

Greater Lowell Tech goes red for heart health

The Lowell Sun

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TYNGSBORO -- Greater Lowell Technical High School recently hosted an educational event focusing on healthy living and heart health. Students collaborated with the American Heart Association to unite on National Wear Red Day.

Guests, partners, staff and students learned about risks for heart disease and about body-mass index and how to manage it. School partner CVS Health joined Minute Clinic representatives to provide a heart-health Information table that offered giveaways and answered questions about heart health.

Culinary and Hospitality students prepared healthy snacks and recipes, including delicious healthy cookies and pancakes, while providing information about cholesterol, diet and nutrition.

Medical Assisting students provided stress-relief tips and techniques, including paraffin heat-therapy massages for joint pain.

Health Assisting students set up a yoga station and explained the latest in health-app trackers and how to use them on phones and other devices.

A high point of the event was when students, staff, School Committee members and industry partners came together to proudly display the Governor's Citation recognizing Greater Lowell Tech's commitment to supporting the American Heart Association and promoting cardiovascular health and healthy living.

"I'm truly impressed," Superintendent Joe Mastrocola said. "This event is one of the best student-led events that I have seen."



Greater Lowell Tech Superintendent Joe Mastrocola, far right, along with students, staff, School Committee members and industry partners display a certificate of recognition from Gov. Charlie Baker for its National Wear Red Day event. COURTESY PHOTO

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