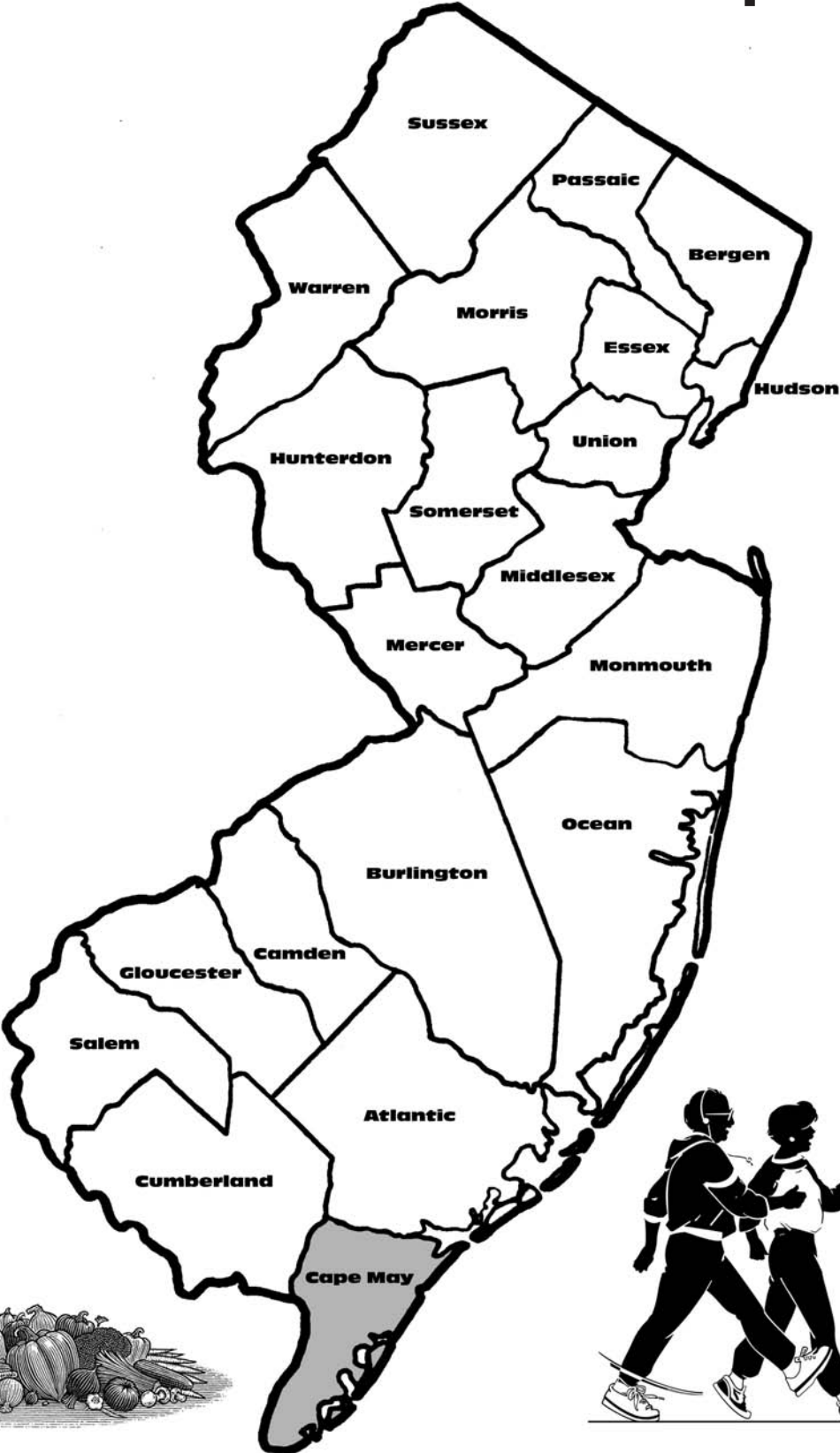



Cape May County



CAPE MAY COUNTY Physical Activity Programs

Program Name:	Sit and Be Fit
Agency/Institution:	Avalon Recreation
Address:	3100 Dune Drive, Avalon, NJ 08202
County:	Cape May
Phone:	609-967-3066
Website:	www.avalonboro.org
Services:	   
Population served:	Elderly, adults, seniors
Funded by:	Own funding
Fees & Charges:	None

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)

