



June



FREE

**OUTER
CAPE**



Blood Pressure, Glucose and Nutrition Check

Drop-in for a free screening with a County Health Nurse and nutrition information on where to buy local food and maintain a healthy lifestyle.



Meet a County Nutritionist for information or a nutrition demonstration!

Orleans Senior Center, 150 Rock Harbor Rd.

Mondays, 10:30am - 12:30pm: June 5th, 12th.

 Meet with the Nutritionist June 5th.

Eastham Senior Center, 1405 Nauset Rd.

Tuesdays, 9am - 11 am: June 6th, 13th, 20th.

 Meet with the Nutritionist June 6th, 20th.

Truro Council on Aging, 7 Standish Way.

Thursdays, 10:30am - 12:30pm: June 1st, 8th, 15th, 22nd.

 Meet with the Nutritionist June 1st, 8th, 22nd.

Provincetown Public Library, 356 Commercial St.

Wednesdays, 10:30am - 12:30pm: June 7th, 14th, 21st.

 Meet with the Nutritionist June 14th.

 www.capecod.gov/BuyLocal4Health

