



VISITING NURSE
ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

Stroll the Cape Walking Group

With the VNA of Cape Cod Perinatal Pathways

This walking group is for families with **stroller aged children** (8 weeks to 3 years old) to stay active and meet other families. Group led by a Maternal Child Health Nurse from the VNA of Cape Cod.



- Who:** Orleans, Chatham, and Eastham families with children 8 weeks to 3 years old
- Where:** Various walking trails on the Lower Cape
- When:** Tuesdays, 10am- 11am with indoor options during inclement weather
April 30- June 25, 2024

ADVANCED REGISTRATION IS REQUIRED

New moms must be 8 weeks postpartum to participate.

For more information or to sign up,
please contact the VNA of Cape Cod
(508) 957 – 7423

This program is in conjunction with the VNA of Cape Cod Public Health and Wellness Department and the Health Departments from the Towns of Orleans, Eastham, and Chatham.