



Hunterdon Health

Community Resources & Services

The Community Outreach Team provides a wide range of programs and services that deliver enriching health and wellness activities with the opportunity to connect to resources in support of your lifelong health journey.

Speakers Bureau

Topic experts can be requested to share their knowledge and expertise with the community in areas such as heart disease, cancer prevention/treatment and mental illness. Popular topics include Lyme disease, nutrition, pediatric health, parenting and childbirth education, diabetes, home care, senior health issues and many more. Staff are also available to participate in community outreach events including fairs, community days and holiday events. To find out more, visit: <https://www.hunterdonhealth.org/speakers-bureau-and-community-events>

Navigation Services

Need help finding a healthcare provider? Our bilingual community health workers can assist you. Call 908-237-7039 to get the support you need.

- Finding providers based on your specific insurance needs and preferences.
- Scheduling appointments for essential health screenings like mammograms, colonoscopies and prostate exams.
- Navigating the healthcare system as a whole, including finding resources for chronic conditions and connecting you with support groups, educational material and specialized care providers.

Prevention Education

A wide range of health and wellness topics are available for free throughout the year that include nutrition, women's health, men's health, HPV immunization, survivorship, stress management (featuring Jin Shin Jyutsu), patient advocacy, diabetes, chair yoga, and more. Spanish language programs are also available. To access the full range of resources visit: <https://www.hunterdonhealth.org/services/hunterdon-mercer-chronic-disease-coalition>



Knowledge is Power.



Find a provider to be a partner in your care and have regular wellness visits and screenings.



42% of cancer cases in the US are attributed to modifiable risk factors.

Cancer Screening Services

The NJ Cancer Education and Early Detection (NJCEED) program provides free screening services for breast, cervical, colorectal and prostate cancers to those who are uninsured or under-insured and do not have Medicare or Medicaid. For information on eligibility and guidelines call 908-237-5409 or visit: <https://www.hunterdonhealth.org/hunterdon-regional-cancer-center/hrcc-why-choose-us/prevention-early-detection/njceed-cancer>

A Full Range of Health Care Providers and Services

Hunterdon Health provides a full range of integrated services, programs and expertise to meet the needs of the community. To access information about providers, locations and services refer to the Resource Guide at <https://www.hunterdonhealth.org/doctors>

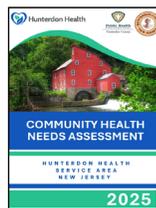
Fitness for Lifelong Wellness

Hunterdon Health & Wellness Centers in Clinton and Whitehouse Station bring a holistic approach to wellness, providing personalized fitness programs and services for individuals at every stage of life. By combining medical expertise with customized fitness plans, these medical fitness centers offer a safe, supportive environment. Whether your wellness goal is to strengthen, improve endurance, or continue your recovery, the centers provide programs and facilities to guide you toward a healthy, active lifestyle. Start your journey today. Visit: <https://www.hunterdonhealth.org/hunterdon-health-and-wellness-centers>



Community Needs & Health Improvement

The Hunterdon County Partnership for Health is a local health coalition hosted by Hunterdon Health with involvement from 70+ organizations dedicated to the health and wellness of community residents. This collaborative effort implements the Community Health Needs Assessment process that results in addressing gaps and challenges via a Community Health Improvement Plan. To learn more, visit: <https://www.hunterdonhealth.org/sites/default/files/2026-01/Hunterdon%20CHIP%20FINAL%20with%20EHR%20Baselines%2001072026.docx.pdf> or click on the image to the right.



Healthy Harvest Rx

Designed to provide fresh produce at no cost to Hunterdon Health patients at risk for diabetes and food insecurity, this program aims to improve their overall health. It increases access and bridges health and wellness within the community. Patients receive locally sourced, farm-fresh produce on a weekly and biweekly basis, depending on the season. For more information call: 908-219-9268.

Survivorship Quality of Life

The Cancer Thriving & Surviving Workshop is a 6-week, evidence-based free program in self-management proven to help cancer patients, survivors and caregivers learn to better manage the challenges to thriving. Led by trained facilitators, topics cover fatigue, pain, sleep, dealing with difficult emotions, staying active and communicating with providers, family and friends. For more information, visit: <https://www.hunterdonhealth.org/services/hunterdon-mercero-chronic-disease-coalition>

Partnering to Improve Health for All People



Getting screening tests regularly may find cancer early when treatment is likely to work best.



Research shows that people who have a primary care provider experience better health outcomes.



Lifestyle choices matter.



Communities can prevent disease with the right partners.



Eating with the intention to thrive.



Survivors experience long-term physical, emotional and practical needs that affect quality of life.