

Town Nurse Wellness Programs

9/4/24 Wednesday

12-1pm

Senior Center

“Hypertension Prevention and Management”

9/12/24 Thursday

6pm-7pm

North Scituate Library

“Tips for Caregivers and Families of People with Dementia”

9/25/24 Wednesday

6:30-7:30pm

Hope Library

“Tips and Tricks to Help You Safely Age in Place”

10/5/24 Saturday

12-1pm

Hope Library

“Staying Healthy and Active During Cold and Flu Season”

11/13/24 Wednesday

6pm-7pm

Hope Library

“Keep Calm and Power On; Stress Reduction During the Holidays”