

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

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



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.



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

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

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



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

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

