

5/2/22



VISITING NURSE ASSOCIATION  
OF CAPE COD  
Member Cape Cod Healthcare

## Public Health and Wellness Upcoming Scheduled Programming

Location	Program	Day, Date(s), Time		
Bourne Veteran's Memorial Community Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	9:30am- 10:30am
Bourne Veteran's Memorial Community Center	Men's Fitness	Tuesdays	5/3/22- 6/14/22	9am- 10am
Brewster Council on Aging	Exercise as We Age Presentation	Wednesday	5/18/2022	10am- 11am
Chatham Community Center	Neuro GO!	Thursdays	4/7/22- 5/26/22	11am- 12pm
Chatham Community Center	Stepping Stones to Fitness	Thursdays	5/19/22- 6/23/22	12:30pm- 1:30pm
Eastham Senior Center	Fit & Strong!	Wednesdays and Fridays	9/9/22- 12/9/22	1:30pm- 3pm
Falmouth Senior Center via Shining Sea Bike Path	Walking Group	Tuesdays and Fridays	5/3/22- 6/24/22	11am- 12pm
Falmouth Senior Center	Neuro GO!	Fridays	5/6/22- 6/24/22	1:30pm- 2:30pm
Falmouth Senior Center	Blood Pressure and Wellness Clinic	Wednesdays	ongoing weekly	1pm- 2pm
Mashpee Senior Center	Blood Pressure and Wellness Clinic	Third Tuesday	ongoing monthly	1pm- 2pm
Mashpee Senior Center	Stepping Stones to Fitness	Tuesdays	5/3/22- 6/7/22	2pm- 3pm
Mashpee Senior Center	Environmental Toxins Presentation	Tuesday	5/17/2022	1pm- 2:30pm
Mashpee Senior Center	Matter of Balance	Wednesdays	6/1/22- 7/20/22	9:30am- 11:30am
Mashpee Senior Center	Bone Density Screening	Monday	6/13/2022	1pm- 3pm
Mashpee Senior Center	Nutrition Presentation	Tuesday	6/14/2022	2pm- 3pm
Mashpee Senior Center	Neuro GO!	Fridays	7/11/22- 8/29/22	1pm- 2pm
VNA of Cape Cod South Dennis Office	Child Immunization Clinic	Third Monday	ongoing monthly	9:30am- 12:30pm
Wellfleet Adult Community Center	Skin Cancer Screening	Thursday	6/9/2022	9am- 11am
Wellfleet Adult Community Center	Skin Cancer Screening	Thursday	6/23/2022	9am- 11am

*Please note, some programs may be reserved for residents of each respective town.  
Some programs may also require advanced registration.*

For more information about available programs and how to participate, please call **508-957-7423**.