

JOINT PRESS RELEASE



Outer Cape Towns Launch “OC Wellness” Collaborative

Health Departments from Provincetown, Truro, Wellfleet, and Eastham work jointly to create and promote community happenings on the Outer Cape.

May 30, 2023 – The Outer Cape towns of Provincetown, Truro, Wellfleet, and Eastham are excited to announce the formation of, “OC Wellness”, a collaborative initiative aimed at promoting health, inclusivity, and community engagement to residents across all four towns. This effort, undertaken in partnership with Outer Cape Community Solutions (OCCS), is not just about health and medical care, but also about providing free and healthy community events for all residents, regardless of residency, age, income, immigration status, and more.

OC Wellness represents an innovative approach to improving the well-being and quality of life for individuals and families in our diverse communities. The power of this rural community approach lies in leveraging resources to enhance the quality of life for all residents. By joining forces, Provincetown, Truro, Wellfleet, and Eastham aim to break down barriers and ensure that every member of each town can access and benefit from wellness initiatives and resources, regardless of their location or where events and offerings are held.

The vision behind *OC Wellness* is rooted in the importance of addressing the social determinants of health – societal factors that impact overall health and well-being – and the belief that community well-being is a shared responsibility. Through this partnership, the towns will organize events, workshops, and activities that promote physical, mental, and emotional health and well-being.

OC Wellness seeks to provide access to basic health services and screening clinics, combat social isolation, and create community programming throughout the Outer Cape towns by hosting events that residents of any of these four towns can attend, regardless of time and location. Everyone, regardless of their background, deserves access to resources that promote health and wellness. This collaborative effort ensures that all residents – regardless of residency, age, income, immigration status, and more – can participate in these events and take positive steps towards a healthier lifestyle.

Since 2019, partners of Outer Cape Community Solutions have met, shared concerns, pooled resources, and worked together to find solutions to challenges that are too immense for single organizations to overcome alone. OCCS has played an integral role in making the *OC Wellness* collaborative a reality. Their expertise in community development and commitment to fostering

health equity aligns perfectly with the goals of this initiative. By partnering with OCSS, the towns of Provincetown, Truro, Wellfleet, and Eastham can leverage their collective resources and knowledge to implement impactful wellness programs that cater to the unique needs of our communities.

More information about OCCS can be found at <https://outercapecommunitysolutions.org/>.

Additional information on the towns' *OC Wellness* collaborative, upcoming events, and more can be found on each town's health department web and social media pages.

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