



# 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.*

## **10 Healthy Tips for Toxin-Free Living Presentation**

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

## **Arthritis Exercise**

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

## **Ask-a-Dietitian Clinic**

This clinic is designed to encourage healthy eating habits and provides an opportunity to discuss diet and nutrition topics such as the Blue Zones, affordable eating options, microbiome gut health, the DASH diet, and more!

## **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.

## **Blue Zones Presentation**

Join Registered Dietitian Amy Rose Sager from the VNA of Cape Cod and explore the nutrition aspects of Blue Zones and how they contribute to the overall health and longevity of the populations living in these regions.

## **Cardio Chats Clinic**

Join us for a one-on-one discussion on how you can integrate more healthy habits into your day to improve quality of life and help reduce cardiovascular disease risk. Leave the session with practical health and wellness resources as well as a worksheet on important biomarkers.

## **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.

## **The DASH Diet Presentation**

Join Amy Rose Sager, Registered Dietitian, as we explore the principles, benefits, and practical insights of the DASH (Dietary Approaches to Stop Hypertension) Diet, offering a roadmap to optimal nutrition and wellbeing.

### **Depression Screening Clinics**

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

### **Estate Planning Presentation**

A Wealth Management Officer from Cape Cod 5 discusses legal documents such as wills and trusts, guidance on choosing professional advisors, verifying beneficiaries, and organizational to-do lists.

### **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 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!

### **Fiber- Friend or Foe Presentation**

As we navigate through the diverse perspectives and conflicting opinions surrounding fiber, we embark on a journey to unravel the truth behind the role of fiber in our diets.

### **Financial Wellness**

Learn about your financial wellness in this 1 hour presentation featuring Financial Advisor(s) from Cape Cod 5. Advisor will explain the steps you can take to best organize and prepare your financial, legal, and health information in case of death or incapacitation.

### **Fit & Strong!**

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

### **Healthy Eating for Less Presentation**

Join Amy Rose Sager, Registered Dietitian, to learn tips and tricks for eating healthy on a budget. Learn about what to focus on in the weekly supermarket sales flyer. See which kinds of produce items are usually priced the best.

### **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.

### **Moms in Motion**

For Moms 6 weeks to 1 year postpartum seeking to reconnect with their bodies, boost their energy and foster a sense of community. Engage in gentle stretches and mindful movements while focusing on health and wellness topics.

### **MyChart Presentation**

This hands-on session will guide you through the essential features and help you feel comfortable navigating MyChart on your own. Please bring your cell phone, tablet, or other mobile device so you can follow along!

### **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.

### **Nordic Walking Wellness Series**

This beginner programs helps participants learn Nordic Walking technique while also learning the 6 pillars of lifestyle medicine, led by Nordic Walking Instructors. This program is in collaboration with Cape Cod Nordic Walking.

### **Paving the Path to Wellness**

This group health coaching program is instructed by a certified health coach and focuses on the whole person-body, mind, and spirit with the goal to empower individuals to live healthier lives with a sense of purpose while having a peer support group to foster social connectedness.

### **Seasonal Affective Disorder (SAD) Presentation**

Join the Town Public Health Nurse from the VNA of Cape Cod for an informative presentation reviewing the details of SAD and get connected with local resources that can offer support and help.

### **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!

### **Stroke Awareness and Prevention Presentation**

Presented by a VNA Physical Therapist and the Stroke Programs at Falmouth Hospital and Cape Cod Hospital. This presentation includes information on the prevalence of strokes, signs and symptoms to look for, what treatment can entail, and lifestyle modifications to reduce the risk of having a stroke.

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

A walking group for stroller aged children (8 weeks to 5 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.

### **Total Joint Replacements Presentation**

Total Joint Replacements are now outpatient surgical procedures with most people coming home the day of surgery, making homecare services essential for your recovery. Learn more about the benefits of homecare after your surgical procedure.

### **Veterans Exercise Program**

This general exercise program is for Veterans and their families to be physically active and socialize!

### **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!