

SAN JOAQUIN COUNTY
Public Health Services
Healthy Future



**Child Health & Disability
Prevention (CHDP) Program**
Mail: PO Box 2009
Stockton, CA 95201-2009
Street: 420 S Wilson Way
Stockton, CA 95205
Phone: (209) 468-8335
Fax: (209) 468-2185

**San Joaquin
County**

Healthy Living Resource Guide

COUNTYWIDE



**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.

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.oar2.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) 462-3889
www.kristenwattfoundation.org

Mobile Farmers Markets

(209) 464-7369

www.stocktonfoodbank.org/OurPrograms/MobileFarmersMarket.aspx

Physical Activity & Recreation

Parks & Recreation Department

(209) 831-6200
www.ci.tracy.ca.us

Boys & Girls Club of Tracy

(209) 832-2582
www.bgctracy.org
Ages 6-18.

Nutrition Classes & Counseling

Women, Infants & Children Nutrition Program

WIC-CMC (209) 229-7800
WIC-PHS (209) 468-3280
Low-income pregnant and nursing mothers and children up to age 5.

Health Education & Nutritional Counseling

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

Health Education Department

Sutter-Gould Medical Foundation
(209) 550-4747
www.suttergould.org/learning/education.html
Open to Sutter-Gould patients only. All ages.

Healthy Information Library

Sutter Tracy Community Hospital
(209) 833-2405
www.suttertracy.org/health



Tracy Certified Farmers Markets

(209) 405-2074 or (209) 263-2636

www.sjcfarmersmarket.com

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
www.cityofripon.org

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



Manteca Certified Farmers Markets
(209) 823-7229
www.visitmanteca.org

Give Every Child a Chance
After School Advantage Program
(209) 825-7003
www.gecac.net/locationsasap.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) 468-3280
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.

Physical Activity & Recreation

Parks & Recreation Department
(209) 333-6742
www.lodi.gov/PRCS

Boys and Girls Club of Lodi
(209) 334-2697
Ages 6-18.

Lodi Unified School District Bridge After School Programs
Manager—Jose Maciel
jmaciel@lodiUSD.net
Lodi—Grover Davis
gdavis@lodiUSD.net
Stockton—Michaiah Sricklen
msricklen@lodiUSD.net
www.lodiUSD.net/bridge
K-8th graders.

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

Lodi Running Club
jeannaz@hotmail.com
All ages.

Nutrition Classes & Counseling

Women, Infants & Children Nutrition Program
WIC-CMC (209) 370-1750
WIC-DHC (209) 370-6850
Low-income pregnant and nursing mothers and children up to age 5.

Health Education & Nutritional Counseling
Community Medical Centers
Lawrence Family Center
(209) 331-8019
Woodbridge Medical Group
(209) 370-1700
Open to CMC patients only. All ages.

Health Education Department
Sutter-Gould Medical Foundation
(209) 550-4747
www.suttergould.org/learning/education.html
Open to Sutter-Gould patients only.
All ages.

MI Baby/MI Bebe Health Education & Support Groups
Rosa Elena Menendez
(209) 468-2406
Mothers of children ages 0-5.
Available in Spanish.

Lodi Certified Farmers Markets
(209) 367-7840, ext. 110
www.lodichamber.com/events/farmers-market

Physical Activity & Recreation

Parks & Recreation Department
(209) 937-8206
www.stocktongov.com

Cechini Clubhouse Community Center
Boys & Girls Club
(209) 466-1264
www.stocktonkids.org
Ages 5-12.

Teen Impact Community Center
Family Resource & Referral Center
(209) 937-7170
www.frrcsj.org/common/teencenter.htm
Ages 12-18.

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
Stephen Lofy, President
(209) 479-3418
www.sundancerunnersonline.com
All ages.

Stockton Bicycle Club
Steve Neiner, President
c2kfinisher@yahoo.com
www.stocktonbikeclub.org
Age 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.

Lord's Gym
Joey Steelman
(209) 478-5496
www.lordsgym.org
All ages.



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 Kids and Families
Kaiser Permanente
(209) 476-3299
Open to the Community.

MI Baby/MI Bebe Health Education & Support Groups
RosaElena Menendez
(209) 468-2406
Mothers of children ages 0-5.
Available in Spanish.



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

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
Open to CMC patients only.
All ages.

Health Education Department
Sutter-Gould Medical Foundation
(209) 550-4747
www.suttergould.org/learning/education.html
Open to Sutter-Gould patients only. All ages.