



MANAGING CONCERNS ABOUT FALLS

NJ A MATTER OF BALANCE CONTACT LIST (2025)

For program locations and schedules, call the phone number listed for each site. If your county is not listed, please call the New Jersey Department of Human Services, Division of Aging Services at 609-438-4798 or 609-438-4797.

STATEWIDE

NJ Department of Human Services, Division of Aging Services
609-438-4798 or 609-438-4797

BERGEN

Bergen County Department of Health Services, Office of Health Promotion
201-634-2870

Hackensack UMC Fitness & Wellness, Health Awareness Regional Program (HARP)
551-996-2038

CAMDEN

Camden County Department of Health and Human Services
856-374-6035

Community Planning and Advocacy Council (CPAC)
856-663-4773 Ext. 229

CAPE MAY

Cape May Health Department
609-465-1187

ESSEX

Family Connections, Inc.
973-518-4501

HUNTERDON

Hunterdon County Division of Senior Services – Senior Health & Fitness Program
908-284-6128

MIDDLESEX

Brain Injury Alliance of New Jersey
732-745-0200

MONMOUTH

All Care Physical Therapy
732-849-9600

CentraState Medical Center
732-308-0570
MOB@centrastate.com

Monmouth Medical Center Southern Campus – Lakewood
732-597-6075

MORRIS

NORWESCAP RSVP
1-888-387-9830

OCEAN

All Care Physical Therapy
732-849-9600

Monmouth Medical Center Southern Campus – Lakewood
732-363-1900 x22314

PASSAIC

NORWESCAP RSVP
1-888-387-9830

SALEM

Salem County Office on Aging and Disabilities
856-339-8622

SUSSEX

Sussex County Division of Senior Services
973-579-0555

WARREN

NORWESCAP RSVP
1-888-387-9830