

# WEST COUNTY:

## Public Health Nurses are available to you!



**Public Health**  
Prevent. Promote. Protect.  
**Cooperative Public Health Service**  
Franklin Regional Council of Governments



**Lisa White, PhD, RN**



**Meg Ryan, BSN, RN**

### SERVICES:

- Preventative and diagnostic health screenings
- Flu and COVID vaccinations
- Individualized help managing chronic health conditions
- Tools for medication self-management  
(*medication calendars, files of life, pill sorters*)
- Mercury thermometer & sharps disposal and container exchange  
(*collaboration with Franklin Cty Solid Waste Mgmt. District*)
- Home visits available to residents in need

### WEST COUNTY WALK-IN WELLNESS CLINICS:

**Ashfield - 1<sup>st</sup> Food Pantry Tuesday of the month - 2-4 p.m.**  
(*January 25, February 8, March 8, April 5*)  
First Congregational Church

**Charlemont - 2<sup>nd</sup> Tuesday - 10:30 a.m. - 12 p.m.**  
**3<sup>rd</sup> Tuesday - 4-5:30 p.m.** (*also Good Neighbors Food Distribution*)  
Federated Church

**Erving - 1<sup>st</sup> Tuesday - 9:30 - 11:30 a.m.**  
Senior Center

**Gill - 2<sup>nd</sup> Friday - 10 a.m. - 12 p.m.**  
Stoughton Place Community Room

**Rowe - 4<sup>th</sup> Monday - 10 a.m. - 12 p.m.**  
Town Hall

**Shelburne - 4<sup>th</sup> Tuesday - 10:30 a.m. - 12 p.m.**  
Shelburne Falls Senior Center

### TO REACH THE PUBLIC HEALTH NURSES:

Lisa White, PhD, RN: [lwhite@frcog.org](mailto:lwhite@frcog.org) or 413-774-3167 x 156

Meg Ryan, BSN, RN: [mryan@frcog.org](mailto:mryan@frcog.org) or 413-774-3167 x 158

These public health nursing services are a program of the [Cooperative Public Health Service](#). The Cooperative Public Health Service is sponsored by the [Franklin Regional Council of Governments](#).

