



Resources of Ocean and Monmouth Counties:

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

Registered Dietitian:

Annie Zappulla, RDN
atozwellnessolutions.com
848-330-9568

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