



**VISITING NURSE
ASSOCIATION
OF CAPE COD**

Member
Cape Cod Healthcare

VNA of Cape Cod Public Health

Lower and Outer Cape Programs October 2024

Location	Program	Day, Date(s), Time			To Register:
Chatham Center for Active Living	Blood Pressure and Wellness Clinic	Thursdays	ongoing weekly	9am- 10am	Walk In
Chatham Community Center	Strong at Heart	Thursdays	9/12/24- 10/31/24	10:45am- 11:45am	(508) 957- 7423
Chatham Community Center	Strong at Heart	Thursdays	11/14/24- 12/19/24	10:45am- 11:45am	(508) 957- 7423
Chatham Center for Active Living	Mental Health and Hoarding Presentation	Monday	11/18/2024	12pm- 1:30pm	(508) 945- 5190
Dennis Center for Active Living	Group Fitness Orientations	First Wednesday	ongoing monthly	10:30am- 11:30am	(508) 385- 5067
Dennis Public Library	Blood Pressure and Wellness Clinic	Third Wednesday	ongoing monthly	11:15am- 12:15pm	Walk In
Eastham Senior Center	Ask a Dietitian	Third Thursday	ongoing monthly	10:30am- 11:30am	Walk In
Eastham: Cape Cod National Seashore	Senior Walking Group	Fridays	9/13/24- 10/25/24	9am- 10am	(508) 957- 7423
Orleans Town Hall	Blue Zones Presentation	Friday	10/18/2024	9:30am- 11am	(508) 957- 7423
Provincetown Veterans Memorial Community Center	Blood Pressure and Wellness Clinic	Second Tuesday	ongoing monthly	10am- 12pm	Walk In
Provincetown Library	Depression Screenings	First Thursday	ongoing monthly	1:30pm- 2:30pm	(508) 957- 7423
Provincetown Veterans Memorial Community Center	Strong at Heart	Thursdays	10/17/24- 11/21/24	1:30pm- 2:30pm	(508) 957- 7423
Truro Community Center	Neuro Go	Tuesdays	10/8/24- 11/19/24	9am- 10am	(508) 957- 7423
Truro Community Center	Ask a Dietitian	Third Thursday	ongoing monthly	12:30pm- 1:30pm	Walk In
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm	(508) 957- 7423
Wellfleet Adult Community Center	Depression Screenings	First Thursday	ongoing monthly	11:30am- 12:30pm	(508) 957- 7423



**VISITING NURSE
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**VNA of Cape Cod Public Health
Mid and Upper Cape Programs
October 2024**

Location	Program	Day, Date(s), Time			To Register:
Barnstable Adult Community Center	Fall Prevention Presentation	Wednesday	10/16/2024	9:30am- 10:30am	myactivecenter.com
Barnstable Adult Community Center	Neuro Go	Fridays	11/15/24- 12/27/24	2pm- 3pm	(508) 957- 7423
Bourne Veteran's Memorial Community Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	9am- 10am	Walk In
Bourne Veteran's Memorial Community Center	Men's Fitness	Mondays	9/9/24- 10/28/24	9am- 10am	(508) 957- 7423
Bourne Veteran's Memorial Community Center	Stroke Awareness and Prevention Presentation	Tuesday	11/12/2024	10am- 11:30am	(508) 759- 0600 x5300
Bourne Veteran's Memorial Community Center	Total Joint Replacement Presentation	Thursday	11/14/2024	10am- 11am	(508) 759- 0600 x5300
Falmouth Senior Center	Paving the Path to Wellness	Thursdays	9/5/24- 11/21/24	10am- 11:30pm	(508) 540- 0196
Falmouth: Shining Sea Bike Path	Senior Walking Group	Tuesdays	9/10/24- 10/29/24	11am- 12pm	(508) 957- 7423
Falmouth Senior Center	Neuro Go	Wednesdays	9/18/24- 10/23/24	2:30pm- 3:30pm	(508) 957- 7423
Falmouth: Atria Woodbriar Pool	Aquatic Conditioning	Mondays	9/30/24- 11/18/24	1pm- 2pm	(508) 957- 7423
Falmouth Senior Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	1pm- 2:30pm	(508) 540- 0196
Hyannis: A Baby Center	Maternal Child Health Open Clinic	First Tuesday	ongoing monthly	10am- 12pm	Walk In
Mashpee Senior Center	Blood Pressure and Wellness Clinic	Second Monday	ongoing monthly	9:30am- 10:30am	Walk In
Mashpee Senior Center	Strong at Heart	Tuesdays	9/17/24- 10/22/24	1:30pm- 2:30pm	(508) 957- 7423
Sandwich Center for Active Living	Blood Pressure and Wellness Clinic	Second and Fourth Thursday	ongoing monthly	9am- 10:30am	(508) 888- 4737
Sandwich Center for Active Living	Child Immunization Clinic	First Monday	ongoing monthly	1pm- 4pm	(508) 957- 7423
Sandwich Center for Active Living	Strong at Heart	Fridays	9/27/24- 11/22/24	8am- 9am	(508) 957- 7423
Sandwich Center for Active Living	Mens Fitness	Fridays	9/27/24- 11/22/24	9:15am- 10am	(508) 957- 7423
Sandwich Center for Active Living	Seasonal Affective Disorder Presentation	Fridays	10/18/2024	11am- 12pm	(508) 888- 4737
Sandwich Center for Active Living	Depression Screenings	Fridays	10/25/2024	10am- 12pm	(508) 888- 4737