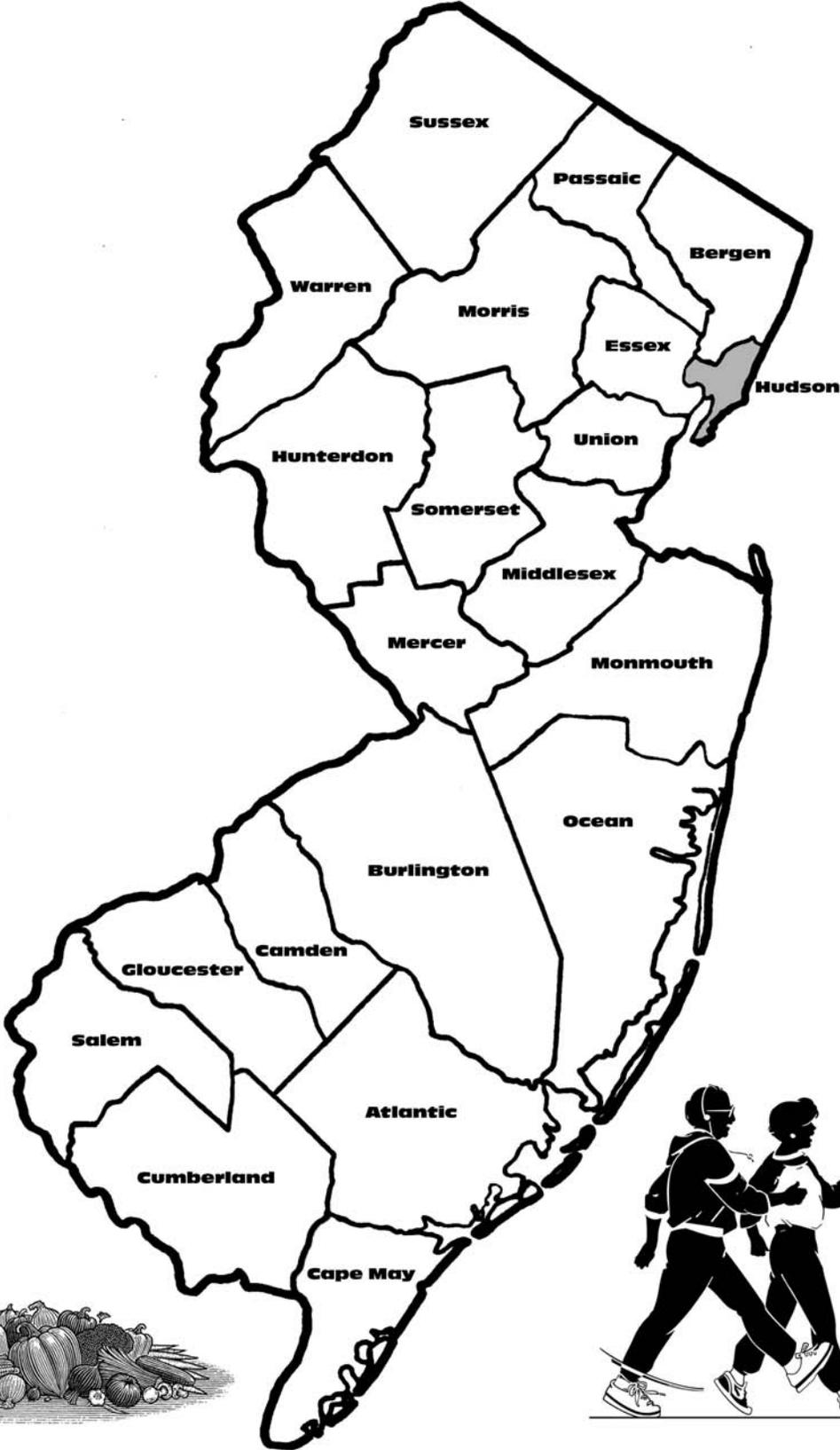


# Hudson County





# HUDSON COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Una Vida Sana y Activa</b>
<b>Agency/Institution:</b>	<b>Union City Spanish Seventh Day Adventist Church</b>
<b>Address:</b>	<b>19-08 Kerrigan Ave., Union City, NJ 07087</b>
<b>County:</b>	<b>Hudson</b>
<b>Phone:</b>	<b>201-226-9413</b>
<b>Website:</b>	<b><a href="http://www.tuministerio.com/USNJSADADVIHADU/">www.tuministerio.com/USNJSADADVIHADU/</a></b>
<b>Focus:</b>	<b>Encourage participants to adopt a healthy diet and lifestyle to enjoy a better quality of life and prevent chronic diseases</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Targets Hispanics, all ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>

<b>Agency/Institution:</b>	<b>Hoboken Family Planning, Inc.</b>
<b>Address:</b>	<b>124 Grand Street, Hoboken, NJ 07030</b>
<b>County:</b>	<b>Hudson</b>
<b>Phone:</b>	<b>201-963-0300</b>
<b>Website:</b>	<b><a href="http://sex-ed101.com">http://sex-ed101.com</a></b>
<b>Focus:</b>	<b>To continue to strive toward the provision of better services and expanding our services in the areas of counseling and education</b>
<b>Services:</b>	 
<b>Other information:</b>	<b>Referral and information only to promote healthy diets</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# HUDSON COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Una Vida Sana y Activa</b>
<b>Agency/Institution:</b>	<b>Union City Spanish Seventh Day Adventist Church</b>
<b>Address:</b>	<b>19-08 Kerrigan Ave., Union City, NJ 07087</b>
<b>County:</b>	<b>Hudson</b>
<b>Phone:</b>	<b>201-226-9413</b>
<b>Website:</b>	<b><a href="http://www.tuministerio.com/USNJSADVIHADU/">www.tuministerio.com/USNJSADVIHADU/</a></b>
<b>Focus:</b>	<b>Encourage participants to lead an active and healthy lifestyle through: classes of exercise, nutrition and healthy cooking to prevent chronic diseases and to enjoy life</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Targets Hispanics, all ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# HUDSON COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Activate America and fitness programs for youth and adults</b>
<b>Agency/Institution:</b>	<b>Hoboken-North Hudson YMCA</b>
<b>Address:</b>	<b>1301 Washington Street, Hoboken, NJ 07030</b>
<b>County:</b>	<b>Hudson</b>
<b>Phone:</b>	<b>201-963-4100</b>
<b>Website:</b>	<b>www.HobokenYMCA.org</b>
<b>Focus:</b>	<b>To encourage the growth and development of all people in the spirit, mind and body</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>YMCA participates in the annual YMCA Healthy Kids Day and hosts 2 Active Older Adult Health Fairs. The YMCA incorporates fitness and nutrition in the after school and the summer day camp program offered at the YMCA. In addition, our YMCA is in the Silver Sneakers network serving the senior citizens in our community who want to stay active through fitness.</b>

**Key:**  Education Materials     Workshops/Classes     Program Evaluation     Counseling  
 Equipment or Facilities for Fitness     Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

