



VISITING NURSE
ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

VNA of Cape Cod Public Health Lower and Outer Cape Programs June 2024

Location	Program	Day, Date(s), Time		
Brewster Council on Aging	Strong at Heart	Mondays	5/13/24- 6/24/24	1:30pm- 2:30pm
Brewster Ladies Library	Advanced Directives Presentation	Friday	6/7/2024	1pm- 2pm
Brewster Community Pool	Senior Aquatic Conditioning	Mondays	6/17/24- 8/12/24	9am- 10am
Chatham Center for Active Living	Blood Pressure and Wellness Clinic	Thursdays	ongoing weekly	9am- 10am
Chatham Center for Active Living	Nordic Walking Wellness Program	Thursdays	5/9/24- 6/27/24	10:45am- 11:45am
Chatham Center for Active Living	Stroke Awareness and Prevention Presentation	Thursday	6/20/2024	1:30pm- 3pm
Dennis Center for Active Living	Veterans Exercise Program	Tuesdays	5/14/24- 6/28/24	2pm- 3pm
Dennis Center for Active Living	Advanced Directives Presentation	Monday	6/3/2024	1:30pm- 2:30pm
Dennis Center for Active Living	Group Fitness Orientations	First Wednesday	ongoing monthly	10:30am- 11:30am
Dennis Public Library	Blood Pressure and Wellness Clinic	Third Wednesday	ongoing monthly	11:15am- 12:15pm
Eastham Public Library	Stroke Awareness and Prevention Presentation	Thursday	6/18/2024	10:30am- 12pm
Eastham Senior Center	**Estate Planning Presentation and Luncheon	Friday	6/28/2024	11:30am- 12:30pm
Orleans Senior Center	Environmental Toxins Presentation	Tuesday	6/4/2024	2pm- 3:30pm
Orleans Senior Center	Neuro Go	Fridays	6/14/24- 7/26/24	2pm- 3pm
Provincetown Veterans Memorial Community Center	Blood Pressure and Wellness Clinic	Second Tuesday	ongoing monthly	10am- 12pm
Provincetown Veterans Memorial Community Center	Strong at Heart	Thursdays	5/16/24- 6/20/24	1:30pm- 2:30pm
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm

**** Preregistration is required for the Estate Planning Lunch & Learn.**
To reserve your seat, please contact Eastham Senior Center at **(508) 801- 3151**

Registration is required for all exercise programs through the VNA of Cape Cod
Call **(508) 957- 7423** to register. Application includes:

- 1. Participant Information Form:** demographic information for the participant
- 2. Medical Clearance Form:** program info for health provider to sign



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Mid and Upper Cape Programs

June 2024

Location	Program	Day, Date(s), Time		
Bourne: Cape Cod Canal	Stroll the Cape Walking Program	Tuesday	5/7/24- 6/11/24	10am- 11am
Bourne Veteran's Memorial Community Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	9am- 10am
Bourne Public Library	Empathetic Communication in Dementia Presentation	Thursday	6/20/2024	1pm- 2pm
Falmouth Senior Center	Neuro Go	Wednesday	5/8/24- 6/26/24	2:30pm- 3:30pm
Falmouth: Shining Sea Bike Path	Senior Walking Group	Tuesdays	5/7/24- 6/25/24	11am- 12pm
Falmouth: Atria Woodbriar Pool	Aquatic Conditioning	Mondays	6/17/24- 7/22/24	1pm- 2pm
Falmouth Senior Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	1pm- 2:30pm
Hyannis: A Baby Center	Maternal Child Health Open Clinic	First Tuesday	ongoing monthly	10am- 12pm
Mashpee Senior Center	Blood Pressure and Wellness Clinic	Second Monday	ongoing monthly	9:30am- 10:30am
Mashpee Senior Center	Strong at Heart	Tuesdays	7/9/24- 8/27/24	1:30pm- 2:30pm
Sandwich Center for Active Living	Blood Pressure and Wellness Clinic	Second and Fourth Thursday	ongoing monthly	9am- 10:30am
Sandwich Center for Active Living	Strong at Heart	Fridays	5/24/24- 6/28/24	8:45am- 9:45am
Sandwich Center for Active Living	Mens Fitness	Fridays	5/24/24- 6/28/24	10am-11am
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm

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Blood Pressure and Wellness Screenings



Join us for **FREE** blood pressure and wellness screenings with the Public Health Nurses from the VNA of Cape Cod.

Dennis Public Library

5 Hall Street, Dennis Port

11:15am- 12:15pm

3rd Wednesday monthly

walkins welcome

Chatham Center for Active Living

193 Stony Hill Road, Chatham

9am- 10am

Every Thursday

walkins welcome

Provincetown Veteran Memorial Community Center

2 Mayflower St, Provincetown

10am- 12pm

2nd Tuesday monthly

walkins welcome

For more information, please contact VNA Public Health at (508) 957-7423

Blood Pressure and Wellness Screenings

Do you know your numbers? Come find out for FREE!



Join us for **FREE** blood pressure and wellness screenings with the Public Health Nurses from the VNA of Cape Cod.

Mashpee Senior Center

26 Frank E. Hicks Dr, Mashpee

9:30am- 10:30am

2nd Monday monthly

walkins welcome

Falmouth Senior Center

780 Main St, Falmouth

1pm- 2:30pm

Every Wednesday

appointment only 508-540-0196

Bourne Veterans Memorial Community Center

239 Main St, Bourne

9am- 11am

Every Wednesday

walkins welcome

Sandwich Center for Active Living

70 Quaker Meeting House Rd,

Sandwich

9am- 10:30am

2nd and 4th Thursday monthly

appointment only 508- 888- 4737

For more information, please contact VNA Public Health at (508) 957-7423