

Thank You!

A Big Thanks to Our Partners

AMR
American Red Cross
Asthma Now NH
Banyan Tree Yoga
Beyond Influence
Bridges
CHaD Injury Prevention Center
Convenient MD
Collin's Dentistry
Dartmouth Hitchcock
Fleet Feet of Nashua
Gate City Bike CoOp
Gate City Striders
Goodale's Bike Shop
Greater Nashua Humane Society
Greater Nashua MRC
Hannaford
Harbor Homes
IMPACT Melanoma
JP Pest Services
Lamprey Health Care
LAUNCH

Merrimack Fire Department
Merrimack Smiles Dentistry
Nashua CERT
Nashua Lion's Club
Nashua Senior Center
Nashua Soup Kitchen and Shelter
NE Poison Center
New Futures
NH Drinking Water Bureau
NH Homeland Security & Emergency Management
Norris Cotton Cancer Ctr.
Ready.gov
Southern NH Health
St. Joseph Hospital
Southern NH Services
State 911
Tick Free NH
Trader Joes
United Way of Greater Nashua
Whole Foods of Nashua
YMCA of Greater Nashua

City of Nashua:

Arlington Street Community Center
Human Resources
Mayor's Office
Nashua High North
Nashua Public Library
Parks and Rec
Police and Fire
Risk Management
Urban Programs & Community Development

For More Public Health Week Information:



nashuanh.gov/DPHCS



603.589.4552



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JOIN
US



Greater Nashua
Celebrates
National Public Health Week
April 2-8, 2018



Please join us for a week of **free** healthy and fun activities throughout the Greater Nashua Region!

Monday, April 2nd

10-11:30AM
Immunization & Blood Pressure
HIV / HCV Testing & Counseling

Nashua Public Library
 2 Court St., Nashua
 Hunt Room

12-1PM

Walk with the Mayor

Starts at City Hall steps

1:30-2:30 PM

Anyone can Meditate

Arlington St. Community Center
 36 Arlington St., Nashua

2-3:30 PM Adult Coloring Group

Nashua Public Library East Wing

Plan/prepare healthy meals for the week

Tuesday, April 3rd

4-7PM

Immunization Clinic

DPHCS Clinic
 18 Mulberry St., Nashua

4:30-6PM

Lamprey Health Seminar

Arlington St. Community Center
 36 Arlington St., Nashua

*Take advantage of the
 parks and walking
 paths in Nashua
 Try out Mapmywalk.com*

Wednesday, April 4th

9-11AM

Blood Pressure Screenings

Foundation Cardiology
 SNHMC 8 Prospect St., Nashua
 No appt. needed

9-11:30AM

Lead Testing & Education

Nashua Public Library
 2 Court St., Nashua

10-11:30AM

Parents and Babies Group

St. Joseph Childbirth Center
 172 Kinsley St., Nashua

10AM-12PM

Tai Chi

Nashua Public Library Theater
 2 Court St., Nashua

2-4PM

Child Passenger Safety Program

St. Joseph Childbirth Center
 172 Kinsley St., Nashua

6PM - FREE DINNER INCLUDED

Starting the Conversation -

Advanced Directive Presentation

SNHMC Conference Room
 10 Prospect St., Nashua

*Take the stairs instead
 of the elevator*

And ... don't forget to visit the YMCA for a **free** week membership during Public Health Week!

Thursday, April 5th

9:30-10:30AM

***Community Yoga**

Banyan Tree Yoga
 5 Pine St. Ext. Unit 2A, Nashua

12PM-1PM

***Community Yoga**

Banyan Tree Yoga
 5 Pine St. Ext. Unit 2A, Nashua

6-9PM

***Until Help Arrives Training**

Nashua Senior Center
 70 Temple St., Nashua

Register: www.nashua.gov/UHA

*Track your steps
nphw.org/get-involved/steps-challenge*

Friday, April 6th

9-10:15AM

***Community Yoga**

Banyan Tree Yoga
 5 Pine St. Ext. Unit 2A, Nashua

3-4PM

***Community Yoga**

Banyan Tree Yoga
 5 Pine St. Ext. Unit 2A, Nashua

3-5PM

Personal Preparedness Training

Arlington St. Community Center
 36 Arlington St., Nashua

*Drink water instead of
 sugary beverages*

Saturday, April 7th

9AM-1PM

Health and Safety Fair

Nashua North High School
 8 Titan Way, Nashua



FREE



Bike Rodeo/Obstacle Course

Helmet Giveaways

Bike Repair Clinic

**Raffles, Giveaways, and
 Vendors!**

**For more info:
ellisonc@nashuanh.gov**

Sunday, April 8th

10AM

Nashua Soup Kitchen 5K

***Events Require Registration**

St. Joseph Events:

<https://www.stjosephhospital.com/community-health/health-community>

Banyan Yoga:

www.banyantreeyoganh.com

Dartmouth Events:

http://www.dartmouth-hitchcock.org/classes_events.html

Southern NH Health Events:

www.snhhealth.org/classes