

"HOW TO'S" FOR HEALTHY EATING

Diabetes Management Clinic

Diabetes Education [RN & RD CDE] With MD Referral

Diabetes program is offered by our Diabetes Education Department and requires MD referral. The Heart Healthy Eating is a 2-hour program offered monthly with a small fee. Open to community. We are designing a 3-part program [total of 6 hours] that will include Heart Healthy Eating, Heart Healthy Food Shopping and Heart Healthy Dining Out. We are looking for a restaurant that wants to collaborate.

MD order for diabetes education. Our Heart Healthy eating is open to all.

Cape Cod Healthcare

27 Park St.

Hyannis

(508) 778-3906

FAX (508) 778-3980

dmunsell@capecodhealth.org

<http://www.capecodhealth.org>

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Nutrition Education

Infectious Disease Clinical Services

Cape Cod Healthcare’s Infectious Disease Clinical Services (IDCS) department takes a multi-disciplinary (medicine, nursing, social work, nutrition) team approach to providing comprehensive, compassionate health care. Services include: HIV Testing, Sexually Transmitted Disease Screening, AIDS/HIV Clinics, and Sexually Transmitted Disease Treatment.

Cape Cod Healthcare, Inc.

27 Park Street

Hyannis

<http://capecodhealth.org>

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Nutrition Education

Heart Healthy Eating (Nutrition Class)

Heart healthy eating class led by a registered dietician. In Hyannis. Lower cholesterol, lower blood pressure, healthy eating patterns. Held Wednesday, February 10, 2010, 1:00 pm - 3:00 pm. Next class February 24 from 1-3pm.

Open to Everyone. Pre-registration, prepayment required.

Cape Cod Healthcare

Hyannis

(877) 729-7200

www.capecodhealth.org

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“Healthy and Happy Eating For All” Program Sites: Mid-Cape Cod Region

Nutrition Education

Cape Cod WIC

The Massachusetts Women, Infants, and Children (WIC) Nutrition Program provides free food and nutrition education to help keep pregnant women, infants, and children under five healthy and strong. Service also includes food vouchers.

Cape Cod WIC
1019 Iyanough Road, Unit 7
Hyannis
(508) 771-7896
capewic@ix.netcom.com
<http://mass.gov>

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Nutrition Education

Habilitation Assistance Corporation

Habilitation Assistance Corporation is a private organization supporting individuals in realizing their personal visions and their participation as self-determined, respected members of the community. Services include: Supported Living Services for Adults with Disabilities, Disability Related Transportation, Nutrition Education, Day Habilitation Programs, Independent Living Skills Instruction, Occupational Therapy, Physical Therapy, Language Therapy, Language Therapy, Speech Therapy, Case/Care Management, In Home Assistance, and Recreational Activities/Sports.

Individuals with pervasive mental health disorders
Habilitation Assistance Corporation
209 Main Street
Hyannis
(508) 775-6699

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Nutrition Education

Cape Cod Child Development Nutrition Programs

A nonprofit community resource that provides quality childcare, early education, developmental intervention, and family support services on Cape Cod, the Islands, and Wareham. Early intervention for young children with disabilities and delays. Family Child Care. Preschool/Head Start. School-Age programs, Teen Parent Program, and more. Some services not offered in all towns. Open M-F, 9:00 am - 5:00 pm. Multiple sites: Hours vary from site to site. Nutrition information provided for staff and parents, healthy shopping and cooking classes available for families, nutrition classes for the children in classrooms--Kim Concra, Barnstable County.

Open to everyone, age-based, income-based, town of residence-based.
Cape Cod Child Development
83 Pearl Street
Hyannis
(508) 775-6240 Ext. 313
mlasiter@cccdp.org
www.cccdp.org

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“Healthy and Happy Eating For All” Program Sites: Mid-Cape Cod Region

Nutrition Education

Nutrition Education and Food Safety

Nutrition Education and Food Safety provides Family Nutrition Program (FNP), ServSafe Certification Program, Seafood HACCP, BestBites, School Nutrition, Municipal Wellness Program, Learn-at-home courses, Food Safety/Emergencies. Services include: Licensing/Certification/Accreditation and Nutrition Education.

Barnstable County, Cape Cod Cooperative Extension

Deeds and Probate Building

Railroad Avenue

Barnstable, MA

<http://www.capecodextension.org>



Nutrition Education

Family Nutrition Program (FNP)

Family Nutrition Program (FNP), a federally funded initiative with matching funds from Barnstable County, provides information about healthful eating to individuals and families who receive or are eligible for food stamps. After-school youth and Headstart pre-school children participate in series of workshops, and adults in single sessions or series of workshops, and written materials made available to families of participants.

Individuals or families who receive or are eligible to receive food stamps.

Barnstable County, Cape Cod Cooperative Extension

Deeds and Probate Building, Railroad Ave.

Barnstable

(508) 375-6690

FAX (508) 362-4518

www.capecodextension.org

