

**Community Health Center of Cape Cod and
Falmouth Public Schools**

News Release

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HealthyFalmouth.org

A New Community Resource for Health and Wellness

Falmouth - Community Health Center of Cape Cod and the Falmouth Public Schools are pleased to announce the launch of *HealthyFalmouth.org*, a unique website dedicated to improving the health of the Falmouth community.

HealthyFalmouth.org is free of advertising and provides the following information and services:

- General health information for the community at large with an emphasis on healthy lifestyle and disease prevention.
- Access to thousands of articles about specific health conditions, medications, medical procedures, and decision-making tools.
- Information about the Falmouth Public Schools wellness programs, including the Wellness Policy approved by the School Committee, and updates on wellness activities in each of the schools.
- Information about the services of Community Health Center of Cape Cod and how to obtain them.
- Fitness and nutrition information for teens and school-aged children.
- Staying Healthy in Falmouth, a library of articles written by local health professionals that includes information about childhood obesity, navigating the healthcare system, and eating healthy in local restaurants.
- A guide to safe and credible health information on the Internet.
- A guide to health-related resources in the Falmouth community.
- A free subscription to a health newsletter.
- A health-related blog.

Funding for the website comes from Community Health Center of Cape Cod and the Falmouth Public Schools through the Carol M. White Physical Education Program (PEP)

grant. The PEP grant provides funding to the school system to initiate, expand, and enhance physical education programs for students in kindergarten through 12th grade. The Health Center provides primary care, behavioral health and dental services at locations in Falmouth, Mashpee and Bourne.

HealthyFalmouth.org is managed by Michael Bihari, MD, a member of the Falmouth Public Schools' Health Advisory Committee and President of the Board of Directors of Community Health Center of Cape Cod. Dr. Bihari is an expert in the development and implementation of internet-based health information.

According to Dr. Bihari, "HealthyFalmouth.org is a work in progress and we welcome input from the community, including consumers and health professionals. One of the goals of the Health Center is to improve the health of the community and the function of the school's health advisory committee is to help assure the health and well-being of our student population. HealthyFalmouth.org is an important resource for our residents, our students, and visitors."

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