

"How To's" For Healthy Eating

Nutrition Education

Visiting Nurses Assn. (VNA) Annual Health Fair

Nutrition component. Held annually in the Spring. Call for date/time.

Town of Orleans, Council on Aging (COA)

150 Rock Harbor Road

Orleans

(508) 255-2564

<http://www.orleanscouncilonaging.org>



Weight-Related Support Group

Nutrition/Diet Information

A 12-step program based upon Alcoholics Anonymous (AA) to help people lead a healthier life food wise. Hours: Each Wednesday, 7:30 pm - 8:30 pm.

Overeaters Anonymous in Chatham, MA

Main St.

Chatham

<http://www.oa.org>

