

AREA SUPPORT GROUPS

ALCOHOLICS ANONYMOUS NH Area Assembly (800) 593-3330 | aa.org

Weekdays, 8-9 AM
Elevate Church
70 Reddington St. | Littleton, NH
(603) 444-6517

Weekdays, 12-1 PM
Wed. and Sat., 7 PM
First Congregational Church
189 Main Street, Littleton, NH
(603) 444-3376

Wednesday, 7 PM
Sunday, 9:30-10:30 AM
Weeks Medical Center
3rd Floor Conference Room
173 Middle St | Lancaster, NH
(603) 788-4911

Thurs. and Sat., 7-8 PM
Androscoggin Valley Hospital
Mt. Success Room
59 Page Hill Road | Berlin, NH
(603) 752-2200

AL-ANON Hotline:
800-369-6930

Tuesday, 6-7 PM
Saturday, 7-8 PM
St. Barnabas Church
2 High Street | Berlin, NH
(603) 752-3504

Weekdays, 12-1 PM
Hope for NH Recovery-Berlin
823 Main Street | Berlin, NH
(603) 752-9900

Monday, 5-6 PM
Thursday, 8-9 PM
First United Methodist Church
18 Main Street | Littleton, NH
(603) 444-5567

Monday, 7-8 PM
Friday, 8-9 PM
St. Brendan's Church
28 Pleasant St. | Colebrook, NH
(603) 237-4342

Saturday, 8:30-9:30 AM
Littleton Regional Healthcare
Conference Rooms 1 & 2
600 St. Johnsbury Rd. | Littleton, NH
(603) 444-9000

Friday, 7-8 PM
Sunday, 9-10 AM
The Friendship House
2957 Main St. | Bethlehem, NH
(603) 869-2210

Sunday, 6:15-7:15 PM
Beginner's Meeting
Sunday, 7:30-8:30 PM
St. Rose of Lima Church
82 High Street | Littleton, NH
(603) 444-2593

Tuesday, 6-7 PM
First Congregational Church
189 Main Street | Littleton, NH
(603) 444-3376

Wednesday, 7-8 PM
Salvation Army
15 Cole Street | Berlin, NH
(603) 752-1644

Thursday, 7-8 PM
Grace Community Church
300 Gale Street | Canaan, VT
(802) 266-3071

Saturday, 10-11 AM
Community Justice Center
576 Railroad Street, Suite 2
St. Johnsbury, VT
(802) 748-2977

Sunday, 6-7 PM
Trinity United Methodist Church
18 Lancaster Rd. | Whitefield, NH
(603) 837-9525

ALL RECOVERY MEETINGS
Mon-Fri, 10 AM All Recovery
Mon-Fri, 2 PM Coloring Café
33 Main Street | Littleton, NH
(603) 444-1300

**PRE- AND POST-OBESITY
SURGERY SUPPORT GROUP**
April 10 and June 12
(2nd Tuesday, every other month)
Post-Obesity - 5:30-6 PM
AVH Mt. Adams Meeting Room
Pre-Obesity - 6-7 PM
AVH Mt. Success Meeting Room

*Hosted by Catholic Medical Center
at Androscoggin Valley Hospital
Page Hill Road | Berlin, NH
(603) 326-5797*

BEREAVEMENT SUPPORT
1st & 3rd Tuesday, 1 PM
North Country Home Health
and Hospice
536 Cottage St. | Littleton, NH
Jolen Aubin, MSW (603) 444-5317

BREAST CANCER SUPPORT
1st Wednesday, 3:30-5 PM
Dartmouth-Hitchcock
Medical Center
1 Medical Center Drive
Lebanon, NH
Ellen Curri (603) 650-5789

CANCER SUPPORT GROUP
Wednesdays, 6-7 PM
Weeks Medical Center
Board Room
173 Middle St. | Lancaster, NH
Tracy Lang: etlang2002@yahoo.com

DIABETIC SUPPORT GROUP
3rd Tuesday, 7 PM
Weeks Medical Center
Board Room
173 Middle St. | Lancaster, NH
Kelsey M. McCullough, RD, LD:
(603) 788-4911 x4157

May 1, 6 PM
(1st Tues. every other)
Androscoggin Valley Hospital
Mt. Adams Meeting Room
59 Page Hill Road | Berlin, NH
Roberta Balon (603) 326-5692

**DOMESTIC VIOLENCE
SUPPORT**
Support Center at Burch House
PO Box 965 | Littleton, NH
(603) 444-0624 | <http://www.tccap.org/services/health/domestic-violence/>

FAMILY SUPPORT GROUPS
Wednesday, 6-7 PM
33 Main Street | Littleton, NH
(603) 444-1300

Every 3rd Thursday
11:30 AM-12:30 PM
Weeks Medical Center
Board Room
173 Middle St. | Lancaster, NH
Margo Cliché (603) 788-5221

**HOSPICE VOLUNTEER
TRAINING**
(2 sessions available):
Session 1 Littleton Regional
Healthcare
Four consecutive Thursdays,
1-5 PM, beginning March 29
Session 2 Weeks Medical Center
Four consecutive Mondays,
1-5 PM, beginning April 23
Robin Grubby, Hospice Volunteer
Coordinator (603) 444-5317

**(GSIL) GRANITE STATE
INDEPENDENT LIVING
PEER MENTOR GROUP**
76 Main Street | Littleton, NH
Nicole Rockwell (603) 931-0500
nrockwell@gsil.org
Jennifer Crowell (603) 931-0488
jcrowell@gsil.org | gsil.org

HEROIN ANONYMOUS
Thursdays, 7:30 PM
The Friendship House
2957 Main St. | Bethlehem, NH
(603) 869-2210

NARCOTICS ANONYMOUS
Mondays, 7 PM
United Methodist Church
2057 Main St. | Bethlehem, NH
(603) 869-2015 | na.org

Monday, 7 PM & Friday, 10 AM
33 Main Street | Littleton, NH
(603) 444-1300

Tuesday, 7 PM
First United Methodist Church
18 Main Street | Littleton, NH
(603) 444-5567

Tuesday, 7 PM & Friday, 7 PM
New Beginnings
24 Main Street | Lincoln, NH
(603) 348-4009

Friday, 8-9 PM
Congregational Church
14 Main Street | Colebrook, NH
(603) 237-4980

**NATIONAL ALLIANCE
ON MENTAL ILLNESS (NAMI)**
3rd Thursday, 6:30-8:30 PM
All Saints Parish House
School Street | Littleton, NH

1st Monday, 6-7:30 PM
Lincoln Public Library
22 Church Street | Lincoln, NH
Susan Allen-Samuel
(603) 225-5359 x328 | nami.org

OVEREATERS ANONYMOUS
Monday, 5-6 PM
Franconia Community Church
44 Church Street | Franconia, NH
(603) 823-5292

PARKINSON'S SUPPORT
4th Tuesday
Eastern Slope Inn
2760 White Mountain Highway
North Conway, NH
Tim Coombe (603) 447-1889
timandchar@roadrunner.com
Maureen Chamberlain
(603) 356-2545
mmchambo@gmail.com

**SUICIDE/LOSS SUPPORT
GROUP**
1st Thursday, 6:30-8 PM
Weeks Medical Center
173 Middle St. | Lancaster, NH
Richard Cotter (603) 219-8912
Sara Cotter (603) 631-5629

Give Blood—save a life!
Call 1-800-RED CROSS or visit redcrossblood.org

Mon., April 2 • 9am-2pm
White Mountains Regional High School
127 Regional Road, Whitefield, NH | *Contact: (603) 837-2528*

Mon., April 9 & Mon., June 4 • 12-5:30pm
Colonel Town Community Center
16 High Street, Lancaster, NH | *Contact: (603) 788-3321*

Wednesday, April 11 • 9am-2pm
Daisy Bronson Middle School
96 School Street, Littleton, NH | *Contact: (603) 444-3361*

Fri., April 20 & Fri., June 15 • 11am-5pm
Littleton Regional Healthcare
Conference Rooms 1, 2, & 3
600 St. Johnsbury Rd, Littleton, NH | *Contact: (603) 444-9355*

Thursday, May 3 • 10:30am-4:30pm
St. Rose of Lima
82 High Street, Littleton, NH | *Contact: (603) 444-2593*

Tuesday, May 29 • 11am-4pm
Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Contact: James Patry (603) 326-5606

Friday, June 29 • 12-5:30pm
Indian Stream Health Center
141 Corliss Lane, Colebrook, NH | *Contact: (603) 237-8336*

NC+H
north country healthcare

600 St. Johnsbury Road
Littleton, NH 03561

NC+H
north country healthcare

Your Health Matters

April-June 2018

Regional Wellness Calendar

YOUR HOSPITAL AUXILIARY

**AVH Auxiliary
Membership Meeting**
Monday, April 2 • 5pm

New members are welcome to attend. It's a great way to find out about the AVH Auxiliary.

Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Contact: Linda Morris (603) 326-5676

**LRH Auxiliary Board
Meetings**

April 4, May 2, June 6 • 5pm

New and Non-members are welcome to attend. It's a great way to find out about the LRH Auxiliary.

First Wednesday of every month, 5pm
Littleton Regional Healthcare
Conference Room 4
600 St. Johnsbury Rd | Littleton, NH
Contact: Gail Clark (603) 444-9304



**Weeks Medical Center
Auxiliary Board Meetings**

April 12, May 10, June 14

New and Non-members are welcome to attend. It's a great way to find out about the WMC Auxiliary.

Weeks Medical Center
Second Floor Board Room
173 Middle Street | Lancaster, NH
Contact: Margo Cliché (603) 788-5221

Book and Gift Fair at AVH

A portion of the proceeds will support the AVH Auxiliary and help to enhance patient care at AVH.

Friday, May 11 • 10am-4pm
Androscoggin Valley Hospital
(First Floor Hallway and Cafeteria)
59 Page Hill Road | Berlin, NH
Contact: Linda Morris (603) 326-5676

Collective Goods Book Fair

The LRH Auxiliary will host a book fair.

June 28 & 29
Littleton Regional Healthcare
(Lower Atrium)
600 St. Johnsbury Rd | Littleton, NH
Contact: Amy Mancini (603) 444-9207

Book Fair at WMC
Weeks Medical Center Auxiliary will sponsor a book fair.

Tuesday, April 17 • 1-6pm
Wednesday, April 18 • 7am-1pm
Weeks Medical Center
(corridor leading to the cafeteria)
173 Middle Street | Lancaster, NH
Contact: Margo Cliché (603) 788-5221

**AVH Auxiliary 30th Annual
Golf Tournament**

Funds raised will help to enhance patient care at AVH. Please call Donna Godin for a tournament info packet.

Friday, June 1, 7:30am
Androscoggin Valley Country Club
2 Main Street | Gorham, NH
Contact: Donna (603) 326-5607

**WMC Auxiliary 29th Annual
Golf Tournament**

Saturday, June 2, 2018
Maplewood Golf Course
2961 Main Street | Bethlehem NH
Contact: Margo Cliché (603) 788-5221

Lula Roe Clothing Sale

A portion of all proceeds will benefit the LRH Auxiliary.

Thursday, May 17, 7am-4pm
Littleton Regional Healthcare
Lower Atrium
600 St. Johnsbury Rd | Littleton, NH
Contact: Amy Mancini (603) 444-9207

Uniform Fair

A portion of the proceeds will support the AVH Auxiliary and help to enhance patient care at AVH.

Tuesday, April 10, 7am-5pm
Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Contact: Linda Morris (603) 326-5676

Uniform Fair

Sponsored by Weeks Medical Center.

Wednesday, May 30, 7am-4pm
Weeks Medical Center (in the
corridor leading to the cafeteria)
173 Middle Street | Lancaster, NH
Contact: Margo Cliché (603) 788-5221



AVH Auxiliary 7th Annual 5K

The 3.1 mile (5K) rain or shine event is open to the public, runners and walkers welcome. Funds raised will help to enhance patient care at AVH. Register, at avnhh.org. Donations may be made at the event.

Saturday, May 5, 10am
AVH Professional Center
7 Page Hill Road | Berlin, NH
Contact: James Patry (603) 326-5606

Regional Wellness Calendar

April-June 2018

NC+H
north country healthcare

Androscoggin Valley Hospital
603.752.2200 | avnhh.org

Littleton Regional Healthcare
603.444.9000 | littletonhealthcare.org

Upper Connecticut Valley Hospital
603.237.8652 | ucvh.org

Weeks Medical Center
603.788.4911 | weeksmedical.org

North Country Home Health & Hospice
603.444.5317 | nchha.org

*North Country
Healthcare is pleased
to provide a regional
wellness calendar
featuring educational
sessions and fitness
events focusing on a
number of health-
related topics offered
by these healthcare
organizations.*

BIRTH & PARENTING

Childbirth Classes at AVH



The Valley Birthplace at AVH offers a free series of weekly Childbirth Classes on Wednesdays from **6pm–8:30pm** for four consecutive weeks:

May 2, 9, 16, 23
June 20, 27 and July 11, 18

Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Register: Donna Godin (603) 326-5607

Lactation Support at AVH

AVH's Valley Birthplace offers a free Lactation Support Group for breastfeeding and soon-to-be breastfeeding mothers, facilitated by Wendy Beals, RN, IBCLC, International Board Certified Lactation Consultant.

April 13, May 11, June 8 • 10–11:30am

Androscoggin Valley Hospital
Mt. Adams Meeting Room
59 Page Hill Road | Berlin, NH
Contact: (603) 326-5882

Sibling Tour

An informative tour at AVH for parents and children expecting the arrival of a new baby brother or sister.

April 15, May 20, June 10 • 2–3pm

Androscoggin Valley Hospital
Valley Birthplace at AVH
59 Page Hill Road | Berlin, NH
Register: (603) 326-5882

Baby's Morning Out

A great opportunity for new moms to gather and talk about their experience as a new parent. Babies are welcome, of course!

Wednesday mornings, 10–11:30am

Littleton Regional Healthcare
Medical Office Building Conf. Room, Level 2
600 St. Johnsbury Rd | Littleton, NH
To Register: (603) 444-9335

Childbirth Classes at LRH

At LRH we offer our expectant moms an interactive, hands-on experience to support women and their families throughout their entire pregnancy and beyond to parenting.

All classes below are at Littleton Regional Healthcare, 600 St. Johnsbury Road, Littleton, NH:

Series 3: May 1, 8, 15, 22, 6–8pm
Series 4: Jun. 26, Jul. 10, 17, 24, 6–8pm

1-Day Intensive Childbirth Class:
Saturday, April 21, 9am–3pm
Saturday, June 2, 9am–3pm

Introduction to Breastfeeding:
Tuesday, April 3, 6pm–8pm
Tuesday, May 29, 6pm–8pm

Lactation Support: LRH offers a free lactation consulting service to new moms. Contact: (603) 444-9335 to talk to one of our lactation consultants.

Car Seat Safety: Keeping children safe is a main objective for parents and grandparents. Our trained and certified Child Passenger Safety Technicians can check your car seat size and safety to ensure your little one is safe while driving. In addition to providing safety tips, they can help install the car seat properly.

Contact: (603) 444-9567 to schedule your appointment today.

Teddy Bear Clinics

Young patients are often afraid to come to the hospital. These clinics teach them about visiting the hospital to help lessen any fears they might have.



Littleton Regional Healthcare
600 St. Johnsbury Rd | Littleton, NH
Call (603) 444-9304 to schedule a visit.

May 7th and 8th
Weeks Medical Center
173 Middle Street | Lancaster NH
Call (603) 788-5023 or (603) 788-5221 to schedule a visit.

HEALTH & WELLNESS

Advance Directive Education

Will be held the week of: **May 6, 2018.** Please call for further info.

Upper Connecticut Valley Hospital
181 Corliss Lane | Colebrook, NH
Contact: Heidi Saari (603) 388-4236

Blood Pressure Clinics

Taking care of your heart is important throughout your life, and even more important as you age. Hypertension and high blood glucose are two conditions that can lead to serious health related conditions. Take time to visit one of the Blood Glucose/Blood Pressure Clinics provided by North Country Home Health & Hospice Agency.

Visits available by appointment only.

Highland House
4th Monday every month, 9–10am
30 Highland Street | Whitefield, NH
(603) 834-2626

Linwood Senior Center
1st Wed. every month, 10:30am–12pm
195 Pollard Road | Lincoln, NH
(603) 745-4705

Littleton Area Senior Center
2nd Thurs. every month, 11am–12pm
77 Riverglen Lane | Littleton, NH
(603) 444-6050

Littleton Opera House
3rd Tues. every month, 10:30–11am
2 Union Street | Littleton, NH
(603) 444-5317

Passumpsic Savings Bank
Every 2nd Friday, 11am–2pm
117 Main Street | Lancaster, NH
(603) 788-5221

Cardiac Rehabilitation Services

AVH offers Phase II and Phase III Cardiac Rehabilitation Programs. Phase II is designed to educate coronary disease patients who have had a recent event or procedure, on the importance of physical activity, and lifestyle and nutritional modification. The Phase III Program is a medically supervised education and exercise program for recent graduates of Phase II. Phase III is geared toward helping the patient continue with their recovery by providing ongoing education and support. The goal of both programs is to enhance the quality of the patient's life and improve their heart's working capacity. Both programs require a physician's referral. Call the AVH Cardiac Rehabilitation Department for more info.

Androscoggin Valley Hospital
59 Page Hill Road, Berlin, NH
Contact: Wanda Cloutier (603) 326-5788
Upper Connecticut Valley Hospital
181 Corliss Lane | Colebrook, NH
Contact: (603) 388-4330

Cardiopulmonary Rehabilitation Services



LRH and WMC offer Phase II Cardiac and Pulmonary Rehabilitation services. Phase II is a physician-ordered, individualized treatment plan. It includes an evaluation and instruction on physical activity, nutrition, stress management, and other health related areas. Participation requires a physician referral.

The Phase III program is a continuation of Phase II—allowing patients to build confidence in a supervised atmosphere. Like Phase II, Phase III requires a physician referral.

Medicare and most insurance plans will pay for Cardiopulmonary Rehabilitation. You may be responsible for a co-payment.

Call today to schedule an appointment to see how this program can help

LRH Contact: (603) 444-9387
WMC Contact: (603) 788-5009

Consider the Conversation

This documentary on a difficult subject provides a 360-degree view of end-of-life care. Presented by North Country Healthcare.



Film runs one hour, followed by a 1/2-hour discussion.

Wednesday, April 18, 6–7:30pm
Rialto Theatre
80 Main Street, Lancaster, NH
Sponsored by Weeks Medical Center

Thursday, May 17, 5:30–7pm
Androscoggin Valley Hospital
59 Page Hill Road, Berlin, NH
Sponsored by the AVH Auxiliary

Thursday, June 21, 5:30–7pm
Upper Connecticut Valley Hospital
Pearson Board Room
181 Corliss Lane, Colebrook, NH
Sponsored by:
Upper Connecticut Valley Hospital
Reserve your seats: (603) 444-9582

Diabetes Education at LRH

Diabetes Education 4-Part Program Space is limited. Please note that the dates listed below each session will cover the same topic. Choose the date that works best for you. The Conference Room number is also listed.

Session II: Being Active and Healthy Coping
• April 3, 9:30am–12pm | Room 1 & 2
• April 10, 1–3:30pm | Room 3
• April 11, 5:30–8pm | Room 3

Session III: Taking Medication and Monitoring It
• May 1, 9:30am–12pm | Room 1 & 2
• May 8, 1–3:30pm | Room 3
• May 15, 5:30–8pm | Room 3

Session IV: Reducing Risks and Problem Solving
• June 5, 9:30am–12pm | Room 1 & 2
• June 12, 1–3:30pm | Room 3
• June 19, 5:30–8pm | Room 3

Littleton Regional Healthcare
600 St. Johnsbury Road
Littleton, NH 03561
Contact: Lucy Gordon, Certified Diabetes Educator, at (603) 444-9323 for more information

UCVH Diabetes Self-Management Education



Upper Connecticut Valley Hospital provides education for individuals with new or existing diabetes to assist in effective management. This service is covered by most insurances. Participants can enjoy 10-hour initial education and/or 2 hour year follow-up meetings. Physician referral required to attend.

Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH
Contact: (603) 388-4305 for more info

Foot Clinic Schedule



Routine foot care is important at any age, but as we age it becomes even more important. Foot problems can lead to limited mobility and in some cases more serious health conditions. This is why NCHHA offers foot clinics in various locations, so that everyone can take care of their feet.

Clinics are offered by North Country Home Health & Hospice Agency. Visits are available by appointment only.

AVH Professional Center (back entrance)
Fridays, 8:30am–4:30pm
7 Page Hill Road | Berlin, NH
Call (800) 371-5317 for appointment.

Horse Meadow Senior Center
1st Tuesday, 10:00am–1:00pm
91 Horse Meadow Rd | N. Haverhill, NH
Call (800) 787-2539 for appointment.

Lincoln Green Apartments
3rd Tuesday, 10:00am–12:00pm
24 Lincoln Green Rd | Lincoln, NH
Call (603) 444-5317 for appointment.

Littleton Area Senior Center
2nd and 4th Tuesday, 9–11:00am
77 Riverglen Lane | Littleton, NH
Call (603) 444-5317 for appointment.

North Country Recreational Center
Call (603) 752-1386 for appointment.

Medicare Counseling

A ServiceLink representative will be available to offer free, confidential Medicare Counseling to beneficiaries on the following Wednesdays. No appointment needed to attend.

April 11, May 9, June 13 • 10am–12pm
Androscoggin Valley Hospital
Mt. Adams Conference Room
59 Page Hill Road | Berlin, NH
AVH Customer Service: (603) 326-5628
Contact: Paul Robitaille, ServiceLink (603) 752-6407 | probitaille@tccap.org

Every 3rd Monday, 10am–2pm
Upper Connecticut Valley Hospital
Pearson Board Room
181 Corliss Lane | Colebrook, NH

Nutrition Education & Counseling

All four hospitals at North Country Healthcare have Registered Dietitians on staff who provide nutrition education and counseling services on an inpatient and outpatient basis. This service is covered by most insurance companies.

Good nutrition is essential to overall health and can prevent or help manage chronic diseases like obesity, high blood pressure, and diabetes.

Roberta Balon, MS, RD, LD, CDE
Androscoggin Valley Hospital
Berlin, NH | (603) 326-5692
roberta.balon@avnhn.org

Ashley Wentworth, MS, RD, LD
Littleton Regional Healthcare
Littleton, NH | (603) 444-9545
awentworth@lrhcares.org
Blog: <http://lrhblogs.org/nutrition/>

Kelsey McCullough, RD, LD
Weeks Medical Center
Lancaster, NH | (603) 788-4911 x4157
kelsey.mccullough@weeksmedical.org

Jennifer Nobles MS, RD, LD
Weeks Medical Center
Lancaster, NH | (603) 788-5395
jennifer.nobles@weeksmedical.org

Tiffany Sweatt, MS, RD, LD
Upper Connecticut Valley Hospital
Colebrook, NH | (603) 388-4305
tsweatt@ucvh.org

Smoking Cessation Classes

Wednesdays, 1:30–3pm
Indian Stream Health Center
141 Corliss Lane | Colebrook, NH
Contact: Susan (603) 388-2463

Call for an Appointment
Weeks Medical Center
173 Middle Street | Lancaster, NH
Contact: Margo Cliché (603) 788-5221

Wound and Ostomy Care

Call Meg Amadon, RN, BSN, CWON, Wound and Ostomy Care Coordinator at (603) 444-9285 for an appointment.
Littleton Regional Healthcare
600 St. Johnsbury Rd | Littleton, NH

Wound Care and Hyperbaric Medicine Center

Call Ann M. Morin, BSN, RN, CHFN, at (603) 788-5626 for an appointment.
Weeks Medical Center
173 Middle Street | Lancaster, NH



27th Annual North Country Women's Health Conference

Hosted by Littleton Regional Healthcare

Sunday, May 13 | 4:30–7:30pm
Monday, May 14 | 7am–4pm
OMNI Mt. Washington Resort
Bretton Woods, NH

For more info, call: (603) 444-9304
Register at: littletonhealthcare.org

FITNESS & FUN MATTERS

Bone Builders

Bone Builders is an Osteoporosis prevention and reversal program; an effective combination of stretching, balance, and weight exercises. FREE and open to everyone. Requires written permission from a physician. Toll Free: 1-877-711-7787

Tuesdays and Thursdays 10:30–11:30am
Littleton Regional Healthcare
Medical Office Building
Lower Level Conference Room
600 St. Johnsbury Rd | Littleton, NH
Contact: Gail Clark (603) 444-9304

Tuesdays and Thursdays 10–11:00am
North Country Community
Recreation Center
33 Rec Center Rd | Colebrook, NH
(603) 237-4019, owlsnccrc@fairpoint.net

Crop Benefit Scrapbooking

A \$10 donation to participate in the event will benefit the American Cancer Society. All ages are welcome, as well as all skill levels. Come with your photos and scrapbooking tools and supplies. This is a great way to meet other scrap bookers and contribute to a great cause.

Saturday, April 7, 8am–4pm
Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Contact: Debbie Alonzo (603) 326-5885

Matter of Balance Program

Balance is so important to living a healthy, productive life and preventing potentially disastrous falls. Please call for more information.

Weeks Medical Center
173 Middle Street | Lancaster, NH
Nadine Gilcris PTA (603) 788-5009

UCVH Community Dinner

Thursday, April 12, 5pm
The Methodist Church
Bridge Street, Colebrook, NH

UCVH Walk for Health

Sat., June 16, 9:15am start time
30 Bill Bromage Dr. | Colebrook, NH
Contact: Laurie Cotnoir (603) 388-4243

Weight Watchers

Weight Watchers is a program to help with weight loss, exercise, and healthy eating habits.



Mondays, 3:15–4:15pm
Upper Connecticut Valley Hospital
Cafeteria
181 Corliss Lane | Colebrook, NH
(603) 237-8652

Thursdays, 4:15–5:15pm
Littleton Regional Healthcare
Medical Office Building
Conference Room
600 St. Johnsbury Rd | Littleton, NH
Contact: Carrie Way (603) 444-9000

Yoga

Introductory Yoga focus on physical actions in various yoga postures. This deliberate concentration on bodily movements can bring increased stability, strength, and flexibility.

Monday, April 2–Monday, May 21 5:30–6:30pm
Littleton Regional Healthcare
Second Floor Board Room
600 St. Johnsbury Rd | Littleton, NH
Contact: Stacey Doll (603) 726-0654, stacey@rootedbystacey.com

Mondays and Wednesdays, 4–5pm
Grace Community Church
300 Gale Street | Canaan, VT
Contact: Sharon (802) 266-3340