

**RUTGERS COOPERATIVE EXTENSION OF WARREN COUNTY
FAMILY & COMMUNITY HEALTH SCIENCES**

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HOURS: Monday - Friday 8:00 a.m. - 4:30 p.m.

FEES: None

DESCRIPTION OF SERVICES

The Family & Community Health Sciences (FCHS) department of Rutgers Cooperative Extension has a long history of providing community outreach throughout New Jersey to promote health and wellness. Research shows that the risk for diseases such as cancer, obesity, heart disease, diabetes and hypertension could be decreased through healthful eating and regular physical activity. By providing science-based educational programs for all age groups on a variety of nutrition and health related topics, we combine research and practical advice to strive to improve your health for a better tomorrow.

We offer a variety of educational programs that are designed to inform residents of current health related news, guidelines and recommendations to promote healthier families, individuals and communities. Some programs are offered free-of-charge, others for a nominal donation.