



Public Health  
Prevent. Promote. Protect.

Wellesley Health Department

NEWS FLASH



October 2025

**Greetings from the Wellesley Health Department! In this issue:**

- Halloween safety and Halloween Stroll
- Breast Cancer Awareness Month
- Vaccination Guideline Updates
- Flu Clinic Dates/Registration
- And more!



As always, please reach out to us with questions or suggestions for how we can better serve you by emailing us at [health@wellesleyma.gov](mailto:health@wellesleyma.gov). We love to hear from you!

Don't forget to subscribe to receive future Newsflashes by clicking the "Subscribe" button below.

**We've Moved!**

Starting May 12th, the Health Department will be temporarily located at 888 Worcester Street while our current building undergoes an HVAC replacement project. We anticipate moving back to 90 Washington in November. All services will be available at our temporary location.





## Happy Halloween!

Join us at the annual [Halloween Stroll](#) where we will be giving away safety lights for trick or treating! October 25th, 11:00-1:00, Clock Tower Park.

## HALLOWEEN SAFETY TIPS

### FLU CLINICS: SAVE THE DATE

- Flu clinics are for ages 16+.
- Save time by pre-registering at the links below! Registration is encouraged but walk-ins are welcome.
- You can also register by calling the health department at 781-235-0135.



10/22/25, Upham School, 10:00AM-12:00PM: [REGISTER WITH THIS LINK](#)

10/29/25, Mass Bay Community College, 11:30 AM-1:00 PM

10/30/25, Wellesley Free Library, 1:00PM-2:30PM: [REGISTER AT THIS LINK](#)

11/4/25, Council on Aging/Tolles-Parsons Center, 10:00AM-12:00PM: [REGISTER WITH THIS LINK](#)

11/25/25, Health Department, 10:00 AM-11:30 AM- [Registration available soon at our website.](#)

### Vaccine Update

It can be hard to keep up with the news about vaccine eligibility and insurance access. Visit our website for the latest information on recommendations and guidelines, and be sure to check back regularly for updates.

[Learn more about the latest vaccine recommendations.](#)

### LET'S GET VACCINATED



## SAVE THE DATE! Hope & Healing After Loss

10/23, Wellesley Library, 1:00-2:00

[Check our website for more information \(coming soon\).](#)



Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and reduce the risk of the disease, which affects 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs designed to:

- support people diagnosed with breast cancer, including those with metastatic breast cancer
- educate people about breast cancer risk factors
- encourage women to go for regular breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk
- raise money for breast cancer research

[Learn more...](#)



### It's Back To School Time!

Get your kids and teens ready for school with ideas and resources from the Health Department on [nutrition](#), [mental health](#), [up-to-date vaccination info](#), and more!

[Visit our website to learn more!](#)

Introducing Human Relations Service-  
Providing mental health counseling for



residents of all ages.

Human Relations Service (HRS) has partnered with the Wellesley Health Department to connect residents with mental health counseling. HRS offers a broad range of outpatient diagnosis and treatment to residents and sliding-scale self-pay fees for those who qualify.

HRS can provide counseling services for all ages.

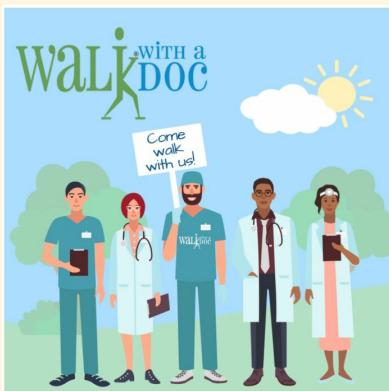
[Learn more about HRS services available, insurance coverage, and more.](#)



### Introducing... "Skip The Stuff"!

On April 14th, 2025, the Wellesley Town Meeting approved a Board of Health bylaw known as "Skip The Stuff". The purpose of "Skip The Stuff" is to reduce the waste created by single-use articles such as plastic utensils and single-serving packaged condiments. **This bylaw is effective January 1, 2026**, requiring all food service establishments to only provide single-use articles upon customer request or at a self-service counter.

[Learn more about Skip The Stuff and what this means for Wellesley here!](#)



### Announcing Walk With a Doc!

A free community walking program! Each event is led by a local healthcare provider and is open to people of all ages and abilities. The program allows participants to safely take a walk, learn about current health topics, and meet new people.

Our September walk will be held on Friday September 5 at 8:45am! We will start in our usual location: Down the street from the Wellesley Whole Foods parking lot in Wellesley, in the State Street parking lot next to the High School track/Football Field at the Map House. Check out [this flyer](#) for details about the Fuller Brook Path and where we meet.

As always, we will start out with a brief talk on a health topic, and then walk along the Brook Path for around 40-45 minutes.

## Tick and Mosquito Prevention-Fall Months

Ticks and mosquitos can be found year-round, including Fall and Winter! It's still important to take precautions because exposure to bites from both insects can be carriers of serious diseases.



### Ticks

One of the most common tick-borne diseases in the U.S. is Lyme disease. Ticks are found in wooded areas, high grass, or leaf litter. Take precautions when outdoors, especially during yard work and leaf clean-up.

[Learn about preventing tick bites here...](#)

### Mosquitos

Mosquitoes generally remain active throughout late summer and into fall. Common mosquito-borne illnesses include West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). Health officials urge all individuals to take precautions to prevent mosquito bites, especially when outdoors in the early morning and at dusk. Wellesley is part of the [East Middlesex Mosquito Control](#) Commission which conducts testing for mosquito-borne illnesses throughout peak periods during the year. [Learn more about mosquito prevention here...](#)



### JOIN THE MEDICAL RESERVE CORPS!

The Wellesley Medical Reserve Corps (MRC) is a group of residents with medical and non-medical skills who assist the town's health department and other responders in a local public health emergency, as well as at scheduled events.

[Get more info >](#)

## Upcoming Events/Calendar

**Keep Well Clinics: October-December** The Health Department offers weekly Keep Well sessions for residents. Get your blood pressure checked and have your health questions answered. [Click for schedule.](#)

**Flu Clinics:**

10/22/25, Upham School, 10:00AM-12:00PM: [REGISTER WITH THIS LINK](#)

10/29/25, Mass Bay Community College, 11:30 AM-1:00 PM

10/30/25, Wellesley Free Library, 1:00PM-2:30PM: [REGISTER AT THIS LINK](#)

**10/23/25: Hope & Healing After Loss**, Wellesley Library, 1:00-2:00

**Social Work Office Hours.** [October Dates Coming Soon!](#): Need social work support? Come meet with Joyce Saret, a Town of Wellesley social worker! She will be open for drop-in meetings at the Wellesley Free Library in conference room 211.



**LATEST HEALTH NEWS AND ALERTS**

Read up on the latest health news, recalls, and urgent health alerts you need to know!

[Visit our website to read more.](#)

Wellesley Health Department | (781) 235-0135 | [Visit our Website!](#)  
Email: [health@wellesleyma.gov](mailto:health@wellesleyma.gov)



**Subscribe to our Monthly Newsletter**

Wellesley Health Department | 90 Washington St, Health Dept-2nd Fl | Wellesley MA, MA 02481 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!