



Nashoba Associated Boards of Health

Serving the public health needs of Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow, Townsend, and the community of Devens

Menu of Public Health Educational Programs

**All programs include lecture, visual aids, handouts for reference and time for interactive Q & A*

**Customized programs per request; most can be adapted for a different target audience*

Please contact our Community Health Manager Tamara Bedard, RN at TamaraBedard@nashoba.org or our Public Health Educator/Communications Specialist Jenna Montgomery, LICSW at JMontgomery@nashoba.org if you are interested in one of our educational programs.

Adult Immunizations:

(60 minutes)

Audience: All adults, Seniors

This presentation provides an overview of currently recommended vaccinations to prevent disease and protect health. There will be time for questions and answers and consultation with the nurse.

Arthritis:

(60 minutes)

Audience: Seniors

This presentation provides an overview of arthritis, including the most common types. The discussion will focus on the causes, signs and symptoms, diagnosis, treatment & prevention of arthritis. There will be time for a discussion as well as questions and answers.

Blood Pressure & Stroke:

(60 minutes)

Audience: All adults, Seniors

A discussion about maintaining healthy blood pressure and the potential risks and complications of elevated blood pressure including stroke. Covers everyday actions you can take to maintain a healthy blood pressure. *Can be presented alone or as part of a Cardiovascular Educational Series*

Brain Health:

(60 minutes)

Audience: All adults, Seniors

This program highlights the importance of exercising your brain for optimal health and includes an interactive 'Brain Game' to practice as part of the session. The discussion starts with a brief overview of the brain's anatomy and function, covers some brain/neurological illnesses and offers tips on how to reduce risk.



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Breathe Easy:

(60 minutes)

Audience: All ages

A program reviewing the respiratory system, common related illnesses and tips on how to manage and prevent disease. *Can be presented alone or as part of a Cardiovascular Educational Series*

Caregiver Tips:

(60 minutes)

Audience: All caregivers

This program offers support to caregivers by providing caregiving tips and suggestions for self-care while acknowledging the challenges of being a caregiver. Time is allowed for facilitated open group discussion as appropriate.

Dementia 101:

(60 minutes)

Audience: For caregivers or concerned/curious others, all ages

What is Dementia? This program provides an overview of Dementia, including Alzheimer's type. The risk factors, causes, treatments and challenges of the disease will be discussed. The program includes tips for people living with, or caring for a person with Dementia and shares ways to manage common behavioral symptoms.

Diabetes:

(60 minutes)

Audience: All adults

The goal of this program is to increase awareness and understanding of Pre-diabetes and Diabetes Types 1 & 2. The presentation includes an overview of the disease process and the potential impact on the body, and will discuss how to manage the disease including a review of common medications used to treat the disease. The presentation highlights the importance of identifying personal risk factors for developing diabetes, then discusses ways to decrease risk.

Edema:

(60 minutes)

Audience: All adults, seniors

A talk about edema, or swelling in the body, and common causes. Ways to reduce risk and prevent complications. *Can be presented alone or as part of a Cardiovascular Educational Series*

Nashoba Associated Boards of Health
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Fall Prevention:

(60 minutes)

Audience: Seniors and caregivers

This program reviews the risk factors associated with falls. Prevention tips you can take to reduce the risk of falling. What to do if you fall to minimize risk of serious injury.

Foodborne Illness:

(60 minutes)

Audience: All adults, Food handlers

Certain disease-causing germs contaminate food that can cause foodborne illnesses. This program identifies the germs that cause foodborne illnesses, explains how they are spread and discusses the symptoms of, and treatment for, these diseases. Learn the risk factors and how you can protect yourself from getting sick.

Gastroesophageal reflux disease (GERD):

(60 minutes)

Audience: All adults

What is GERD? Information discussed on how to prevent the symptoms of GERD. Review of foods that can help alleviate the symptoms of GERD and foods that can make symptoms of GERD worse.

Germ Busters:

(60 minutes)

Audience: Children

This is an infection control presentation for kids! They will learn about handwashing, coughing and sneezing etiquette, and germs. This presentation includes story time, songs, crafts and interactive play.

Golden Years-Urinary Health:

(60 minutes)

Audience: Adults, seniors, caregivers

The nurse will provide a general overview of the urinary system and how to keep it healthy. The discussion will cover common ailments/issues (Urinary Tract Infections, Incontinence, etc.) and how to manage and/or prevent them.



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Happy Feet:

(60 minutes)

Audience: Primarily seniors

A discussion about the importance of maintaining foot health to promote an independent, active, healthy and safe lifestyle. The presenter will cover tips and recommendations to keep feet happy and healthy and prevent problems.

Healthy and Happy Aging:

(60 minutes)

Audience: Older adults, Seniors, Caregivers

A positive discussion reviewing the normal processes of aging, ways to manage and adapt for body changes, and tips to live a full, healthy, happy life while aging in place.

Heart Health:

(60 minutes)

Audience: Adults, Seniors

An overview of how the heart works and how to keep it healthy. The program will discuss some common problems and ways to manage, and cover how to prevent disease/minimize risk of further complications. *Can be presented alone or as part of a Cardiovascular Educational Series*

Hepatitis A B & Cs:

(60 minutes)

Audience: All adults

Your public health nurses from Nashoba Associated Boards of Health will offer a discussion about the 'A, B, C's of Hepatitis'. The program will include information about the different types of Hepatitis, its signs and symptoms, risk factors and how the disease is spread and, most importantly, how people can protect themselves and others and ultimately prevent illness.

Infection Control:

(60 minutes)

Audience: Best for healthcare workers and caregivers

This is a discussion about how infections are spread and reviews ways to reduce your risk of contracting illness. The program provides detailed information about how and when to use the various types of PPE (Personal Protective Equipment).



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Intro to Local Public Health:

(60 minutes)

Audience: All adults

Learn about the town's public health services that are available to you. Did you know you have a town nurse and a local public health team? Do you know that these services are provided to you by your local elected board of health in partnership with Nashoba Associated Boards of Health as part of your town assessment? Come meet your town nurses as they discuss their role and provide guidance on when you should call them and how they can be reached.

Osteoporosis:

(60 minutes)

Audience: Middle age +

A presentation about Osteoporosis in adult and elderly populations. Come learn about the causes, signs and symptoms, complications, risk factors, diagnosis, treatment & prevention of Osteoporosis. There will be time for a discussion as well as questions and answers.

The Power of Positivity:

(60 minutes)

Audience: All ages

A positive attitude is a helpful state of mind and/or a feeling about a situation or fact that allows you to focus on the 'good parts, opportunities and accomplishments. Learn the effects and benefits of having a positive attitude/perspective and how to increase your own positive thinking to reduce the stress in your life which could ultimately improve your overall health.

Shingles:

(60 minutes)

Audience: All adults

This program provides an overview of the Shingles illness including how the disease is contracted, a review of signs and symptoms and how they are typically managed, potential complications, and most importantly, what a person can do to protect themselves and prevent illness.



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Spring Cleaning:

(60 minutes)

Audience: All adults

A program to discuss how the home environment can impact health. The presentation covers the basics of home hygiene (de-cluttering, cleaning and organizing) and highlights how 'addressing the mess' can positively impact not only general safety, but can also promote personal physical and emotional health and wellness. Tips on achieving healthy home goals included.

Teddy Bear Clinic:

(60 minutes)

Audience: Children

In partnership with the local library's children's story hour, this presentation is a gentle introduction to healthcare including healthcare professionals and equipment with the goal of increasing children's comfort and knowledge. A combination of storytelling, songs, demonstration, and interactive play. Every child brings their own loved teddy bear, doll or plushie for a checkup!

Tick Talk:

(60 minutes)

Audience: All ages

An important and relevant discussion that covers the tick-borne illnesses that are commonly found in our communities. The goal of the program is to increase awareness of these illnesses and provide guidance on recommended personal protection tips to prevent disease. The presenter will talk about the local species of ticks and the diseases they may carry, teach how to identify and remove ticks safely, and will review the steps a person should take if bitten by a tick.

Water Warriors:

(15-20 minutes)

Audience: All ages

A brief discussion explaining how the body uses water for optimal health and wellness, suggestions for how to increase daily water intake, and ways to recognize your body's specific water needs.

Programs Menu last updated August 2022

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