter are provided with advance notification to the HPSJ.</p> <p>Diabetes Classes & Support Groups at 35 E. 10th Street, Tracy are FREE OF CHARGE 2nd Tuesday of the month at 9:30 a.m. 2nd Wednesday of the month at Noon (lunch included) 3rd Thursday of the month at 6:30 p.m.</p> | English Limited Spanish, but HPSJ provides interpreters for members aged 0-19 with medical referrals | 6 visits covered by HPSJ at no charge. \$75 initial, \$40 follow-up visits for self pay patients. Co-pays for private insurance Some youth scholarships | Health Plan of San Joaquin Managed-care MediCal Private insurance plans Sutter Tracy Community Hospital Foundation (scholarships) |

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| | | | X | Overeaters Anonymous | Overeaters | Behavioral change support group for those who eat for reasons other than hunger (e.g. emotional eaters). Meetings are held weekly or more often at locations in Stockton, Modesto, Columbia and Sonora. Call 550-4201 for time and place of meetings in your area. | English | Optional donation | Self supporting |
| | | | X | Food Addicts in Recovery Anonymous | Food addicts | Behavioral change support group for those addicted to food for reasons other than hunger. Meetings are held weekly or more often at locations in Tracy, Brentwood, Modesto, Turlock, and Los Banos. Call 800-600-6028 for time and place of meetings in your area. | English | Optional donation | Self supporting |
| | | | X | Eating Disorders Education Call 462-3889 www.kwattfoundation@aol.com | Youth, Young Adults, Parents self-referral | The Kristen Watt Foundation is a private, non-profit organization that supports individuals and families involved in the prevention and treatment of eating disorders, and provides community awareness and education services. The office is located at 7746 Lorraine Avenue, Suite 208, Stockton, CA 95210. www.kwattfoundation@aol.com Stephanie Watt, President, may be reached at 209-462-3889 or steffi1955@sbcglobal.net . A new website is under construction and will be www.kristenwattfoundation.org | English | No Cost. Contributions welcome. | Kristen Watt Foundation of Stockton |

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| | | | X | Parenting Children 6-12 Years of Age K-P Stockton 476-2015 K-P Tracy 839-6230 | Parents with Kaiser Permanente membership | You can create a better relationship with your child. In this seven-session course, we discuss the dynamics of the parent/child relationship, including behaviors, challenges, and solutions that put parents in charge. <i>Open to Kaiser Permanente members only.</i> Seven sessions. Call for dates and time. Class is on-going in Tracy. | English | Co-pay | Kaiser Permanente |
| | | | X | Parent Project K-P Stockton 476-2015 | Parents | Do you feel like your teenager is out of control? Is your child involved with the wrong crowd, running away, refusing to go to school, defiant at home, or acting out? This intensive 10-week program is designed by community members, parents, and law enforcement to help parents just like you regain control of their households. <i>Open to the community.</i> Ten sessions. Call for dates and times. | English | TBD | Kaiser Permanente |
| | X | | | FRENCH CAMP Mobile Farmers Market | Low income families | French Camp Head Start | | | |

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| | X | | | ESCALON Mobile Farmers Market 464-7369 Pat Brown or Federico Navarro | Low income families | CARE in Escalon: 1531 2 nd Street, Escalon, 2 nd Tuesday after 1 st Monday each month, 8:00-9:00 a.m. Phone 838-3831 SUCCESSFUL START 21051 E. Hwy 120, Escalon, 95320, 2 nd Tuesday each month, 9:30-10:30 a.m. Phone 838-6779 Fresh, local produce distributed monthly to low income families. Periodic cooking demonstrations with free samples and recipe cards distributed. | English Spanish | No Cost | Emergency Food Bank of Greater Stockton and grants from Kaiser Permanente Health Plan |
| | X | | | MODESTO Certified Farmers Market | Everyone | Fresh, local, organic and non-organic produce markets between May and November. Every Thursday and Saturday, 8 a.m. to 1 p.m. at 16 th and I Streets in downtown Modesto. | English Spanish Hmong | Market prices | Self supporting |
| | X | | | LINDEN Mobile Farmers Market 887-3362 | Low-income families | Linden United Methodist Church , 19147 E. Highway 26, Linden. Second Tuesday of each month, 11 a.m. to 12 Noon. Fresh, local produce distributed to low-income families. Periodic cooking demonstrations, samples and recipe cards. | English Spanish | No Cost | Emergency Food Bank of Greater Stockton and grants from Kaiser Permanente Health Plan |

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| | X | | | LODI & THORNTON Mobile Farmers Markets Call 464-7369 or the number listed for each site if you have questions. | Low-income Families | Beckham School , 2001 Scarborough Drive, Lodi, 3 rd Thursday each month, 8:45-9:45 a.m. (331-7410) Community Partnership for Families , 631 E. Oak. 3 rd Monday each month, 10:30-11:30 a.m. (339-1189) Delta Health Care WIC , 318 S. Crescent, Lodi, 3 rd Wednesday each month, 9-10 a.m. (370-6850) Heritage Elementary School , 509 E. Eden Street, Lodi 3 rd Tuesday of month, 8-9 a.m. (331-7334) Joe Serna School , 19 S. Central Street, Lodi, 1 st Tuesday each month, 9:30-10:00 am, CLOSED June/July Lawrence School , 721 Calaveras Street, Lodi, 95240. 3 rd Tuesday each month, 9:30-10:30 a.m. CLOSED June/July Lodi Community Center , 415 S. Sacramento Street. 1 st Tuesday of month 10:30-11:30 a.m. (331-7516) Loel Center and Gardens , 105 South Washington Street. 2 nd Wednesday each month, 12-1 p.m. (369-1591) Thornton Community Center , 26675 N. Sacramento Blvd. Thornton, 3 rd Thursday every month 12-1 p.m. (794-2144) | English Spanish | No Cost | Emergency Food Bank of Greater Stockton and grants from Kaiser Permanente Health Plan |
| | X | | | NOTE about the Mobile Farmers Markets | Countywide | The Mobile Farmers Market (MFM) is one of ten projects of the Emergency Food Bank of Stockton and San Joaquin Co. It has grown from 8 to over 65 sites throughout the county in just five years (2005-2010), thanks to donations of produce from local farmers and funds from the community. MFM demonstrates healthy methods of cooking nutritious produce in high need neighborhoods, offers samples, recipes, and large bags of produce to needy families. MFM is a Nutrition Education, Cooking Class, and Food Distribution all rolled into one. (continued below) | | | |

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| | | | | | | <p>Contributions to MFM and the Pennies for Produce programs are always welcome. Please contact Federico Navarro at fnavarro@stocktonfoodbank.org Cash contributions of \$25 provide 250 pounds of donated produce, almost 200 meals, to hungry citizens in SJC. A \$1,000 contribution provides food for 10,000 pounds of food or enough meals for a family of four for one year.</p> <p>The need is great as 41% of SJC residents suffer hunger and/or food insecurity. 41% = 246,000 men, women and children in SJC.</p> <p>If you cannot contribute funds or produce, you can volunteer your time or become involved in the Hunger Task Force. If interested, please call co-facilitator Tim Viall at 209-464-7369 or email Tim at tviall@stocktonfoodbank.org</p> | | | |
| | X | | | LODI Certified Farmers Market | Everyone | <p>Thursdays, 5 – 9 p.m. beginning June. School Street between Oak and Locust (near the U.S. Post Office) in Lodi. Fresh, local produce, flowers and prepared foods every Thursday evening between June and October. Call 209-369-8052 for details.</p> | English Spanish Hmong | Market prices | Downtown Lodi Business Partnership |

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| | X | | | MANTECA & LATHROP Mobile Farmers Markets 464-7369 Pat Brown or Federico Navarro | Low-income families | Fresh, local produce distributed to low-income families at three sites: Head Start – Lathrop , 1199 Thomsen Road, Lathrop, 1 st Monday each month, 11:30 a.m. – 12:30 p.m. Phone: 858-0243 Head Start – Manteca , 115 E. Walnut, Manteca, 1 st Wednesday each month, 8:30-9:30 a.m. Phone: 239-6676 Lathrop Senior Center , 15557 Fifth Street, Lathrop, 4 th Tuesday each month, 9-10 a.m. Phone 941-7380 Manteca Senior Center , 295 Cherry Lane, Manteca, 1 st Wednesday, 10-11 a.m. Phone: 825-2301 Our Lady of Guadalupe , 16200 Cambridge St., Lathrop, 4 th Wed. ach month, 10:30-11:30 a.m. Phone: 688-9262. | English Spanish | No Cost | Emergency Food Bank of Greater Stockton & grants from Kaiser Permanente Health Plan |
| | X | | | MANTECA Certified Farmers Market | Everyone | Tuesdays 4:30 – 7:30 p.m. beginning in June. Library Park at 320 W. Center Street, Manteca. Fresh, local organic and non-organic produce between June and November. For details, call 209-823-7229. | English Spanish Hmong | Market prices | Self supporting |
| | X | | | MODESTO Kaiser Permanente Farmers Market | Everyone | Thursdays 8:00 AM – 1:00 PM March through October and November through February, weather permitting. Farmers market is located at the South Entrance patio area near the fountains at the K-P building. Accepts EBT, debit, charge, and cash. | English Spanish | Market prices | Self supporting |

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|---------|-----------|----------|----------|---|-------------------------|---|----------|---------|---|
| | | | | RIPON Mobile Farmers Market | Low income families | Ripon Senior Center | | | |
| | X | | | STOCKTON Mobile Farmers Markets NOTE: next four pages. Questions? Phone 464-7369 | Low-income families | <p>Fresh, local produce distributed to low-income families on a weekly basis at 30 sites throughout the county. 17 sites in Stockton. Free cooking demonstrations, samples and recipe cards at most sites:</p> <p>Adams Elementary School, 6402 Inglewood Avenue. 4th Monday each month 9-10 a.m. Phone: 933-7155 ext. 4003</p> <p>Arnold Rue Community Center, 5758 Lorraine Avenue. 3rd Thursday each month 9:30-10:30 a.m. (937-7350)</p> <p>Boggs Tract Center, 533 S. Los Angeles Street, 25203, 4th Thursday each month, 9-10 a.m. (468-3978)</p> <p>Casa Manana, 3700 N. Sutter Street, 95204, 2nd Friday each month, 10-11 a.m. (466-4046)</p> <p>Clairmont School, 8282 LeMans Avenue, 95210, 4th Thursday each month, 9-10 a.m. (953-8268)</p> <p>Cleveland Elementary School, 20 E. Fulton Street, 2nd Wednesday each month 9-10 a.m. (933-7165)</p> <p>Community Partnership for Families, Diamond Cove II, 5506 Tam O'Shanter Drive, 1st Thursday each month 11-12.</p> <p>Community Partnership for Families, Kentfield Community Center, 4704 Kentfield Road, Stockton 95207 2nd Wednesday each month 10-11 a.m. (444-4120 or 4125)</p> <p>CUFF Family Resource Center, 2044 Fair Street, 3rd Thursday each month, 11-12 Noon. (444-5555)</p> <p>Delta Health Care WIC at Sierra Vista Center, 1602 E. 11th Street, 3rd Wednesday each month, 9-10 a.m.</p> <p>Delta Health Care WIC at Precissi 4662 Precissi Lane,</p> | | No Cost | Emergency Food Bank of Greater Stockton & grants from Kaiser Permanente Health Plan |

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San Joaquin County

Pediatric Referral Resources to Prevent and Treat Child/Adolescent Overweight

Child Health and Disability Prevention (CHDP) Program

| Medical | Nutrition | Phys Act | Behavior | Program / Contact | Age / Referral Criteria | Description | Language | Cost | Funded by |
|---------|-----------|----------|----------|-------------------|-------------------------|---|----------|------|-----------|
| | | | | | | <p>Suite 100, 4th Wednesday each month, 9-10 a.m. Diamond Cove -- See Community Partnership above. Franco Senior Center, 144 Mun Kwok Lane. 2nd Thursday each month, 10-11 a.m. (466-4697)</p> <p>Fremont Street Head Start Garden Acres Community Center, 607 Bird Avenue. 4th Friday each month, 8-9 a.m. (468-3984) Head Start – Fremont Street, 2295 E. Fremont. 1st Friday each month 11:30 am-12:30 p.m. CLOSED June/July. Head Start at St. Gertrude’s Church, 1663 E. Main St., 3rd Wednesday each month, 11:30 a.m. – 12:30 p.m. Jene Wah, Inc. 238 East Church Street, 1st Monday each month, 10-11 a.m. (463-7654) Holy Cross Catholic Church, 18633 E. Front Street. 2nd Tuesday each month 11 a.m. to Noon. (887-3341) King Elementary School 2640 E. Lafayette Street, 3rd Wednesday each month, 9:30-10:30 a.m. (933-7230) Lao Khmu, 1044 N. El Dorado Street 1st Thursday each month, 10-11 a.m. (463-3410) Madison School, 2939 Mission Road, Stockton 1st Friday each month, 9:30-10:30 a.m. McKinley School, 30 w. 9th Street, 95206 1st Friday each month, 9-10 a.m. (933-7245) Montezuma School, 2843 Farmington Road, 1st Wednesday each month, 9-10 a.m. (933-7255) Northeast Center, 2885 E. Harding Way, 95202 4th Friday each month, 10-11 a.m. (468-3918) Oak Park Senior Center, 703 E. Fulton, Stockton 3rd Friday each month, 10-11 a.m. (937-7749) Parklane School, 8405 Tam O’Shanter Drive. 2nd Monday each month, 10-11 a.m. (953-8410)</p> | | | |

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|---------|-----------|----------|----------|---|--|--|--------------------|---------|---|
| | | | | | | <p>Pittman School, 701, E. Park, 95202 4th Wednesday each month, 10:15-11:15 a.m. (933-7496)</p> <p>Plymouth Place, 1320 Monroe, (466-3115) 2nd Monday each month, 10:30-11:30 a.m.</p> <p>Spanos Elementary School, 536 S. California Street. 2nd Friday each month, 8-9 a.m. (933-7335)</p> <p>St. Georges Church, 120 W. 5th Street, 95203 2nd Tuesday each month, 9-10 a.m. (463-3413)</p> <p>Stribley Community Center, 1760 E. Sonora Street. 4th Friday each month 9-10 a.m. (937-7351)</p> <p>Taft School, 419 Downing Avenue, (933-7285) 2nd Friday each month, 9:30-10:30 a.m.</p> <p>Taylor Family Center, 1101 Lever Blvd., (933-7290) 2nd Thursday each month, 10:30-11:30 a.m.</p> <p>Tyler School & Community Center, 3830 Webster Ave. (933-7295) 3rd Friday each month 9:15-10:15 a.m.</p> <p>Wellness Center, 1109 N. California Street, (468-9730) 4th Monday each month, 10:00-10:30 a.m.</p> <p>West Lane Oaks Family Resource Center, 7908 N. West Lane, (644-8618 or -8600) 1st Tuesday each month, 10:30-11:30 a.m.</p> <p>Westwood Elementary School, 9444 Caywood Drive, 4th Tuesday each month, 9:30-10:30 a.m. (953-8333).</p> | | | |
| | X | | | <p>EMERGENCY FOOD BANKS</p> <p>209-464-7369</p> | Individuals & Families with an Emergency Need for Food | <p>New hours of operation as of September 13, 2010 are Monday-Friday 10:00 a.m. to 1:00 p.m.</p> <p>Call 464-7369 to find the food pantry nearest your home. The Stockton Pantry is located at 7 W. Scotts Avenue.</p> | English Spanish | No Cost | Emergency Food Bank & grants from sponsoring organizations & Volunteers |

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| | X | | | Stockton's Certified Farmers Markets | Everyone | <p>Saturday = 7 – 11:30 a.m. under the Crosstown Freeway between El Dorado and San Joaquin Streets. Biggest and most diverse market. Go very early! Also, beginning May 2, 8 a.m. – 1 p.m. at Trinity Parkway and Eight Mile Road in North Stockton</p> <p>Weekends = Open Air Mall & Flea Market on North Wilson Way.</p> <p>Fridays = 9 a.m. to 2 p.m, Downtown Main Street in front of Bob Hope Theatre. Award winning market: One of the Top Five Super Farmers' Markets of the Western States!!</p> <p>Thursdays & Sundays, 8:30 a.m. to 1:00 p.m. April-November, Weberstown Mall on Pacific Avenue or parking lot off Claremont which used to be lot for Circuit City.</p> | English Spanish Hmong Vietnamese Cambodian | Market prices | Self supporting. |
| | X | | | STOCKTON Kaiser Permanente Farmers Market | Everyone | <p>Wednesdays 9:00 AM to 1:00 PM March through October and November through February, weather permitting. Farmers market is located at the East Entrance of the K-P facility on West Lane in Stockton.</p> <p>Accepts EBT, debit cards, credit cards, and cash.</p> | English Spanish | Market Prices | Self supporting |

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|---------|-----------|----------|----------|--|---|--|--|-------------------------|--|
| | X | | | TRACY Mobile Farmers Market 831-4230 | Low-income families in the neighborhood | 1st Wednesday each Month 11:30 a.m. to 12:30 p.m. Lolly Hansen Senior Center , 400 E. 10 th Street, Tracy 95376. Free fresh produce and cooking demonstrations for residents of the area. | English Spanish | No Cost | Emergency Food Bank of Greater Stockton & grants from Kaiser Permanente Health Plan |
| | X | | | Tracy's Certified Farmers' Market www.pcfma.com | Everyone | Saturdays beginning in May 2nd, 9 a.m. to 1 p.m. at 10 th Street and Central in Tracy. Fresh, local, organic and non-organic produce every Saturday. Call 800 949-FARM for details. | English Spanish | Market prices | Pacific Coast Farmers Market Association |
| | X | | | COUNTYWIDE Breastfeeding Assistance Directory www.bfcsj.org | Pregnant and nursing women | Breastfeeding is the first step in preventing childhood obesity according to the new Recommendations of the American Medical Association for the Prevention & Treatment of Childhood Obesity. Breastfeeding provides the best nutrition for infants, and the benefits to both mother and child cannot be emphasized enough. A comprehensive directory of over 50 resources, including professional lactation consultants, breastfeeding classes and support groups, Helpline, La Leche League, WIC, human milk bank, pump rentals, articles and 20 plus websites, is available on the website of the Breastfeeding Coalition of San Joaquin County. Visit www.bfcsj.org . | English website; English or Spanish classes | No cost to minimal cost | WIC, Health Plans, Hospitals, Public Health, Breastfeeding Coalition of San Joaquin County and other non-profit breastfeeding organizations. |

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|---------|-----------|----------|----------|--|--|---|--|---------|---|
| | X | | | COUNTYWIDE WIC - CMC 870-5000 WIC – DHC 477-0378 WIC - PHS 468-0373 WIC-Spanish line 468-0373 | Pregnant and nursing women | BREASTFEEDING SUPPORT WIC Breastfeeding assistance, counsel, pump rentals and whatever help the breastfeeding mother needs. Sponsored by CMC (Community Medical Centers), DHC (Delta Health Care, Inc.), and PHS (Public Health Services) of San Joaquin County. Each sponsor has services in Stockton, Lodi, Manteca, French Camp and Tracy. Interpreters for languages other than Spanish and English can be arranged for counseling sessions. | English Spanish | No Cost | U.S. Department of Agriculture (USDA) Community Medical Centers (CMC) Delta Health Care, Inc. (DHC) Public Health Services (PHS) |
| | X | | | COUNTYWIDE Nutrition for Women, Infants & Children WIC-CMC 870-5000 WIC-DHC 444-8600 WIC-PHS 468-3280 | Low-income Pregnant and nursing mothers, and children up to 5 years of age | NUTRITION FOR INFANTS, TODDLERS & PREGNANT WOMEN WIC centers are located throughout San Joaquin County and offer nutrition services and foods to pregnant women and children up to 5 years of age. Each center offers breastfeeding classes and support for pregnant and nursing mothers. The benefits of breastfeeding to both mother and child are numerous and cannot be emphasized enough. Call any of the phone numbers to the left and you will be directed to the WIC center nearest your home. WIC is a program of the U.S. Department of Agriculture (USDA). | English, Spanish, Hmong, Vietnamese, Cambodian, and most languages spoken in San Joaquin County | No Cost | U.S. Department of Agriculture CMC CHC PHS |

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|---------|-----------|----------|----------|---|---|---|------------------------------|---------|---|
| | X | | | COUNTYWIDE Nutrition Education Programs for groups Anna Martin 209-953-6121 | Low income Youth, Adults, Families | NUTRITION EDUCATION FOR GROUPS A nutrition education workshop may be organizing in your neighborhood, at your child’s school or local youth group. Call Anna Martin to see if you qualify. The UC Cooperative Extension Service sets up small group workshops focused on motivating participants to implement the 2005 Dietary Guidelines. Youth programs and school sites where 50% or more of the children are receiving free or reduced price lunches are invited to enroll in the Youth Food Stamp Nutrition Education Program and receive free age-appropriate, researched-based curricula for integrating their lesson plans and activities. There are also workshops for families and individual adults. | English, Spanish Hmong | No Cost | U.S. Department of Agriculture, County of San Joaquin, University of California Cooperative Extension Service, University of California Agriculture and Natural Resources |
| X | X | X | X | DIABETES BASICS K-P Manteca 824-5070 K-P Modesto 735-6060 K-P Stockton 476-3299 K-P Tracy 839-6130 | Adults | You can feel better and be active and healthy when you learn the basics of managing your type 2 diabetes. In this class, we give you an overview of the four key areas of diabetes management: healthy eating, exercise, monitoring your blood sugar levels, and proper use of medications. We will show you how to use your blood sugar monitor and help you recognize the signs of high and low sugar levels. <i>Open to the community. Taught by Registered Dietician at convenient morning, afternoon and evening classes.</i> One session. Call for dates and time. NOTE: Alimentacion Saludable – Vida Saludable class for Spanish speaking diabetics is given every other month. | English Spanish | No Cost | Kaiser Permanente |

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|---------|-----------|----------|----------|---|--|---|----------|---------|-------------------|
| X | X | X | X | DIABETES CARE MANAGEMENT PROGRAAM K-P Manteca 858-7802 K-P Modesto 735-3250 K-P Stockton 476-5576 K-P Tracy 839-6154 | Kaiser Permanente members of all ages | Regain control of your health! Find out how to live well with diabetes through this program. Learn to manage your diabetes by establishing personal goals and outlining the positive benefits of a healthy lifestyle. You will learn how to monitor and control your blood glucose level with medications and insulin management. Individual, telephone, or group appointments are available. <i>Open to Kaiser Permanente members only.</i> | English | No Cost | Kaiser Permanente |
| | X | X | X | DIABETES NUTRITION K-P Manteca 824-5070 K-P Modesto 735-6060 K-P Stockton 476-3299 K-P Tracy 839-6130 | Adults with Kaiser Permanente membership | Are you ready to learn more about how to develop eating habits that work for your lifestyle? Get tips on planning meals, counting carbohydrates, and reading food labels. Learn new ways to prepare your favorite foods and enjoy eating out. With smart planning and balanced choices, a healthier lifestyle can still taste great. <i>Open to Kaiser Permanente members only.</i> Single session. Call for dates and time. | English | No Cost | Kaiser Permanente |

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|---------|-----------|----------|----------|--|---|--|--------------------|--|-------------------|
| | X | X | X | LIVING WELL WITH DIABETES | Adults with Kaiser Permanente membership | <p>Once you have learned the basics of diabetes self-management, you are ready to advance to the next level. In these sessions, we take an in-depth look at diabetes and recommended care. You will learn new skills for making good food and exercise choices, bringing you blood sugar back into range, and handling stress and emotions related to diabetes. You will also learn how good blood sugar control and proper use of medication can help prevent diabetes complications.</p> <p><i>Open to Kaiser Permanente members only.</i></p> <p>Two sessions. Call for dates and time.</p> | English Spanish | No Cost | Kaiser Permanente |
| | X | | X | LATHROP Diabetes Education Call 983-9000 | Children Adolescents Adults Families | Individual and family sessions on diabetes education and counseling. Call in advance to make an appointment with David. All services conducted at the Lathrop Urgent Care Clinic, 15810 S. Harlan Road, Suite A, Lathrop. | English Spanish | Accept all managed care MediCal and private insurance Rates \$105 initial visit \$85 follow-up visits. | Self supporting |

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| | X | | X | LODI Living with Diabetes 339-7520 | Teenagers and adults diagnosed with diabetes or pre-diabetes | Living with Diabetes is a four-class evening course (6:30-8:30) given monthly. Call in advance to register for a place in next course. The instructors are a Registered Nurse and Certified Diabetes Educator (CDE) and a Registered Dietitian. Topics include Causes and Controls for Diabetes; the Role of Nutrition, Exercise and Personal Care; Blood Sugar Testing; Complications, Insulin and Oral Medications. Two locations: Lodi Memorial Hospital at 975 South Fairmont Avenue in the Boardroom, and Hutchins Street Senior Center, 125 S. Hutchins Street. For details, visit www.lodihealth.org | English | \$25 for 4 sessions. No one turned away. | Lodi Memorial Hospital |
| | X | X | X | TRACY Diabetes Classes & Diabetes Support Groups Registration at 832-3432 | People with diabetes and their families | 2 nd Tuesday of the month at 9:30 a.m. 2 nd Wednesday of the month at 12:00 Noon (lunch included) 2 nd Thursday of the month at 6:30 p.m. Healthy Connections, Community Health Resource Center 35 E. 10 th Street, Tracy, CA | English but Spanish can be arranged if we find a leader | No Charge | Tracy Hospital Foundation Sutter Tracy Community Hospital Nutrition Studio & Diabetes Care Center, Inc. |

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|---------|-----------|----------|----------|--|-------------------------|--|----------|---------|--|
| | X | | X | STOCKTON Your Diabetes Success Care Plan To register, call 209-461-3251 | All ages with diabetes | Series of eight classes in Spanish at El Concilio , 224 S. Sutter Street, Stockton, 95203, on the following Wednesday mornings: Class 1 Diabetes Overview and Blood Sugar Monitoring Class 2 Diabetes Nutrition and Exercise Class 3 Continuing Your Life with Diabetes Class 4 Diabetes Medications Class 5 Basic Carbohydrate Counting Class 6 Know Your Blood Sugar Numbers Class 7 Q & A Regarding Your Diabetes Care Class 8 Your Diabetes Success Care Plan Cycle repeats January-March, April-June, July-September, October-December. | Spanish | No Cost | St. Joseph's Medical Center CAREVAN Mobile Health Care Unit |
| | X | | X | STOCKTON Your Diabetes Success Care Plan To register, call 209-461-3251 | All ages with diabetes | Series of eight classes in English at Dorothy L. Jones Community & Health Center , 2044 Fair Street, Stockton, 95206, on the following Tuesday mornings: Class 1 Diabetes Overview and Blood Sugar Monitoring Class 2 Diabetes Nutrition and Exercise Class 3 Continuing Your Life with Diabetes Class 4 Diabetes Medications Class 5 Basic Carbohydrate Counting Class 6 Know Your Blood Sugar Numbers Class 7 Q & A Regarding Your Diabetes Care Class 8 Your Diabetes Success Care Plan | English | No Cost | St. Joseph's Medical Center CAREVAN Mobile Health Care Unit |

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| | X | | X | STOCKTON Diabetes Managed with TLC: Total Total Lifestyle Changes. Spanish Call 461-3251 | Adolescents and Adults diagnosed with diabetes or pre-diabetes | St. Joseph's Medical Center offers this course the second Friday of every month, 1-3 p.m. in the Auditorium of St. Joseph's Medical Center on 1800 N. California Street in Stockton. The instructor is a bilingual Registered Nurse and Certified Diabetes Educator. Learn the basics about blood sugar monitoring, healthy foods, portion sizes, medications, and self-management skills. Focus is on Type 2 diabetes. Please call the instructor Rose Castellanos, RN, CDE, at 461-3251 , to register. | Spanish | No Cost | St. Joseph's Medical Center Community Health Education Dept. |
| | X | | X | STOCKTON Diabetes: Basics to a Healthy Life Call 461-5061 | Adolescents and Adults diagnosed with diabetes or pre-diabetes | The Community Health Education Department at St. Joseph's Medical Center offers this four-class series six times a year in the evening 6:30-8:30 p.m. and twice a year in the morning 10:00-Noon. The instructors are RN's, CDE's, RD's and/or PharmD's. These classes discuss both Type 1 and Type 2 diabetes. Please call 461-5061 in advance to sign up for the next available series and/or to request a 2010 brochure. | English | No Cost | St. Joseph's Medical Center Community Health Education Dept. |
| | X | | X | STOCKTON Diabetes Nutrition Education 466-6871 | Open to all with Type 1 or Type 2 diabetes | Every Tuesday 10:30 a.m. for an hour at the East Main Clinic & Stockton Diabetes Intervention Center offers diabetes nutrition education classes. Please call 466-6871 by Monday if you wish to attend a Tuesday class. Instructor is Allison Boyd, RD. Medical director is Kawbena O.M. Adubofour, M.D., F.A.C.P., Associate Clinical Professor in Internal Medicine at UC Davis Medical Center. Open to the community. | English | No Cost | East Main Clinic & Stockton Diabetes Intervention Center |

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| | | | | STOCKTON Sweet Success Clinic 461-7532 | Pregnant females referred by Their OB/GYN | Clinic limited to pregnant females suspected to have or having diabetes Type 1 or Type 2. Attendees must be referred by their Obstetrician or Gynecologist. | English & Spanish | All private and public insurance | Dameron Hospital |
| | X | | X | STOCKTON Diabetes Education | Everyone in a family with one or more diabetics | Evening course of four sessions for diabetics and their families. Call 461-7532 for dates and place. | English & Spanish | No Cost | Dameron Hospital |
| | X | | X | TRACY Nutrition Studio & Diabetes Care Center Call 209-832-3432 Fax 209-839-6742 www.nutritionstudio.net | Children Teens Adults | The Nutrition Studio & Diabetes Care Center specializes in weight loss and diabetes self-management training. We are one of the few ADA nationally recognized Diabetes Education Programs in San Joaquin County. We can also assist with failure-to-thrive and eating disorders, although we are not specialists in these fields. Pamela Warmerdam, MS, RD, CDE, CPT. Pam was certified by the UCSF Shapedown Program, a family approach to assisting kids and teens with weight loss. Diane Hollingshead-Parker, RN, CPT Siri Pulliam, MPH, RD | English Limited Spanish | \$75 initial visit \$40 follow-up visits Scholarships for children and teens without insurance | Private health insurance or self pay. Scholarships provided by Tracy Community Hospital Foundation |

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| Medical | Nutrition | Phys Act | Behavior | Program / Contact | Age / Referral Criteria | Description | Language | Cost | Funded by |
|---------|-----------|----------|----------|---|--|---|----------|---------|---------------------------------|
| | X | | X | TRACY Community Diabetes Education Call Kim 833-2405 | Adolescents and adults diagnosed with diabetes or pre-diabetes | Community Diabetes is Sutter Tracy Community Hospital's four-week course in diabetes management. The course covers: Medical Care and Hygiene; Nutrition; Medications; Exercise & Physical Therapy. It takes place three times a year in the Spring, Summer and Fall or Winter on Thursday evenings from 6-8 p.m. Participants must register in advance. Asthma management is being added to the curricula in the near future. Open to the community. nadonkm@sutterhealth.org | English | No Cost | Sutter Tracy Community Hospital |
| | | | X | TRACY Diabetes Support Group Call 833-2405 | Adolescents and adults diagnosed with diabetes or pre-diabetes | Monthly support group for diabetics. Morning (9:00-10:30) and evening (6:00-7:30) sessions at Healthy Connections in Tracy: 35 E. 10 th Street. Joining a support group is one sure way to make and keep the behavioral changes required to control diabetes. Call and join today. | English | No Cost | Sutter Tracy Community Hospital |
| | X | | | TRACY Healthy Connections 833-2420 | Everyone | Healthy Connections is Sutter Tracy Community Hospital's health resource and education center. Library, print materials, videos and DVDs. Location: 35 East 10th Street, Suite A, in downtown Tracy. Open to the community. | English | No Cost | Sutter Tracy Community Hospital |

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|---------|-----------|----------|----------|---|--|---|---------------------------|--|---------------------------------------|
| | | X | | STOCKTON Breathing, Tai Chi, Qigong, Liu Tong and Yoga Call 464-4800 for reservation and address | 14 years and up | According to Dr. Andrew Weil, proper breathing is probably the single lifestyle change with the greatest potential for promoting good health. Surprisingly, few of us know how to breathe well. Fortunately, this can be corrected by learning simple breathing techniques, stress reduction and the movements of Liu Tong, Tai Chi and Qigong, or the postures of Yoga. Weekly classes specifically for the overweight, obese and/or diabetics with Type 2 diabetes led by experienced masters. Advance reservations required as classes are limited to 12. | English Chinese | \$36 per month | Pacific Complementary Medicine Center |
| | | X | | STOCKTON Sundance Running Club www.sundancerunners.org Steve Lofy 209-479-3418 | No age requirement, but parents must accompany elementary school-aged children | Club meets each Saturday at 8:00 a.m. at the west end of Grupe Park on Cumberland Place in Stockton for a fun run. The club also plans running events and shares rides to regional races. Newcomers are welcome. In early February 2010, the club met its goal of running 239,000 miles -- the distance between Earth and the Moon! This group has ambition, fun, and stays in good physical shape! | Running knows no language | \$12 per family per year. Less for solo students | The Sundance Running Club |
| | | X | | COUNTYWIDE Audubon Society www.sanjoaquinaudubon.org | Families, individual teens and adults | Bi-weekly birding trips into the great out-of-doors. Field trips are open to the public at no charge. Membership includes a subscription to the award winning magazine of the Audubon Society. No charge for field trips. Introductory membership (first year) is \$20. Family or individual membership for subsequent years is \$35. Check website for details. | English | Annual dues of \$20 - \$35 Free field trips | Audubon Society |

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| | | X | | COUNTYWIDE Delta Sierra Group www.motherlode.sierraclub.org/deltasierra/OUTINGS/outings.htm | Families, individual teens and adults | Outings include easy hikes on local trails to rigorous rock climbing and gorge scrambling in the Sierras on weekends. Summer excursions into the Sierras include back packing and llama trips. White water river rafting. Extensive excursions across the U.S.A. and worldwide. Check the website of the Mother Lode Chapter www.motherlode.sierraclub.org for “outings” and “Delta Sierra Group” or go direct to www.motherlode.sierraclub.org/deltasierra to locate the many easy to challenging outings available. Membership includes subscriptions to the national magazine <i>Sierra</i> , a directory of worldwide adventures, and newsletters for the chapter and local group. | English | Annual dues \$24 - \$39 per person or \$47 per couple | Sierra Club Mother Lode Chapter Delta Sierra Group |
| | | X | X | COUNTYWIDE 4-H Clubs 468-2094 http://cesanjoaquin.ucdavis.edu | Boys & Girls 5 – 19 years (K – 12) | 4-H Clubs provide citizenship, leadership and life skills training, including nutrition and wellness. The 4-H philosophy is based on the idea that children learn by being active participants in society. Hands on learning in animal science, plant science, mechanics, leisure education, resource education and social science. There are chapters in Acampo, Clements, Escalon, Farmington, French Camp, Linden, Lockeford, Lodi, Manteca, Ripon, Stockton and Tracy. Two divisions: 5-8 year olds and 9-19 year olds. | English | \$28 per year | University of California Cooperative Extension Service of San Joaquin County |
| | | X | X | COUNTYWIDE Boy Scouts 472-9960 or 545-6320 or 472-9960 www.bsa/gyc.org | Boys 1 st – 12 th grades | Stay fit in packs and dens of Boy Scouts. Be active and earn merit badges in physical fitness, nutrition, public health, sports, crafts, building, nature, camping, hiking, survival skills and much, much more. Enjoy adventures in the great out-of-doors. Build character and leadership. Email dfoster@bsamail.org to locate a troop in your area. | English Spanish | \$10 annual fee | The Greater Yosemite Council of Boy Scouts of America |

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| | | X | X | COUNTYWIDE Girl Scouts 800-552-4475 Stockton 473-7997 Modesto 522-9001 | Girls 5 - 17 | Earn badges in public health, nutrition and obesity prevention. Girl Scouts welcome girls of all races, ethnicities, religions, national origins, economic backgrounds and abilities. Girl Scouts help girls develop confidence, leadership, determination and cross-cultural understanding. A wide range of outdoor and indoor activities empowers girls to act upon their values while developing their full potential. Call to join a local troop in your area. Daisies, Brownies, Junior Scouts, Cadets and Senior Service Scouts are the various age levels. Escalon and Ripon call Modesto. All others call Stockton. | English Spanish | \$10 annual fee | Heart of Central California Council, Girl Scouts of America |
| | | X | X | COUNTYWIDE Venture Crew www.bsa/gyc.org | Boys & Girls 14 - 21 | Co-ed high adventure programs. Join Venture Crew for challenging activities and excursions. Stay in shape while having a great social life. Ideal for teens and young adults. Visit the website for details or call 472-9960. | English | \$10 annual fee | Boy Scouts of America |
| | | X | | ESCALON El Portal Middle School Sports Program 838-7095 or see principal | 6 th – 8 th Graders | Stay fit and get good grades! Supervised homework and active sports after school every day that school is in session. | English | No Cost | Escalon Unified School District & El Portal Middle School |

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| | | X | | ESCALON Sports Leagues 838-4100 | Most all ages | Sports leagues throughout the year: Baseball in Spring and Summer; Soccer in Fall; Basketball in Winter. Swimming in Summer, plus lots of other activities for people of all ages. Visit the whole catalog of activities at www.cityofescalon.org | English Spanish | Small fee | City of Escalon Parks & Recreation Department |
| | | | X | LODI Boys & Girls Club 275 Poplar Street 334-2697 www.bgclodi.com | 6 – 18 years | Safe, Supervised sports, recreation and learning environment for boys and girls Monday-Friday after school and Noon – 6 pm on Saturday. Te Club provides facilities in a broad range of physical, social, recreational, educational and vocational programs designed to promote sound personal and social development. It has self-improvement, self-creative and informal educational programs for all ages, with special hours and activities for Teens. Inexpensive day care during school vacations for \$10 a day. For details on all programs, visit www.bgclodi.com | English Spanish | \$35 per year per child | Boys & Girls Club of Lodi |

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| | | X | | LODI After School Sports and Activities 333-6742 or 649-9825 www.lodi.gov | K - 12 | Wide variety of sports, recreation and learning activities every day of the week. Includes some award winning programs! Sports include flag football, wrestling, basketball, cheerleading, soccer, American Legion baseball and more. Visit www.lodi.gov and check under Parks & Recreation to find listings for: <ul style="list-style-type: none"> • Teen Sports & Activities • After School Playground (ASP) Program • Outreach to Kids (Lodi LOOK) • Middle School After School “Hang Out Club” Check for exciting seasonal activities like African Beat, Basketball Kings, Kids in the Kitchen and Creative Cooking. | English Spanish | Small fees | City of Lodi Parks and Recreation Department |
| | | X | | LODI & AREA Lodi USD After School Programs 331-7010 | K - 12 | Many exciting physical fitness and obesity prevention exercise opportunities at various After School Programs. Call Amy at 331-7010 to find out what is available at your school in Lodi, Clements, Lockeford or Woodbridge. Most of the programs have a balanced mix of supervised homework, computer labs, recreation and active sports. Every day after school when school is in session. Some sites have day care during school vacation periods. | English Spanish | No Cost | Lodi Unified School District, Federal and State-funded programs |
| | | X | | THORNTON New Hope After School Program 794-2376 | 1 st – 8 th Graders | Application forms available at school offices. Program includes active sports, quiet recreation and supervised homework. Every day after school when school is in session. | English | No Cost | New Hope Elementary School District |

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| | | X | | MANTECA / LATHROP Boys & Girls Clubs of Manteca & Lathrop 239-5437 www.BgManteca.org | 7 – 17 years | <p>The Manteca/Lathrop Boys & Girls Club is a recreational facility containing a gym, game room and library. It has physical, social, recreational and educational programs designed to build positive values and health among youth. Activities include group sports, crafts, woodshop, library, computers, photography, tutoring, and special events. The Give Every Child a Chance tutoring program is located at the main club site.</p> <p>545 West Alameda Street, Manteca (main club = 239-5437)</p> <p>15851 Fifth Street, Lathrop (858-4014)</p> <p>750 E. Yosemite, Manteca (Lincoln School) (483-0703)</p> | English Spanish | \$12 - \$25 per year per child given number of children in family. Financial assist. available | Boys & Girls Clubs of Manteca & Lathrop |
| | | X | | MANTECA Sports Leagues and Day Camp 239-8470 | Something for everyone | Baseball in Spring and Summer; Soccer in Fall; Basketball in Winter. Swimming throughout summer, plus lots of other activities for people of all ages. Pool = 823-0971. Teen Hotline = 825-2525. Summer Day Camp 6 a.m. to 6 p.m. See the Activity Guide at www.ci.manteca.ca.us/parks | English Spanish | Small fees | City of Manteca Parks & Recreation Department |
| | | X | | LATHROP / MANTECA After School Programs Applications at all school offices | School-aged children | Academic, recreation and sports activities vary from school to school. Please request information and applications from each individual school office or principal. Give Every Child a Chance, a special tutoring program, is also available at most schools. | English Spanish | No cost | Manteca Unified School District, Federal and State-funded Programs |

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| | | X | | LATHROP Community Center 941-7370 | Something for everyone | Sorts leagues throughout the year. Kids Club meets before and after school and on off-track days. Teen Club daily. Child Care. Summer Day Camp. See the Activity Guide at www.ci.lathrop.ca.us under Parks & Recreation. Join in and get healthy while making friends. | English | Small fees | City of Lathrop Parks & Recreation Department |
| | | X | | RIPON Community Programs 599-2108 | Everyone | Visit the website and check the Recreation section www.cityofripon.org . You will find a wide array of activities and sports for all ages. Sports leagues all year. Cooking classes for all ages, gardening, arts, crafts, dance, exercise and much, much more. | English | Small fees | City of Ripon Parks & Recreation Department |
| | | X | | RIPON PALS After School Program www.riponpd.org | CANCELLED 2011 MAY REOPEN School-aged children | PALS is the Police Activities After School program in Ripon. Sports, recreation, study hall and learning skill development are featured every day after school on the days school is in session. See the website or principal at your child's school.. Apply online. | English | No Cost | City of Ripon Police Department |
| | | X | | STOCKTON Cechini Club House (Boys & Girls Club) 303 Olympic Call 466-1264 | 5-11 years | Safe, supervised, learning and recreation environment for boys and girls Monday-Friday after school, 2-6 p.m. Cechini Club House has a gym, recreation and game room, learning center and computer lab. All members do homework in a supervised setting right after school and then enjoy active physical recreation in a variety of modes, including team sports. | English Spanish | \$25 per year per child | Boys & Girls Club of Stockton |

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| | | X | | STOCKTON Podesto Teen Center (Boys & Girls Club) 725 N. El Dorado Stockton 95202 Call 937-7170 | 12-19 year olds | Safe, supervised, learning and recreation environment for 12-19 year olds Monday-Saturday, 2:30-8:00 p.m. Podesto Teen Center offers quiet rooms for doing homework or using computers, a gym for fitness classes, working out and team sports, bowling lanes, a drum room, a dance room, a movie room and a game room. Study, fun and friendship all under the same roof. | English Spanish | \$5 per year per student | Boys & Girls Club of Stockton |
| | | X | | STOCKTON Tiger Aquatics 948-5390 | 6-21 year olds | Tiger Aquatics offers competitive U.S.A. swimming for youth year-round. Call or visit website for information www.tigeraquatics.com | English | Fees and sports-ships | University of the Pacific |
| | | X | | STOCKTON Youth Soccer 472-9166 | 3-18 year olds | Recreational play for 3-18 year olds. Competitive play for 9-18 year olds. Call 472-9166 for weekly practice schedule. | English | Fees and sports-ships | Stockton Youth Soccer Association |
| | | X | | STOCKTON Stockton Bicycle Club www.sbclub.org | 12 and up | The Stockton Bicycle Club is comprised of cycling enthusiasts from San Joaquin County and the surrounding counties with a wide range of abilities and interests. Interested individuals do not have to be a member to ride with the club. <i>The Ride Zone</i> is a monthly newsletter available at local bicycle shops. Inquire online. | English | \$15 annual membership | Stockton Bicycle Club |

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| | | X | | STOCKTON YMCA John Cheadle Family Center 467-2446 | Boys & Girls aged 5 and up Adults, Seniors Families | Come over to 1304 South San Joaquin Street in Stockton and enjoy sports and recreation at the John Cheadle Family Center YMCA. After School Program with rigorous exercise and sports for school-aged children. Sports leagues for basketball, volley-ball and some field sports. | English Spanish | \$10 per year No one turned away | Young Men's Christian Association (YMCA) of San Joaquin County |
| | | X | | STOCKTON After School Programs See school principals | K – 8 th Graders | Three components: Academic, Enrichment & Physical Activity. Safe, supervised environment after school everyday that school is in session. Programs vary from school to school. Refer to the principal of your children's school. | English | No Cost | Stockton Unified School District |
| | | X | | STOCKTON Lincoln After School Program Julianne Amundson 953-8958 | 1 st – 8 th Graders | Three components: Academic, Enrichment & Recreation. Safe, supervised environment after school everyday that school is in session. Two schools have programs for 1 st to 6 th graders; three schools have programs for 1 st to 8 th graders. | English | No Cost | Lincoln Unified School District |

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| | | X | | STOCKTON Linden After School Program Tara Sudderth 993-1230 or 887-3894 Ext. 3344 | K - 8 th Graders | Active academics, enrichment and physical activity in a safe, supervised learning and recreational environment for your children after-school everyday that school is in session. | English Spanish | No Cost | Linden Unified School District |
| | | X | | STOCKTON Parks & Recreation Department Call 937-8206 www.stocktongov.com/parks | Kids Teens Adults Seniors Families | Teen Fitness, Cooking Club, Arts, Classes, Swim Lessons, Aquatics Programs, Summer Day Camps, Youth and Adult Sports Leagues, Golf, Tennis, Community Centers, and Senior Programs at neighborhood centers throughout Stockton. 60-page Quarterly directory of all activities. Call for a free directory or visit the directory on the website at www.stocktongov.com/parks . | English Spanish | No Cost to Low Cost for Classes | City of Stockton |
| | | X | | STOCKTON LORD'S GYM 906 Tommydon St. @ Tam O'Shanter Joey Steelman 209-478-5496 | 13 – Adult Full service 12 and Under Special program Family membership encouraged. | New state-of-the-art, faith-based fitness gym and service center focusing on youth. Activities for 13 year olds and older include X-Box, aerobics, boxing, martial arts, weight room, pool tables, computer lab, and tutoring. The facility is able to operate on low fees because of support from grants, community donations and volunteer work. OPEN Monday-Friday 5:30 a.m. to 10:00 p.m. Saturday 8:00 a.m. to 4:00 p.m. Closed on Sundays. | English. B-bilingual volunteers to be added Winter of 2010. | \$5/mo. youth to 19 years. \$15/mo adults. \$30/mo families | Lakeview Assembly of God and other local congregations; Stockton Police Department & Memberships |

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| | | X | | TRACY Boys & Girls Club Lisa Frymyer 832-CLUB 832-2582 | 6 – 18 year olds | Safe, supervised learning and recreational environment for boys and girls Monday-Friday after school. 2-6 p.m. Tracy has five clubs with facilities including gyms, recreation and game rooms, learning centers and computer labs. All members do homework in a supervised setting right after school and then enjoy active physical activity in a variety of modes, including team sports. Call Lisa Frymyer to enroll your children and teens in the club that's right for their age and interests. Main club is located at 753 W. Lowell Street in Tracy. | English Spanish | \$10-\$35 per child per year given number in each family | Boys & Girls Club of Tracy |
| | | X | | TRACY After School Programs school offices have applications | K – 8 th Graders | Academic, Enrichment & Physical Activity components comprise the after school programs. Safe, supervised environment after school every day that school is in session. Programs vary school to school. Secure application at your child's school office. Or, you can enroll at the 753 W. Lowell Street Boys & Girls Club in Tracy. Questions? Call 830-3200. | English | No Cost or Low Cost | Federal and State-funded programs or grants, Tracy Unified School District |
| | | X | | TRACY AREA Banta Give Every Child a Chance Call Carol Davis 823-6222 | 1 st – 8 th Graders | Give Every Child a Chance is one-on-one tutoring for K-12 students. Banta ESD incorporates this program into their After School Program which also includes physical activity and enrichment. | English | No Cost or Low Cost | Federal and State grants and Banta Elementary School District |

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| | | X | | TRACY AREA Jefferson After School Sports 835-3053 | 4 th – 8 th Graders | Vigorous sports programs at Hawkins, Jefferson, Monticello and Traina schools. Contact the principal at your child’s school to enroll. Hawkins – 839-2380. Jefferson = 835-3053. Monticello = 833-9300. Traina = 838-2379. | English | Small fee | Jefferson Elementary School District |
| | | X | | TRACY AREA Lammersville After School Sports | 5 th – 8 th Graders | Vigorous team sports at Bethany Wicklund and Lammersville schools. Call your child’s school to enroll. Lammersville = 835-0138. Wicklund = 836-7200. Excellent programs with outstanding Coordinator. | English | Small fee | Lammersville Elementary School District |
| | | X | | TRACY AREA New Jerusalem Sports Program 835-2597 | K – 8 th Graders | Vigorous team sports for all ages after school. Program provided by New Jerusalem PTA. | English | No Cost | Parent Teacher Association (PTA), New Jerusalem Elementary School District |
| | | X | | TRACY AREA Community Services 831-6200 www.ci.tracy.ca.us/stareg | Kids Teens Adults Seniors Families | Bring the whole family and stay in physical, mental and social shape. Aquatics, camps, cooking, enrichment classes, ceramics, dance, music, theatre, visual arts, workshops and seminars, senior programs, special events and sports leagues (baseball, soccer, basketball) for youth and adults. Summer day camps. Teen Fitness and Tennis at various locations in Tracy. Day trips. For details visit the website www.ci.tracy.ca.us/stareg | English | Fee- | City of Tracy Parks and Recreation Department |

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Pediatric Referral Resources to Prevent and Treat Child/Adolescent Overweight
Child Health and Disability Prevention (CHDP) Program

Compiled by: The CHDP Program, Children's Medical Services, San Joaquin County Public Health Services.

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Send updates and corrections to: CHDP Program Fax 468--2072 or P.O. Box 2009, Stockton, CA 95201.

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