

WELLNESS WEDNESDAY – MARCH 2026

Resources For Residents Seeking

Mental Health - Related Assistance



In Crisis?

Call: Dial 988

Online: 988lifeline.org



March is National Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer, in men and women, diagnosed in the United States. There are some lifestyle changes, according to the Centers for Disease Control (CDC) which can help decrease your risk for colorectal cancer such as: physical activity, maintaining a healthy weight, eating a high fiber/low animal fat diet, avoiding alcohol and tobacco. However, the best intervention you can take is colorectal cancer screening. There are multiple options for screenings and they are recommended for everyone 45 years or older (speak with your doctor to discuss which screening and when to start). **For more information please speak with your doctor and visit: <https://www.cdc.gov/colorectal-cancer/prevention/index.html>**

Free Blood Pressure Clinic at the Hingham Center for Active Living

224 Central Street, March 17, 2026, 2:00 PM

The South Shore VNA will have a monthly Blood Pressure Clinic. A nurse will be coming to the Center on the 3rd Tuesday each month to check your blood pressure and explain the results. Advanced registration is required. Limited slots available each month.

For more information and to reserve a spot: Call (781) 741-1458

The Science of Well-Being: Parent Edition

Thursday, March 12, Time 7:00PM-8:00PM, Hingham High School, 17 Union Street, Room 103, Registration Required,

A one-hour, parent-focused session inspired by Yale's Science of Well-Being course and the Swell program at Hingham High School. This conversation offers research-backed perspective and simple, practical ideas to support teens and tweens through stress, pressure and everyday challenges. The speaker will be Vanessa Webb **To register please visit: <https://bit.ly/HPSWellBeing>**

Town of Hingham Sober Living Scholarship is available for those in treatment!

Recovery scholarship opportunities are available to those in treatment to provide financial and emotional support for those motivated to continue to heal their lives after treatment. Approved candidates are given a chance to get back on their feet and transition into their new sober life or continue their work in recovery in a safe and successful way without the immediate financial burden of paying rent right after treatment. Our goal is to support and empower individuals as they transition out of drug or alcohol addiction treatment and into recovery to help them establish a new, healthy lifestyle or continue to grow in the environment that they are currently in. **For more information and application, please visit: <https://www.resources4recovery.org/copy-of-apply>**
Or contact The Hingham Health Department at (781) 741-1466 or email at Healthdirector@hingham-ma.gov