## Resources to Promote Healthy Weight for Children & Families

### North Santa Barbara County

#### Santa Maria
- Abel Maldonado Community Youth Center, City of Santa Maria Recreation and Parks Department (805) 925-0951 x252
- Boys and Girls Club, Santa Maria Valley (805) 922-7163
- Community Health Education, Marian Medical Center (805) 739-3578
- Nutrition Clinic, Santa Maria Health Care Center (805) 346-7230
- Walking Group and Cooking Class, Network for a Healthy California (805) 346-7372
- Women, Infants & Children (WIC) SB Public Health Department (877)274-8805
- YMCA Kohl’s After School Wellness Program, YMCA Santa Maria (805) 937-8521

#### Guadalupe
- Boys and Girls Club, Guadalupe (805) 343-7813
- Women, Infants & Children (WIC) SB Public Health Department (805) 275-8805

#### Lompoc
- Boys and Girls Club of Lompoc Valley (805) 736-4978
- Nutrition Clinic, Lompoc Health Care Center (805) 737-6400
- Women, Infants & Children (WIC) SB Public Health Department (877) 275-8805

#### Buellton/Santa Ynez Valley
- Women, Infants & Children (WIC) SB Public Health Department (877) 275-8805
- Youth Health & Wellness Programs, YMCA, Stuart C. Gildred Family (805) 686-2037

---

*July 2011*