



# Your Guide to Health and Wellness

*A list of people to see and places to go to help you control your weight and live a healthy life.*



**AmeriHealth**  
**MERCY**

*A Program of AmeriHealth First and Mercy Health Plan*

February 15, 2011

**GUIDE TO HEALTH AND WELLNESS**

<b>Program Name</b>	<b>Program Type</b>	<b>Contact Information</b>	<b>Program Description</b>	<b>Target Audience</b>	<b>Cost</b>	<b>Website</b>	<b>Zip code</b>	<b>County</b>
<b>Active Programs</b>								
Be More Involved	Physical Activity/Nutrition	717-849-2299	N/A	8 and older	N/A	N/A	17401	York
Carlisle Area Health & Wellness Foundation	Physical Activity	717-960-9009	Addresses obesity and prevent major chronic disease, offers primary care and related services for the un/underinsured, target system-wide behavioral health issues, enhance oral health and support allied health care education.	Families	N/A	<a href="http://www.cahwf.org">www.cahwf.org</a>	N/A	N/A
Diabetes Management Center	Nutritional Education	570-552-7150	N/A	2-7 and 8 and older	N/A	N/A	18704	Luzerne
Eat Smart, Play Hard	Physical Activity/Nutrition	717-851-3225	N/A	2-7 and 8 and older	N/A	N/A	17331	York
Fit Futures	Physical Activity	717-336-6578	N/A	2-7 and 8 and older	N/A	N/A	17578	Lancaster
Healthy Habits	Nutritional Education	570-977-0636	N/A	2-7 and 8 and older	N/A	N/A		Monroe
KidShape	Physical Activity	610-776-4988	N/A	2-7 and 8 and older	N/A	N/A	18102	Lehigh
Nutrition and Physical Programs	Physical Activity/Nutrition	570-943-2191	N/A	2-7 and 8 and older	N/A	N/A	17961	Schuylkill
Penn State Childrens Hospital	Nutritional Education	717-531-1442	Pediatric Multi-Disciplinary Weight Loss Program	2-7 and 8 and older	N/A	N/A	17033	Dauphin
Shape It Up Fitness Program	Physical Activity	610-437-7581	N/A	8 and older	N/A	N/A	18102	Lehigh
Shape Up	Physical Activity		To educate the public on the importance of the achievement and maintenance of a healthy body weight through the adoption of increased physical activity and healthy eating.	Families	N/A	<a href="http://www.shapeup.org">www.shapeup.org</a>	N/A	N/A

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<b>Active Programs (continued)</b>								
Shapedown	Physical Activity	717-544-3138	N/A	8 and older	N/A	N/A	17604	Lancaster
Sustainable Nutrition and Activity Plan	Nutritional Education	570-340-6079	N/A	2-7 and 8 and older	N/A	N/A	18509	Lackawanna
Twin Ponds	Physical Activity	717-795-POND	Youth Sports (Hockey, Soccer, Baseball, Ice-skating)	Youth	Vary	N/A	17050	N/A
Walnut Bottom School of Dance	Physical Activity	717-249-7571	Fitness instruction and Dance classes	3 years and older	N/A	<a href="http://www.weightwatchers.com">www.weightwatchers.com</a>	17013	N/A
Wellspan Pediatric	Physical Activity/Nutrition		Clinical Weight Loss Program		N/A	N/A	17403	York
YMCA Carlisle	Physical Activity	215-243-3818	After-School programs for elementary and middle school girls, and indoor walking	Girls	N/A	N/A	17013	N/A
Youth Fit	Physical Activity	570-823-2191	N/A	8 and older	N/A	N/A	18701	Luzerne

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<b>Food Nutrition Programs</b>								
Advantage Nutrition	Nutritional Education	610-861-8080	N/A	2-7 and 8 and older	N/A	N/A	18017	Northampton
Better Health Foundation	Nutritional Education	302-235-2329	Get a colorful variety of fruits and vegetables into your diet every day.	Families	N/A	<a href="http://www.5aday.com">www.5aday.com</a>		N/A
Commodity Supplemental Food Program	Nutritional Education	1-800-468-2433	Provides a box of food each month to eligible women, children, infants and seniors who are nutritionally at risk	Families	N/A	N/A	N/A	N/A
Farmers Market Nutrition Program	Nutritional Education	1-800-468-2433	Provides qualified senior citizens as well as Women, Infants and Children recipients with checks to purchase fresh fruits and vegetables at approved farm markets and farm stands	Families	N/A	N/A	N/A	N/A
My Pyramid	Nutritional Education	888-779-7264	Offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the Dietary Guidelines for Americans.	Families	N/A	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>	N/A	N/A
Nutrition Counseling	Nutritional Education	610-437-7581	N/A	2-7 and 8 and older	N/A	N/A	18102	Lehigh
Nutrition Counseling	Nutritional Education	570-977-0636	N/A	2-7 and 8 and older	N/A	N/A		Monroe
Nutrition Counseling	Nutritional Education	570-629-9672	N/A	2-7 and 8 and older	N/A	N/A		Monroe
Nutrition Counseling Services Inc.	Nutritional Education	570-347-7127	N/A	2-7 and 8 and older	N/A	N/A	18512	Lackawanna
Nutrition Therapist	Nutritional Education	610-79-6734	N/A	2-7 and 8 and older	N/A	N/A	18104	Lehigh
Obesity Pevention and Wellness Program	Nutritional Education	1-877-724-3258	Provides education on the benefits of maintaining a healthy weight, nutrition and physical activity	Families	N/A	N/A	N/A	N/A

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Pennsylvania Nutrition Education Tracks	Nutritional Education	814-863-0074	Provides nutrition education to adults, seniors, school-aged children and preschool children who are eligible	Families	N/A	N/A	N/A	N/A
Simply Delicious-Simply Nutritious Program	Nutritional Education	717-787-6901	Promotes Pennsylvania produce at grocery stores and farm markets statewide.	Families	N/A	N/A	N/A	N/A
Summer Food Service Program	Nutritional Education	1-800-331-0129	Provides meals for children at nutrition sites in low-income areas during the summer months	Children/Youth	N/A	N/A	N/A	N/A
Supplemental Nutrition Assistance Program	Nutritional Education	1-800-692-7462	Provides assistance to those who have sufficient income to meet most of their basic living costs but still need to help to supplement food expenses	Families	N/A	N/A	N/A	N/A
Susan B. Byrnes Health Education Center	Nutritional Education	717-848-3064	To educate and inspire people of all ages to make healthy choices.	Families	N/A	<a href="http://www.byrneshec.org">www.byrneshec.org</a>	17401	York
The Emergency Food Assistance Program	Nutritional Education	1-800-468-2433	Provides assistance to low-income individuals with commodities	Families	N/A	N/A	N/A	N/A
WIC Nutrition Program	Nutritional Education	1-800-942-9467	Nutrition education and counseling	Families	N/A	N/A	N/A	N/A

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<b>Boys &amp; Girls Sites</b>								
Allentown	Physical Activity/Nutrition	610-432-9944	N/A	Children/Youth	N/A	N/A	18102	N/A
Bethlehem	Physical Activity/Nutrition	610-865-4241	N/A	Children/Youth	N/A	N/A	18017	N/A
Carlise Barracks	Physical Activity/Nutrition	717-245-4555	N/A	Children/Youth	N/A	N/A	17013	N/A
Central Pennsylvania	Physical Activity/Nutrition	717-234-3268	N/A	Children/Youth	N/A	N/A	17104	N/A
Easton	Physical Activity/Nutrition	610-253-5846	N/A	Children/Youth	N/A	N/A	18044	N/A
Lancaster	Physical Activity/Nutrition	717-295-3479	N/A	Children/Youth	N/A	N/A	17608	N/A
Northeastern Pennsylvania	Physical Activity/Nutrition	570-342-8709	N/A	Children/Youth	N/A	N/A	18510	N/A
Reading Olivet	Physical Activity/Nutrition	610-373-1314	N/A	Children/Youth	N/A	N/A	19611	N/A
<b>We Can Sites</b>								
Hanover Township Community Center	Physical Activity/Nutrition	610-866-1140	N/A	Children/Youth	N/A	<a href="http://www.hanovertownship.com">www.hanovertownship.com</a>	18017	N/A
Hanover Township Northampton County	Physical Activity/Nutrition		N/A	Children/Youth	N/A	<a href="http://www.hanovertwp-nc.org">www.hanovertwp-nc.org</a>	18017	N/A
Mosser Elementary School	Physical Activity/Nutrition	484-765-5880	N/A	Children/Youth	N/A	<a href="http://www.allentownsd.org/Mosser">www.allentownsd.org/Mosser</a>	18109	N/A
United Cerebral Palsy of Central Pennsylvania	Physical Activity/Nutrition	717-975-0611	N/A	Children/Youth	N/A	<a href="http://www.ucp.org">www.ucp.org</a>		N/A

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<b>Online Programs</b>								
Action Based Learning	Teacher Resources and Workshops	866-234-0475	Puts brain-based learning into action with teacher friendly, "kid-tested, kid-approved" strategies that move students to learn.	Teachers	N/A	<a href="http://www.abllab.com">www.abllab.com</a>	N/A	N/A
Action for Healthy Kids	Action for Healthy Kids Program	1-800-416-5136	Network fighting childhood obesity and undernourishment by working with schools to improve nutrition and physical activity to help kids learn to eat right, be active every day and be ready to learn	Children	N/A	<a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a>	N/A	N/A
American Alliance for Health, Physical Education, Recreation and Dance	Head Start, Body Start	703-476-3454	Aims to increase physical activity, outdoor play, and healthy eating among Head Start and Early Head Start children, families, and staff. To create healthy learning environments and promote physical activity that leads to the physical, cognitive, social,	Families	N/A	<a href="http://www.aahperd.org/headstartbodystart/">http://www.aahperd.org/headstartbodystart/</a>	N/A	N/A
Centers for Disease Control and Prevention	A Self-Assessment and Planning Guide		Self-assessment and planning tool that schools can use to improve their health and safety policies and programs.	Children	N/A	<a href="http://www.cdc.gov/HealthyYouth/shi/index.htm">www.cdc.gov/HealthyYouth/shi/index.htm</a>	N/A	N/A
Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity	The Nutrition, Physical Activity and Obesity Program	800-232-4636	To lead strategic public health efforts to prevent and control obesity, chronic disease, and other health conditions through regular physical activity and good nutrition.	Children	N/A	<a href="http://www.cdc.gov/nccdphp/dnpao/index.html">www.cdc.gov/nccdphp/dnpao/index.html</a>	N/A	N/A

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LearntobeHealthy.org	Physical Activity/ Nutrition		Online health science learning site designed to help educators, parents and community leaders communicate important health concepts to students.	Families	N/A	<a href="http://www.learntobehealthy.org">www.learntobehealthy.org</a>	N/A	N/A
National Association for Girls and Women in Sport	Physical Education	703-476-4566	Strives to be one of the premiere organizations dedicated to advocacy, education and the promotion of girls and women in sport.	Women	N/A	<a href="http://www.aahperd.org/nagws/">http://www.aahperd.org/nagws/</a>	N/A	N/A
PE4life	Physical Education	816-472-7345	Dedicated to developing a country of active and healthy children and youth by increasing access to quality physical education.	Children	N/A	<a href="http://www.pe4life.org">www.pe4life.org</a>	N/A	N/A
President's Council on Fitness, Sports & Nutrition	Physical Activity/ Nutrition	240-276-9567	Serves as a catalyst to promote good health through fitness, sports and nutrition for people of all ages, backgrounds and abilities through partnerships in national, state and local organizations, programs and initiatives.	Families	N/A	<a href="http://www.fitness.gov">www.fitness.gov</a>	N/A	N/A
Tapestry of Health	Nutritional Education	717-243-0523	A series of five-six week cooking and learning sessions. Classes include preparation of fast and easy nutritional meals and menu ideas for healthier eating.	Families	N/A	<a href="http://www.tapestryofhealth.org">www.tapestryofhealth.org</a>	17013	Cumberland/ Perry

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The President's Challenge	Active Lifestyle and Presidential Champions program	1-800-258-8146	This program encourages youth and adults to make staying active part of their everyday lives.	Children	N/A	<a href="http://www.presidentschallenge.org">www.presidentschallenge.org</a>	N/A	N/A
Weight A Minute	Physical Activity/Nutrition	610-678-3763	Personal weight management, sports nutrition and anti-aging center provides the latest breakthrough in weight control technology	2-7 and 8 and older	N/A	N/A	19610	Berks