

TOWN OF WESTFORD
BOARD OF HEALTH
TOWN HALL (Second Floor)
55 Main Street
WESTFORD, MASSACHUSETTS 01886
(978) 692-5509 Fax (978) 399-2558

**BOARD OF HEALTH
MEETING**
Regular Meeting
Monday February 9th, 2026

*** meeting to be held remotely ***
6:00 PM

Notice: All meetings are subject to
rebroadcast online or on cable.

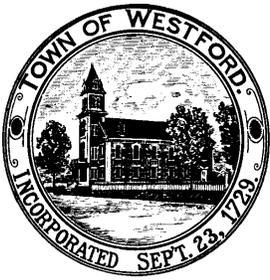
https://westfordma-gov.zoom.us/webinar/register/WN_JW11FZ8fR_WK24uE3Hgejw

- 6:00pm Call to order
- 6:05pm Open Forum
- 6:10pm Minutes-January 12th, 2026
- 6:15pm Continued Kratom Regulation Discussion. *Cheryl Sbarra, Esq.
Executive Director and Senior Staff Attorney at the Massachusetts
Association of Health Boards.*
- 6:30pm Draft "Motel and Hotel Regulations" per MGL. Chapter 111, Section 31.
- 6:40pm New Dietary Guidelines for Americans, United States Department of
Agriculture (USDA)-Food Pyramid. *Stephen Goupil, DO, PhD*
- 6:35pm Managing Stress Discussion. *Stephen Goupil DO, PhD*

New/Old Business:

- Town Meeting March 28th, 2026, at 9am
- Pay-as-you-throw (PAYT) waste program, July 2026
- Ask the Nurse
- Heart Health Month-February
- Fees Review 2026
- Tobacco Fines
- Employee Wellness
- Staff Updates
- Emergency Preparedness Supply Update

Virtual Login Meeting Info



TOWN OF WESTFORD
BOARD OF HEALTH

TOWN HALL (Second Floor)
55 Main Street
WESTFORD, MASSACHUSETTS 01886
(978) 692-5509 Fax (978) 399-2558

Town of Westford

All members of the public are invited to a Zoom meeting.
When: Feb 9, 2026, 06:00 PM Eastern Time (US and Canada)
Topic: Westford Board of Health Meeting February 9th, 2026, at 6pm

Register in advance or at any time prior to the conclusion of this meeting by accessing the following link on your computer, smart phone or tablet:

https://westfordma-gov.zoom.us/webinar/register/WN_JW11FZ8fR_WK24uE3Hgejw

Registration requires only that you provide a name and E-mail address.

After registering, you will receive a confirmation email containing information about joining the meeting and you will be provided with immediate access if the meeting is already in progress.

Please be advised this open meeting may be broadcast live via WCAT and recorded for playback online, video-on-demand viewing at <https://cloud.castus.tv/vod/westfordcat/?page=HOME>. Attendees are reminded that by attending this meeting, you consent to your likeness and audio being used and rebroadcast by WCAT, or by the Town.

If any member of the public wishing to attend this meeting seeks special accommodations in accordance with the Americans with Disabilities Act, please contact our office at 978-692-5501 extension 1 or email to accessibility@westfordma.gov.