



## Resources of Ocean and Monmouth Counties:

A guide to help support patient health goals through community based resources.

### Registered Dietitian:

Melissa Conover, M.S. RD  
www.energizenutritionrd.com  
732-439-0366

### Meals on Wheels:

Program delivers hot, nutritious meals to senior's homes for those who qualify. Nutritional education and counseling are also provided under their program.

#### *Ocean County*

www.csimow.org  
609-978-6869  
225 4th street, Lakewood, NJ

#### *Monmouth County*

www.interfaithneighbors.org/nutrition-meals-on-wheels  
732-775-0525

### YMCA:

Provides multiple programs for all ages for health and well-being including aquatics, personal training, group exercise classes, and child-care.

#### *Ocean County YMCA*

Toms River, NJ  
732-341-9622

#### *YMCA of Monmouth County*

ymcanj.org  
732-671-5505  
Shrewsbury, NJ 07702

#### *Freehold YMCA*

732-462-0464

### Fulfill of Ocean and Monmouth County (food bank):

Mission is to alleviate hunger and provide nutritious food to maintain healthy lifestyle. <https://fulfillnj.org>

#### *The B.E.A.T Center (Ocean County)*

1769 Hooper Ave  
Toms River NJ, 08753  
732-731-1400

#### *Neptune Facility (Monmouth County)*

3300 RT 66  
Neptune, NJ 07753  
732-918-2600

**Preventative Health Facility:**

Centra State Hospital - Offers multiple services to promote health and well being of the community such as:

Diabetic prevention

Balance classes

Healthy aging wellness

Health classes for nutrition

Yoga and Tai Chi

***Centra State Hospital***

901 West Main Street

Freehold, NJ 07728

732-431-2000

[www.centrastate.com](http://www.centrastate.com)