



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare

# Public Health and Wellness Program Descriptions

*Please note, participation in exercise programs requires advanced registration through the VNA of Cape Cod. Participants must be able to tolerate 60 minutes of seated and/or standing exercise and ambulate independently.*

## **Arthritis Exercise**

This exercise program is designed to improve joint mobility and strength to decrease arthritis symptoms.

## **Aquatic Conditioning (General Public, Senior, or Prenatal)**

Safely exercise in a semi-weightless environment to improve cardiovascular fitness, strength, balance, and mobility.

## **Blood Pressure and Wellness Clinics (also known as Ask a Public Health Nurse)**

Clinic involves one-on-one open discussion of various health and wellness topics as well as a semi-private blood pressure screening.

## **Cholesterol Screening Clinic**

Find out your cholesterol level, what it means, and ways to control it. Clinic includes a finger prick.

## **Chronic Disease Self-Management Program**

An educational program developed by Stanford University. The goal of this program is to provide information and tools around living with chronic diseases, building confidence to live an active lifestyle while managing your health conditions.

## **Depression Screening Clinics**

Sit down with a Public Health Nurse and get a private, one-on-one depression screening.

## **Environmental Toxins Presentation**

Learn about the simple ways to reduce your exposure to toxins in your food, water, personal care items, laundry, and household cleaners.

## **Exercise as We Age Presentation**

Thus hour long presentation includes information on the aging process, exercise intensity, physical activity guidelines, and some basic exercises to do at home.

## **Fall Prevention and Brain Health Presentation**

Learn how to decrease your risk of falling, strategies to improve memory, and exercises that can help.

## **Fall Risk Assessments**

Sit down one-on-one with a Physical Therapist or Exercise Physiologist and get your risk of assessed using the CDC's STEADI program. Receive a home exercise program, home safety checklist, and more!

## **Fit & Strong!**

This evidence based exercise program is designed to improve lower extremity osteoarthritis.

### **Know Your Numbers Presentation**

Information about the vital signs: heart rate, blood pressure, respiratory rate, temperature, and pain. Learn what they mean, how to measure, and what affects them.

### **Maternal Child Health Open Clinic**

A walk in clinic staffed with Maternal Child Public Health Nurses. Nurses can take vital signs of parent or baby, check baby's weight, offer feeding support, and provide educational information.

### **Men's Fitness**

Men's Fitness is aimed to improve fitness and health concerns that affect men as they age. Build strength and endurance, improve balance and mobility, all while exercising your brain!

### **Mindful Movement**

Decrease your stress levels through movements, stretching, and breathing exercises that helps improve your fitness while calming the mind.

### **Neuro-GO! Exercise Program**

This exercise program is specific for those diagnosed with neurological conditions or neuromuscular diseases. Each hour long class will involve exercises aimed to help decrease neurological symptoms, improve overall fitness level, and challenge your brain.

### **Stepping Stones to Fitness Exercise Program**

This progressive exercise program teaches participants basic home exercises to improve strength, endurance, mobility, and balance- keeping you independent and build self-confidence!

### **Stroll the Cape Walking Program**

A walking group for stroller aged children (8 weeks to 3 years old) and their families.

### **Strong at Heart Exercise Program**

This exercise program is aimed for generally healthy older adults who want to build on their strength and endurance. A mix of interval training and circuit training that will keep your heartrate up and muscles engaged!

### **Therapeutic Benefits of Aquatic Exercise Presentation**

Learn about the properties of water and how it creates a therapeutic environment optimal for exercise.

### **Walk It Out Challenge Presentation**

Are you interested in improving your cardiovascular fitness and improving your mood but aren't sure where to start? Join us for this presentation and receive information to start your walking program- including a 4 week walking challenge!

### **Walking Group**

Safely walk with the Public Health team from the VNA of Cape Cod! Enjoy the outdoors, have fun with other members of your community, and learn about Public Health topics- all while improving your physical fitness!