



Nashoba Associated Boards of Health

Serving Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow, Townsend, and the community of Devens, in partnership with your local Board of Health

2024 Well Adult Clinic Schedule (MARCH)

Town	Clinic Location	Address	Day	Time
Ashburnham	Town Hall	32 Main St.	*Cancelled for March 2024	*Resuming in April 2024
Ashby	Town Hall, Land Use Room	895 Main St.	4 th Tues	10-11
Ayer	Senior Center	18 Pond St.	2 nd Thurs	12:30-1:30
Bolton	Bolton COA	600 Main St.	3 rd Thurs	10-11
Boxborough	Community Center	30 Middle Rd.	2 nd Wed	11:15-12:15
Dunstable	Library	588 Main St.	4 th Wed	11-12
Groton	Senior Center	163 West Main St.	4 th Wed	1:30-2:30
Harvard	Senior Center (COA)	16 Lancaster County Rd.	3 rd Tues	12:30-1:30
Lunenburg	Lunenburg Adult Activity Center	25 Memorial Dr.	4 th Thurs	9-11
Pepperell	Senior Center	37 Nashua Rd.	3 rd Wed	10-12
Shirley	Senior Center	9 Parker Rd.	2 nd Thurs	9:30-10:30
Stow	Senior Center	509 Great Rd.	1 st Wed	10-12
Townsend	Senior Center	16 Dudley Rd.	3 rd Wed	12:30-2:30

Well Adult Clinics are held monthly throughout the Nashoba Assoc. Boards of Health (NABH) region. These clinics allow for adult residents of NABH towns to have personalized, one-on-one attention from their towns' public health nurse. Offered services include blood pressure screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. Those residing in NABH towns can attend any of our scheduled clinics in the region. If you would like to schedule a visit from your local public health nurse for the services mentioned above outside of scheduled clinic time(s), please call us at (978) 772-3335.