

Regional Wellness Calendar

BIRTH & PARENTING



Childbirth Classes at AVH

The Valley Birthplace at AVH offers a free series of Childbirth Classes for expectant parents. Weekly sessions on Wednesday for four consecutive weeks:

Series 1:

Jan. 16, 23, 30, Feb. 6 • 6-8:30pm

Series 2:

Mar. 13, 20, 27, Apr. 3 • 6-8:30pm

Androscoggin Valley Hospital
Mt. Success Meeting Room

59 Page Hill Road | Berlin, NH

Contact: (603) 326-5607 to register or for more information.

Infant CPR Class at AVH

The Valley Birthplace at AVH offers a free Infant CPR Class for expectant parents.

Wednesday, Feb. 13 • 6-8pm

Androscoggin Valley Hospital
Mt. Success Meeting Room

59 Page Hill Road | Berlin, NH

Contact: (603) 326-5607 to register or for more information.



Lactation Support at AVH

The Valley Birthplace at AVH offers a free Lactation Support Group for breastfeeding and soon-to-be breastfeeding mothers. Facilitated by Wendy Beals, RN, Lactation Consultant.

Friday, Jan. 25 • 10-11:30am

Friday, Feb. 22 • 10-11:30am

Friday, Mar. 22 • 10-11:30am

Androscoggin Valley Hospital
59 Page Hill Road | Berlin, NH

Contact: (603) 326-5882 for more information.

Sibling Tours at AVH

The Sibling Tours at Valley Birthplace at AVH are for parents and children expecting the arrival of a new baby brother or sister.

Sunday, Jan. 20 • 2-3pm

Sunday, Feb. 10 • 2-3pm

Sunday, Mar. 17 • 2-3pm

Androscoggin Valley Hospital
Valley Birthplace at AVH

59 Page Hill Road | Berlin, NH

Contact: (603) 326-5607 to register or for more information.

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!

**Wednesdays
10-11:30am**

Littleton Regional Healthcare
Medical Office Building
Conference Room, Level 2
580 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.

Birth and Parenting classes are offered free of charge to families delivering at LRH. Please call (603) 444.9335 to register. The following classes will be held at Littleton Regional Healthcare, 600 St. Johnsbury Road, Littleton, NH:

Wednesday Evening Series (4 Classes)

Series 1: Jan. 16, 23, 30, Feb. 6 | 6-8pm

Series 2: Mar. 20, 27, Apr. 3, 10 | 6-8pm

1-Day Intensive Childbirth Class:

Saturday, Feb. 9 • 9am-3pm

Saturday, Mar. 23 • 9am-3pm

Introduction to Breastfeeding:

Wednesday, Feb. 13 • 6-8pm

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 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 Phase II Cardiopulmonary Rehabilitation. Insurance plans do not pay for Phase III, however, we are happy to discuss other options with our patients at the time of graduation from Phase II to III.

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

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



Community CPR and First Aid Classes at UCVH

American Red Cross Babysitter Classes

Contact: Laurie Daley, RN, CCRN, CPHQ at (603) 388-4243 or email her at ldaley@ucvh.org for more details

Diabetes Education at LRH

If you or someone you know has diabetes, please call for information about Diabetes Self-Management and Education training.

Office hours: Monday-Thursday, 8am-4:30pm.

Our program is accredited by American Association of Diabetes Educators.

Littleton Regional Healthcare
600 St. Johnsbury Rd | Littleton, NH
Contact: Lucy Gordon, RN, Certified Diabetes Educator at (603) 444-9323.

Diabetes, Prediabetes, and Prevention - Discussion

Thursday, Mar. 21 • 9am

North Country Community Recreational Center
33 Rec Center Rd | Colebrook, NHH
Contact: (603) 237-4019

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 hours of yearly follow-up meetings. *Physician referral required to attend.*



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

The Doorway at AVH & LRH

Opening in January! The Doorway at AVH and the Doorway at LRH are part of a statewide initiative to address the growing opioid crisis. Both Androscoggin Valley Hospital and Littleton Regional Healthcare will serve as treatment HUBs in northern New Hampshire for individuals who are suffering from opioid addiction.

Patients can be seen at the following locations in early January:



The Doorway at AVH
Androscoggin Valley Hospital
AVH Professional Center
7 Page Hill Road | Berlin, NH
For initial information, please call James Patry at (603) 326-5606.



The Doorway at LRH
Littleton Regional Healthcare
11 Riverglen Lane | Littleton, NH
For initial information, please call Gail Clark at (603) 444-9304.



Financial Assistance

AVH, LRH, UCVH, and WMC each offer financial assistance programs for patients unable to pay their bills. Financial Counselors at each location are available to help. Please call one of the Financial Counselors listed below for more information:

AVH: Terrill Platt, (603) 326-5653
LRH: Tara Ashley, (603) 444-9560
UCVH: Chelsea Nugent, (603) 388-4234
WMC: Rebecca St. Cyr, (603) 788-5354

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, Jan.–Mar., 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) 444-5317 for appointment.

Medicare Counseling

A Servicelink representative will be available to offer free, confidential Medicare Counseling to beneficiaries. *No appointment needed to attend.*

Jan. 9, Feb. 13, Mar. 13 • 10am–12pm
Androscoggin Valley Hospital
Mt. Adams Meeting Room
59 Page Hill Road | Berlin, NH
Contact: AVH Customer Service at (603) 326-5628 OR Paul Robitaille, ServiceLink, at (603) 752-6407.

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

Every Second Tuesday • 10am–2pm
Weeks Medical Center
Lancaster Physician's Office
173 Middle Street | Lancaster, NH
Contact: Paul Robitaille, ServiceLink, at (603) 752-6407.

All Of Me – A Documentary on Eating Disorders

Kingdom County Productions is proud to launch its new documentary film **All of Me** by award-winning filmmaker Bess O'Brien. **All of Me** focuses on the lives of men and women who are caught in the downward spiral of eating disorders and their struggle to regain a sense of self-compassion and healing. The film also focuses on parents who struggle with their children around this devastating disease.

Wednesday, Feb. 20 • 6–8pm

Littleton Regional Healthcare
Physicians' Conference Center
Conference Rooms 1, 2, 3
580 St. Johnsbury Rd | Littleton, NH
Contact: Ashley Wentworth, MS, RD, LD, at (603) 444-9545 for more info.

NEW Healthcare Providers

AVH Surgical Associates welcomes back **Jay SoloRio, MD**, Orthopaedic Surgeon. Dr. SoloRio joins the orthopaedic and sports medicine team of Christopher FitzMorris, DO, MPA; Richard Lorenz, PA-C; and Jessica Lorenz-Armstrong, PA-C. Services include the diagnosis and medical/surgical treatment of arthritis; bursitis/tendinitis; carpal tunnel syndrome; hip, knee, and foot problems; industrial injuries; osteoporosis; rotator cuff injuries and tears; shoulder arthroscopies; sports injuries, including ACL tears; and sprains/strains. *To schedule an appointment, call the AVH Professional Center: (603) 752-2300.*

LRH welcomes **Anthony Arthur Salerni, MD**, Neurological Spine Surgeon, to The Alpine Clinic—the largest orthopaedic practice in northern New Hampshire. Dr. Salerni joins Andrew L. Chen, MD; Dougald MacArthur, DO; Jeffrey Kauffman, MD; Eric Mullins, MD; Daniel O'Neill, MD, Ed.D, FAAOS; James Glazer, MD, FACSM; Jean Langevin, MD; and Pain Management specialists Greg Aprilliano, MSNA, CRNA, and Frank Valenti, MSNA, CRNA. All of the orthopaedic surgeons are board certified, and fellowship trained in orthopaedic specialties of adult and pediatric sports medicine, trauma, total joint replacement of the hip, knee, shoulder, and hand and upper extremities. *To schedule an appointment, call The Alpine Clinic at (603) 823-8600.*



Celebrate National Doctors Day with us!

National Doctors' Day in the United States was established to recognize physicians, their work, and their contributions to society and the community. National Doctors' Day falls on **March 30** each year.

The first Doctors' Day observance was held March 30, 1933, by the Barrow County Alliance, in Winder, Georgia.

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

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

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

North Country Comprehensive Pain Center

Now open and accepting new patients. Patients can now find relief from a multitude of complex pain issues.

Littleton Regional Healthcare
Medical Office Building, Suite 22
580 St. Johnsbury Rd | Littleton, NH
(603) 575-6300

Office hours: Monday-Friday, 9am-3pm

AVH Pain Center

Androscoggin Valley Hospital
Surgical Associates Pain Clinic
7 Page Hill Road | Berlin, NH
(603) 752-2300

Office Hours: Monday-Friday, 8am-5pm

Saco River Medical Group
15 US Rte 302 | Glen, NH
(corner of Rtes. 16 & 302)
(603) 752-2300

Office Hours: 8am-5pm, Wednesday only

North Country Pharmacy

LRH North Country Pharmacy is now open and accepting new patients.

Community members can now fill their prescriptions at LRH, and LRH patients can fill their prescriptions before leaving the Hospital.

Located in Suite 13 of the Medical Office Building at LRH. Open Mon.-Fri., 8am-5:30pm

For more information, or to fill a prescription, please call (603) 444-9024.

WINTER SAVINGS*

- Nicotine Patches
21mg, 14mg, 7mg; 14ct - \$22.82
- Nicotine Gum
2mg and 4mg, 50ct - \$14.17
- Medicated Chest Rub (compare to Vicks® Vapor Rub) 50g - \$2.99
- Childrens Cough DM, orange or grape (compare to Delsym®) 3oz - \$5.99
- Daytime Cold & Flu Relief, Soft Gels (compare to Vicks® Dayquil® Cold & Flu) 24ct - \$4.99
- Nighttime Cold & Flu Relief, Soft Gels (compare to Vicks® Nyquil® Cold & Flu) 24ct - \$4.99
- Badger® Balms 2oz, various: Sore Joint, Muscle, Cooling Muscle, Foot Balm - \$8.50
- Badger® Lip Balms various sizes and flavors - prices may vary

*valid until Mar. 2019. Quantity limits may apply.

Save the Date! Spring Into Action Wellness Fair

Thursday, Apr. 11 • 4-7pm

Littleton Regional Healthcare
Medical Office Building
580 St. Johnsbury Rd | Littleton, NH
Contact: Gail Clark (603) 444-9304

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

When a Loved One has Cancer - Discussion

Thursday, Jan. 17 • 9am

North Country Community
Recreational Center
33 Rec Center Rd | Colebrook, NH
Contact: (603) 237-4019

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 Briana LeClerc, MA, at (603) 788-5626 for an appointment.

Weeks Medical Center
173 Middle Street | Lancaster, NH

FITNESS & FUN MATTERS

Bone Builders

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

Tues. & Thurs. • 10:30-11:30am
Littleton Regional Healthcare
Medical Office Building
Lower Level Conference Room
580 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

Matter of Balance Program

Balance is so important to living a healthy, productive life. This evidence-based program helps reduce the fear of falling and increases the activity levels of older adults. **Please call for more information.**

Coos County
(603) 752-4103 or rsvp@tccap.org

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

Red Cross Blood Drives

Thursday, Jan. 3 • 10:30am-4:30pm
Thursday, Mar. 7 • 10:30am-4:30pm
St. Rose of Lima Church
82 High Street | Littleton, NH

Tuesday, Jan. 8 • 11:30am-5pm
Tuesday, March 5 • 11:30am-5pm
Congregational Church
147 Main Street | Colebrook, NH

Tuesday, Jan. 15 • 11am-4pm
Tuesday, Mar. 12 • 11am-4pm
Androscoggin Valley Hospital
59 Page Hill Road | Berlin, NH

Friday, Jan. 18 • 11am-4pm
Friday, Mar. 22 • 11am-4pm
New England Wire
130 North Main Street | Lisbon, NH

Monday, Jan. 21 • 12-5pm
Thursday, Mar. 14 • 12-5pm
Colonel Town Community Center
16 High Street | Lancaster, NH

Thursday, Jan. 24 • 12-5pm
Thursday, Mar. 28 • 12-5pm
St. Francis Parish Center
28 State Street | Groveton, NH

Thursday, Feb. 14 • 12-5pm
Berlin VFW
1107 Main Street | Berlin, NH

Friday, Feb. 15 • 11am-5pm
Littleton Regional Healthcare
600 St. Johnsbury Rd | Littleton, NH
[1-800-RED-CROSS](tel:1-800-RED-CROSS) | redcrossblood.org

112th Annual Community Meeting

Monday, Jan. 21 • 5-6pm
Littleton Regional Healthcare
Cafeteria
600 St. Johnsbury Rd | Littleton, NH
Call (603) 444-9588 for more information.

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

LRH's North Country Women's Health Conference

Enjoy keynote speaker, Jana Stanfield, a funny, musical motivational speaker!



Mon., May 13, 2019

OMNI Mount Washington Resort
Presidential Conference Center & Spa
Route 302 | Bretton Woods, NH
For more information, please call
(603) 444-9304.

YoFlow Yoga



A yoga class for all fitness levels.

Mondays and Thursdays, 5:30-6:30pm
Contact *Carrie* at (603) 991-7302 for more information.

YOUR HOSPITAL AUXILIARY

AVH Auxiliary Membership Meetings

Monday, Feb. 4 • 5pm
Topic: AVH/NCH Update
Guest Speaker: *Michael Peterson, FACHE, AVH President*

Monday, Mar. 4 • 5pm
Topic: *How to Respond to an Active Shooter*
Guest Speaker: *Brian O'Hearn, MBA, BSN, CEN, AVH Chief Nursing Officer/VP, Patient Care Services*

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

LRH Auxiliary Board Meeting

Wednesdays
Jan. 2, Feb. 6, Mar. 3 • 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

LRH Dining for a Cause at the 99 Restaurant

Watch for details!

Super Shoes Uniform and Shoe Sale

Thursday, Mar. 21 • 7am

Littleton Regional Healthcare
Lower Atrium
600 St. Johnsbury Rd | Littleton, NH
Contact: (603) 444-9304



UCVH Annual Meeting

Thursday, January 31, 2019

The Tillotson Center in Colebrook
Contact: *Paula Ehly* (603) 388-4299

WMC Auxiliary Membership Meeting

Thursday, Mar. 14 • 5–6:30pm

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

WMC Books Are Fun Sale

Weeks Medical Center Auxiliary will sponsor a book fair.



Thursday, Mar. 7
Friday, Mar. 8

Weeks Medical Center
(corridor leading to the cafeteria)
173 Middle Street | Lancaster, NH
Contact: Margo Cliché (603) 788-5221

WMC Auxiliary Uniform Sale

Wednesday, Feb. 6 • 7am

Weeks Medical Center
(corridor leading to the cafeteria)
173 Middle Street | Lancaster, NH
Contact: Margo Cliché (603) 788-5221

Banana Yogurt Shake

This recipe can also be used as a dip for fruit.
Makes 2 servings (½ cup fruit per person)

- ¾ cup nonfat milk
- 2 small bananas, peeled
- ½ cup lowfat plain yogurt
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla
- 1/16 teaspoon nutmeg
- ½ cup ice cubes



Whirl all ingredients in blender until smooth. Serve immediately.

Nutrients per serving: 160 calories, 1.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 85mg sodium, 32g carbohydrate, 3g dietary fiber, 7g protein. Diabetic Exchanges: 1 fruit, 1 milk. Recipe from <http://www.fruitsandveggiesmatter.gov>

Berry Blast Smoothie

8 servings (1 cup fruit per person)

- 2 cups blueberries
- 2 cups raspberries
- 2 cups strawberries
- 2 cups blackberries
- 1 cup 100% cran-raspberry juice
- 2 cups ice
- 1 cup lowfat blueberry yogurt



Whirl all ingredients in blender until smooth. Serve immediately.

Nutrients per serving: 100 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 25g carbohydrate, 6g dietary fiber, 2g protein. Diabetic Exchanges: 1 fruit. Recipe from <http://www.fruitsandveggiesmatter.gov>



Happy New Year!



About now, most of us are trying to decide on a New Year's Resolution, and most of us will choose something regarding weight, food, or exercise. It's great that we all want our health to be a priority, but New Year's resolutions don't usually stick, and making weight goals is actually a good way to end up gaining weight (yes, really!). Weight is not the best measure of health, and restricting certain foods or setting rigid exercise goals typically have the opposite effect of what we intended. Focusing on these things and practicing restriction creates negative relationships with our bodies and with food. So, instead of making a resolution to lose 10 pounds, stop eating sugar, or exercise for an hour every day, try these suggestions instead. You don't have to make them into a resolution, just include them in your daily routine instead of setting yourself up for failure when you can't meet your resolution goal.

Give yourself permission to eat. Setting rules for foods that are "off-limits" or "good" and "bad" foods makes our mind and bodies want them more and enforces the idea that we can't control our bodies or minds. There is room for all foods. Weight gain does not occur from indulging in one thing you enjoy every few days.

Eat mindfully. Paying closer attention to hunger and fullness cues that your body gives is a great way to give the body what it needs. Eating more slowly and paying attention to the taste, smell, and texture of your foods gives your body a more satisfied feeling. Gobbling up a piece of chocolate cake because you think you shouldn't be eating it will only make you want more of it. If you eat that same piece of chocolate cake slowly, actually take the time to enjoy it, you may find that you don't end up eating all of it.

Give these suggestions a try this year and start repairing your relationship with food. Eating is meant to sustain life but also give us enjoyment.

For more articles and information like this, please check out our North Country Nutrition and Wellness Blog by our Registered Dietitian: <http://lrhblogs.org/nutrition/>

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

Monday, 7-8:30 PM
Gorham Congregational Church
143 Main Street | Gorham, NH
(802) 266-3071

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
Friday, 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

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

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

Post-Obesity Support Group:
Tuesday, Feb. 12 • 5:30-6 PM
(2nd Tuesday, every other month)
Mt. Adams Meeting Room
Androscoggin Valley Hospital

Pre-Obesity Support Group:
Tuesday, Feb. 12 • 6-7 PM
(2nd Tuesday, every other month)
Mt. Success Meeting Room
Androscoggin Valley Hospital
Hosted by Catholic Medical Center
at Androscoggin Valley Hospital
59 Page Hill Road | Berlin, NH
(603) 326-5797

BEREAVEMENT SUPPORT

1st & 3rd Tuesday, 1 PM
North Country Home Health &
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

2nd & 4th Wednesdays • 1 PM
Weeks Medical Center
Board Room 219
173 Middle St. | Lancaster, NH
Tracy Lang: etlang2002@yahoo.com

SUPPORT GROUP FOR PEOPLE
WITH DIABETES

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

1st Tuesday, Every Other Month
January 8 • 6 PM
(2nd Tues. due to holiday)

"Blood Glucose Targets:
What's in a Number?"

March 5 • 6 PM
"Take 5 Basic Stretching and
Moving Activities"

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

FIBROMYALGIA AND ME/CF
SUPPORT

Every 2nd Sunday, 3-5 PM
Androscoggin Valley Hospital
Mt. Success Room
59 Page Hill Road | Berlin, NH

(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

Mon., Wed., Sat., 7 PM
Hope for NH Recovery
823 Main Street | Berlin, NH
(603) 752-9900

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
147 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

For questions, or for more information regarding this newsletter, please e-mail:
geninfo@lrhcares.org, or call us at (603) 444-9304.



north country healthcare

8 Clover Lane
Whitefield, NH 03598

Regional Wellness Calendar

Jan.-Mar. 2019



north country healthcare

Androscoggin Valley Hospital

603.752.2200 | avnh.org

Littleton Regional Healthcare

603.444.9000 | littletonhealthcare.org

Upper Connecticut Valley Hospital

603.237.4971 | 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.