

Wellness

Boston Parks Fitness Series

Free fitness program in Boston parks with virtual options

boston.gov/departments/parks-and-recreation/boston-parks-fitness-series

Move Your Way

Government guide to fitness and exercise, including a free tool to create activity plans for adults, older adults, parents, and pregnant people

health.gov/moveyourway

MyPlate

Government resource to educate on proper nutrition

myplate.gov

Nutrition.gov

Additional resources from the government about dietary needs, recipes, and access to fresh foods

nutrition.gov



978-640-4490 x207



reference@tewksburypl.org



tewksburypl.org

Sign up for our newsletter today



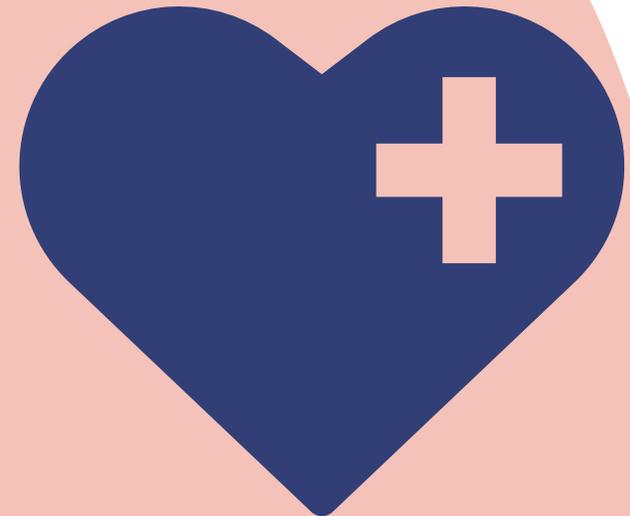
@TewksburyLib

Tewksbury Public Library
300 Chandler Street
Tewksbury, MA 01876

Updated 3/17/24

Health, Wellness & Recovery Resources

ONLINE & IN THE TEWKSBURY AREA



For Crisis resources, please see "Hunger, Housing, and Crisis" brochure



Healthcare

Lowell Community Health Center

Provides healthcare, including vision and dental care, regardless of ability

to pay

lchealth.org

(978) 937-9700

Massachusetts Health Connector

Sign up for subsidized health insurance through the state

mahealthconnector.org

(877) 623-6765

US Dept. of Health and Human Services

Access federal resources on healthcare, immunizations, and wellness

hhs.gov

Well Connected

Enter your zipcode and be connected to social services in your area

wellconnected.net

Mental Health

If you're in crisis, call the Suicide and Crisis Lifeline at 988 or text HOME to 741741 for the Crisis Textline

Cambridge Health Alliance Center for Mindfulness & Compassion

Free live virtual daily sessions including meditation, mindfulness, and movement
chacmc.org/connect

NAMI Massachusetts Compass

Navigators help you find mental health resources in Massachusetts
namimass.org/nami-mass-compass-helpline/
617-704-6264

Renaissance Club

Provides support to people recovering from mental illnesses with housing, healthcare, and vocational and social opportunities
renaissanceclublowell.org
781-202-3478

Recovery

Alcoholics Anonymous

Meetings in the Tewksbury area
alcoholicsanonymous.com/aa-meetings/massachusetts/tewksbury-massachusetts
617-862-2390

Drug Free Greater Lowell

Provides assistance to people struggling with substance abuse
drugfreegreaterlowell.org
978-382-4989

Learn to Cope

Support for families of those struggling with substance use
learn2cope.org
508-738-5148

Lowell House

Provides residential and ambulatory services, sober housing, and social support
lowellhouseinc.org
978-459-8656

Mass Substance Use Hotline

Hotline for substance use and gambling
helplinema.org
1-800-327-5050