

## **"HOW TO'S" FOR HEALTHY EATING**

### ***Nutrition Education***

#### **Bradford Natural Market**

Weekly healthy cooking classes comprised of education on what to buy and how to cook it. Starts April 21st 2010 for 6 weeks, once a week on Wednesday evenings from 5:00-7:00. Call for schedule.

Bradford Natural Market  
141 Bradford Street  
Provincetown  
(508) 487-9784  
info@bradfordnatural.com  
www.bradfordnatural.com

---

### ***Nutrition Education***

#### **Nutrition/Diet Information**

A program designed to help people lose weight or maintain a healthy weight based on nutritional research--involves meetings. Hours:  
Wednesday, 6:30 pm.

Open to Everyone  
Weight Watchers  
3800 Rt. 6  
Eastham  
(800) 651-6000  
www.weightwatchers.com

---

### ***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 Sunday, 10:00 am - 11:00 am.

Open to Everyone  
Overeaters Anonymous in Provincetown, MA  
96 Bradford St.  
Provincetown  
<http://www.aa.org>

---

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

***Weight-Related Support Group***

**Helping Our Women**

Helping Our Women (HOW) is a social service agency providing services to women with chronic and life threatening and/or disabling conditions from Provincetown to Eastham. Services include case/care management, medical transportation, medical expense assistance, in home assistance, disability related support groups and health related support groups.

Helping Our Women (HOW)

336 Commercial Street, #9

Provincetown

(508) 487-4357

[info@helpingourwomen.org](mailto:info@helpingourwomen.org)

<http://www.helpingourwomen.org>

