

"HOW TO'S" FOR HEALTHY EATING

Breastfeeding Support Program

Cape and Islands Breastfeeding Warmline

Healthy Children's Center for Breastfeeding provides breastfeeding support for mothers and professionals on the Cape and Islands.

Healthy Children's Center for Breastfeeding

327 Quaker Meeting House Road

Sandwich

(508) 888-779 Ext. 4

info@healthychildren.cc

<http://www.healthychildren.cc>

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Breastfeeding Support Program

Healthy Children's Center for Breastfeeding

The Healthy Children's Center for Breastfeeding provides Cape and Islands breastfeeding warm line answering questions from local families and health care providers, lactation counseling services, breast pump rentals, and classes such as "Getting Started at Breastfeeding," mom/baby groups. Healthy Children also offers maternal/child health focused training programs nationwide for health care providers.

Healthy Children's Center for Breastfeeding

327 Quaker Meeting House Road

Sandwich

(508) 888-8044

info@healthychildren.cc

<http://www.healthychildren.cc>

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Breastfeeding Support Program

Healthy Children's Center For Breastfeeding

Operates a toll free hotline to answer questions on breastfeeding.

Healthy Children's Center for Breastfeeding

37 Quaker Meeting House Rd.

East Sandwich

(508) 888-8044

info@healthychildren.cc

www.healthychildren.cc

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Diabetes Management Clinic

Diabetes Education - Support Group at Bourne COA

Yearly diabetes education series conducted by VNA Diabetes Educator at Bourne Council on Aging (COA)

Visiting Nurse Association (VNA) of Cape Cod

(508)-299-8354

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

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

100 Ter Heun Dr.

Falmouth

(508) 778-3906

FAX (508) 778-3980

dmunsell@capecodhealth.org

<http://www.capecodhealth.org>

Nutrition Education

Common Threads After-School Program

Common Threads provides students learn basic kitchen skills, cooking techniques, and the importance of fresh ingredients as they prepare healthy ethnic cuisine together. Service includes alternative education.

Common Threads

3 First Lane

Mashpee

(508) 477-0371

<http://www.commonthreads.org>

Nutrition Education

USA Fitness Centers for Women Nutrition Program

Fitness For Women in Mashpee, MA has an online nutrition program. Members pay a monthly fee, depending on length of program, fee varies. One of the trainers walks them through it. You enter what you eat each day, and the program tells you what nutrients are lacking. Program builds a grocery list for you.

Open to everyone

USA Fitness Centers For Women

502 Main St. Rt. 130

Mashpee

508-477-4777

info@usafitnesscentersforwomen.com

<http://www.usafitnesscentersforwomen.com>

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

Nutrition Education

R.E.N.E.W. Program

R.E.N.E.W. (Revitalize - Enrichment - Nutrition - Energize - Women’s Weekend). A women's retreat. Enjoy great food, rowing, ropes course, archery, nutritional cooking classes, clay making, paddling, hiking, morning pilates, and much more at Camp Lyndon. Note: Program may not be offered this season. Call for information or to register.

Open to women and girls age 12 and above (if accompanied by a parent or guardian)

YMCA Cape Cod

Sandwich

(508) 428-9251 Ext. 201

info@ymcacapecod.org

<http://www.ymcacapecod.org>



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.

184 Ter Heun Drive

Falmouth

<http://capecodhealth.org>



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

25 Barlow's Landing Road

Pocasset

(508) 564-5101

