



**NASHOBA NURSING
SERVICE & HOSPICE**
**NASHOBA ASSOCIATED
BOARDS OF HEALTH**

Nashoba Nursing Service & Hospice operates under Nashoba Associated Boards of Health. We are, in fact, one in the same. Not only do we offer both Home Health and Hospice Services, but we also serve as the Board of Health for the following communities: Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxborough, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Stow and Townsend.

As the Board of Health for your community we offer a variety of **Public Health Programs** to promote good health for all ages. Included is a list of monthly clinics that may be helpful to you (**dates/times subject to change*). We invite you to drop by one of our clinics to meet with your town nurse for a follow up wellness check. Or, feel free to contact the public health department for more information about how we may further support you in your efforts to be as healthy as you can be!

Nashoba Associated Boards of Health
30 Central Ave.
Ayer, MA 01432

Your Town Nurses are:
Tamara Bedard, RN
Community Health Manager
978-772-3335 ext.340
Susan Hoag, LPN
Community Health Nurse
978-772-3335 ext.357

Town	Clinic Location	Address	Day	Time
Ashburnham	Town Hall	32 Main St	3rd Tues	9:30-11:30
Ayer	Cambridge St. Office	51 Cambridge St.	Every Fri	9-12
Ayer	COA	18 Pond St.	3rd Fri	11-12
Berlin	First Parish Church	24 Central St.	1st Thurs	9:30-11:00
Bolton	Bolton COA	600 Main St.	3rd Thurs	9:30-11:30
Boxborough	Town Hall	29 Middle Rd.	4th Tues	10-11
Dunstable	Library	588 Main St	4th Wed	11-12
Groton	Senior Center	163 W. Main St.	2nd Thurs	11:30-1
Harvard	Hildreth House (COA)	15 Elm St.	3rd Tues	12:30-1:30
Lancaster	Community Center	695 Main St.	1st Tues	8-10
Littleton	COA Room 230	33 Shattuck St.	2nd Tues	10-11
Lunenburg	Eagle House	25 Memorial Dr.	4th Thurs	9-11
Pepperell	Senior Center	37 Nashua Rd.	3rd Wed	10-12
Shirley	Senior Center	9 Parker Rd.	2nd Thurs	9:30-10:30
Stow	Senior Center		1st Wed	9-12
Townsend	Senior Center	12 Dudley Rd.	2nd Wed	12-2

