

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.

**Mobile Farmers Markets**

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

**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) 432-3889  
www.kristenwattfoundation.org

**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.



**Nutrition Classes & Counseling**

**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

**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



**Manteca Certified Farmers Markets**  
(209) 823-6121  
Tuesdays 4:30pm-8pm  
June 7th-August 9th, 2016  
www.visitmanteca.org

**Physical Activity & Recreation**

**Parks & Recreation Department**  
(209) 333-6742  
230 W. Elm Street  
www.lodi.gov/PRCS

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

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

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

**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.



**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](http://www.stocktongov.com)

**Teen IMPACT Center**

Family Resource & Referral Center

[www.frrcsj.org/common/teencenter.htm](http://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](http://www.wuway.com)

Ages 14 and up.

**Sundance Running Club**

Mary Hyatt, President

(209) 474-0159

[www.sundancerunners.webs.com](http://www.sundancerunners.webs.com)

All ages.

**Lord's Gym**

Joey Steelman

(209) 478-5496

[www.lordsgymstockton.org](http://www.lordsgymstockton.org)

Youth: 13-17

Adult: 18+

**Stockton Bicycle Club**

Rich Freggiaro, Vice President

[brumbyroad@peoplepc.com](mailto:brumbyroad@peoplepc.com)

[www.stocktonbikeclub.org](http://www.stocktonbikeclub.org)

Ages 12 and up.

**Stockton Youth Soccer Association**

(209) 472-9166

[www.stocktonyouthsoccer.org](http://www.stocktonyouthsoccer.org)

Ages 3-18.

**Tiger Aquatics**

(209) 553-0202

[www.tigeraquatics.com](http://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](http://www.stocktonkids.org)

Ages 5-13.



**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.

**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](http://www.sjcfarmersmarket.com)