

# AREA SUPPORT GROUPS

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

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

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

**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 St. | Littleton, NH  
(603) 444-3376

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

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

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

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

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

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

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

**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

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

**AL-ANON Hotline:**  
**800-369-6930**  
**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

**Sunday, 6-7 PM**  
Trinity United Methodist Church  
18 Lancaster Rd. | Whitefield, NH  
(603) 444-9525

**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**  
**Tuesday, Aug. 14**  
*(2nd Tuesday, every other month)*  
AVH Mt. Adams Meeting Room  
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*

**July 3 & September 4, 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*

**(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](http://redcrossblood.org)

**Thursday, July 5 | 10:30am-4:30pm**  
St. Rose of Lima Church  
82 High Street, Littleton, NH

**Thursday, July 5 | 12-5pm**  
St. Francis Parish Center  
28 State Street, Groveton, NH

**Tuesday, July 10 | 12-5pm**  
Colebrook Elementary School Gymnasium  
27 Dumont Street, Colebrook, NH

**Friday, July 13 | 11am-4pm**  
New England Wire Technologies  
130 North Main Street, Lisbon, NH

**Wednesday, July 25 | 11am-4pm**  
Androscoggin Valley Hospital  
59 Page Hill Road, Berlin, NH

**Friday, August 17 | 11am-5pm**  
Littleton Regional Healthcare  
600 St. Johnsbury Road, Littleton, NH

**Thursday, August 30**  
St. Francis Parish Center  
28 State Street, Groveton, NH

**Thursday, September 13 | 11am-4pm**  
Androscoggin Valley Hospital  
59 Page Hill Road, Berlin, NH



north country healthcare  
8 Clover Lane  
Whitefield, NH 03598



Your Health Matters

July-Sept. 2018

# Regional Wellness Calendar

## YOUR HOSPITAL AUXILIARY

### LRH Auxiliary Board Meeting

**Wednesday, Sept. 5 • 5pm**  
New and Non-members are welcome to attend. It's a great way to find out about the LRH Auxiliary.

**Littleton Regional Healthcare Conference Room 4**  
600 St. Johnsbury Rd | Littleton, NH  
*Contact: Gail Clark (603) 444-9304*

### Weeks Medical Center Auxiliary Board Meeting

**Thursday, August 9 • 5pm**  
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.

**Tuesday, Sept. 18 • 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.

**Thursday, Aug. 30 • 10am-6pm**  
**Friday, Aug. 31 • 7am-1pm**  
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.

**Thursday, Aug. 16 • 1-6pm**  
**Friday, Aug. 17 • 7am-1pm**  
Weeks Medical Center  
*(corridor leading to the cafeteria)*  
173 Middle Street | Lancaster, NH  
*Contact: Margo Cliché (603) 788-5221*

## AVH Auxiliary Kickball Tournament & Family Day

Funds raised will help to enhance patient care at AVH.

**Saturday, September 29**  
Gorham Common  
Main Street  
Gorham, NH  
*For more information call: (603) 326-5606*

## Super Shoes Uniform Fair

at Littleton Regional Healthcare  
**Tuesday, July 17**  
Littleton Regional Healthcare  
*(Lower Atrium)*  
600 St. Johnsbury Rd | Littleton, NH

**Uniform Fair**  
Sponsored by Weeks Medical Center.

**Wednesday, Aug. 29, 7am-4pm**  
Weeks Medical Center (in the corridor leading to the cafeteria)  
173 Middle Street | Lancaster, NH  
*Contact: Margo Cliché (603) 788-5221*



## 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:

**September 5, 12, 19 & 26**  
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.

**Aug. 17 & Sept. 14 • 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.

**Sunday, July 8 • 2-3pm**  
**Sunday, August 12 • 2-3pm**  
**Sunday, September 16 • 2-3pm**

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

# Regional Wellness Calendar

July-Sept. 2018



north country healthcare

**Androscoggin Valley Hospital**  
603.752.2200 | [avnhh.org](http://avnhh.org)

**Littleton Regional Healthcare**  
603.444.9000 | [littletonhealthcare.org](http://littletonhealthcare.org)

**Upper Connecticut Valley Hospital**  
603.237.8652 | [ucvh.org](http://ucvh.org)

**Weeks Medical Center**  
603.788.4911 | [weeksmedical.org](http://weeksmedical.org)

**North Country Home Health & Hospice**  
603.444.5317 | [nchha.org](http://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.*



### 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  
For More Information: (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 4: July 10, 17, 24, 6-8pm**  
**Series 5: Aug. 28, Sept. 4, 11, 18, 6-8pm**

**1-Day Intensive Childbirth Class: Saturday, August 25, 9am-3pm**

**Introduction to Breastfeeding: Tuesday, July 31, 6pm-8pm**  
**Tuesday, Sept. 25, 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.*



### 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.

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

### HEALTH & WELLNESS

#### 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.

Consider the Conversation aligns beautifully with the concept of advance care planning, which is about the process of talking with patients about their end-of-life wishes, documenting them, and coordinating care with those wishes. Presented by North Country Healthcare.

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

**Thursday, July 26, 5:30-7pm**  
Colonial Theatre  
2050 Main Street, Bethlehem, NH

Sponsored by: LRH Auxiliary  
Reserve your seats: (603) 444-9582

### Diabetes Education at LRH

**Diabetes Education 4-Part Program**  
Space is limited. You must register to attend. Sessions held at Littleton Regional Healthcare, Conference Room 3.

**Session I: Introduction to Diabetes and Healthy Eating**  
• September 11, 5-7:30pm

**Session II: Being Active and Healthy Coping**  
• September 19, 5-7:30pm

**Session III: Taking Medication and Monitoring It**  
• October 10, 5-7:30pm

**Session IV: Reducing Risks and Problem Solving**  
• October 17, 5-7:30pm

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.

*Offered by North Country Home Health & Hospice Agency. By appointment only.*

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

**Ice Pond**  
1st Wednesday of every month  
13 Ice Pond Road | Lancaster, NH  
Call for appointment.

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

**McIntyre Apartments**  
Last Wednesday of the month  
16 Highland Street | Whitefield, NH  
Call for appointment.

**McKee Inn**  
1st Wednesday of every month  
186 Main Street | Lancaster, NH  
Call 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.*

**July 11, Aug. 8, Sept. 12 • 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](mailto: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@avhnh.org](mailto:roberta.balon@avhnh.org)

*Ashley Wentworth, MS, RD, LD*  
Littleton Regional Healthcare  
Littleton, NH | (603) 444-9545  
[awentworth@lrhcares.org](mailto: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](mailto:kelsey.mccullough@weeksmedical.org)

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

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



### North Country Comprehensive Pain Center

LRH is pleased to announce the recent opening of North Country Comprehensive Pain Center located at LRH in Suite 22. Patients can now find relief from a multitude of complex pain issues.

*To schedule an appointment, please call (603) 575-6300. Office Hours are Monday-Friday, 9am-3pm.*

### North Country Pharmacy

LRH is pleased to announce the opening of North Country Pharmacy, conveniently located on the ground level of the Medical Office Building. Community members can now fill their prescriptions at Littleton Regional Healthcare, and LRH patients can fill their prescriptions before leaving the hospital.

*To learn more about North Country Pharmacy at LRH, please call (603) 575-6400.*

#### SUMMER SAVINGS\*

- Leader Broad Spectrum Sunscreen 8oz - \$5.98
- General Protection SPF 30 - \$5.98
- Baby Sunscreen SPF 50 - \$5.98
- Bens 30% DEET Tick and Insect Repellent 1.25 Fl. oz. - \$2.99
- Fruit of the Earth Aloe Vera Gel 6oz - \$3.99
- Perrigo brand Loratadine 10mg 100ct - \$7.10

*\*valid until Sept. 2018. Quantity limits may apply.*

### 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

### 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](mailto:owlsnccrc@fairpoint.net)

### Dr. Moose Golf Tournament

Join LRH for a round of golf at one of NH's finest courses—the OMNI Mt. Washington Resort.

**Friday, August 24**

**9AM Tee-Off**  
18-hole teams  
**Noon Tee-Off**  
9-hole teams

OMNI Mt. Washington Resort  
Golf Course  
310 Mount Washington Hotel Road  
Bretton Woods, NH

*Call Gail Clark, Director of Marketing & Community Relations at (603) 444-9304 to register today! Proceeds from this event benefit Littleton Regional Healthcare.*

### 1st Annual Butterfly Memorial Release Event

**Saturday, Sept. 8**  
1pm (rain or shine)

North Country Home  
Health and Hospice Agency  
536 Cottage Street | Littleton, NH  
Contact: Marissa Rexford, Marketing & Development, for more information - (603) 444-5317

### 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

### 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

**Mondays, 12-1pm**

Weeks Medical Center, Room 219  
173 Middle Street | Lancaster, NH  
Contact: Elizabeth Lounsbury (603) 788-5397

**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.

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

