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# Town of Acton

John S. Mangiaratti,

Town Manager

[472 Main St.](#)

[Acton, MA 01720](#)



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## FOR IMMEDIATE RELEASE

Tuesday, Sept. 6, 2022

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## Town of Acton Hosting Health and Wellness Series for Families



# HEALTH AND WELLNESS WITH LUCY HUTCHINGS, RD

## **Tuesday September 13th: Balancing Behavior and Energy with Healthy Lunches**

Learn how to easily pack healthy kid and adult lunches to help balance energy, enhance focus, and improve behavior.

## **Tuesday October 11th: Healthy Dinner Solutions for the Weeknight Hustle**

Learn the strategies and solutions that help busy families stay healthy and thrive even when you are short on time.

## **Tuesday October 18th: Strategies for Surviving the Holiday Sugar Rush**

Learn how the whole family can enjoy the holiday season with less sugar, less stress, and better overall health.

6-7pm @ 30 Sudbury Rd. Acton, MA 01720  
Registration required (978) 929 - 6650  
Transportation available for Acton residents



ACTON — Town Manager John Mangiaratti is pleased to announce that Town of Acton will host a series of wellness-focused events over the next two months, presented by Acton Nursing Services.

The Health and Wellness Series will include three events tailored toward busy families that helps them take proactive steps that foster healthy eating habits. The sessions will be led by registered dietitian Lucy Hutchings, who uses a whole foods approach to nutrition and is determined to empower busy moms to take control of their health and improve their lives.

The sessions, which will each take place from 6-7 p.m. at [30 Sudbury Road](#) in Acton.:

- Tuesday, Sept. 13: Balancing Behavior and Energy with Healthy Lunches
  - Learn how to easily pack healthy kid and adult lunches to help balance energy, enhance focus and improve behavior
- Tuesday, Oct. 11: Healthy Dinner Solutions for the Weeknight Hustle

- Learn the strategies and solutions that help busy families stay healthy and thrive even when they're short on time.
- Tuesday, Oct. 18: Strategies for Surviving the Holiday Sugar Rush
  - Learn how the whole family can enjoy the holiday season with less sugar, less stress and better overall health.

The sessions are free and open to all in the community. Advanced registration is required, and can be completed by calling 978-929-6650. Transportation is also available for Acton residents, and those interested should mention transportation when registering.

The Acton Public Health Nursing Services provides Certified Home Health (VNA) and public health services to the Town of Acton. This includes a full range of home health care services to the residents of Acton and the surrounding towns, including home health aide assistance, medical social services, physical, occupational and speech therapy and skilled nursing. Other offerings include blood pressure monitoring and a variety of clinics.

For more information, visit [www.actonnursingservice.com](http://www.actonnursingservice.com).

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