

Health and Lifeskills

Healthier Living Workshop

For People Living with Chronic Conditions and Their Caregivers: If you are living with a chronic condition like arthritis, asthma, cancer, heart disease, lung disease, diabetes or chronic pain, this 6-week program can help you increase your energy, decrease your stress and give you more self-confidence and fewer doctor visits. FREE workshop. For more information about when the next class will be in the Orleans County area, or to register, please call Northeastern Vermont AHEC at 1-877-215-3921.

Tuesdays, March 17 - April 21
5:30 - 8:00 p.m. (6 sessions)
North Country Hospital Conference Room
Tuesdays, April 21 - May 26
9:00 - 11:30 a.m. (6 sessions)
Barton Public Library

Learn to Manage Your Stress....

Balance your stress response. Choose the technique(s) you want to learn: deep breathing, guided imagery, progressive muscle relaxation, or hypnosis. Ideal for helping you make lifestyle changes like stopping tobacco use. One-on-one or small groups. Call for a FREE evening appointment. 334-3208

North Country Hospital Joanne Fedele, RN, MS

Reiki Clinic Free

Healing for your mind, body and Spirit. Take some time for yourself to relax. At this free clinic you will have the opportunity to experience a full Reiki Treatment, as well as learn how Reiki can benefit your health and well being. Local Practitioners will be on site. Please wear loose, comfortable clothing. No pre-registration required. First come, first served. All Practitioners welcome. Please contact Theresa at 525-4548 for more information or to volunteer at the clinic.

Saturdays, April 11th and May 16th
1:00 - 3:00 p.m.
Newport Wellness Center Fitness Facility
Theresa Vezina RMT

AARP Driver Safety \$12/members or \$14/nonmembers

For drivers 50 and older, this 2-day class covers how to cope with changes in vision, hearing, reaction time. Many insurance companies offer discounts for people certified through this course. Workbook is included. AARP recommends taking this course every 3 years.

Friday, April 24
1:00 - 5:00 p.m. (1 4-hour session)
North Country Hospital Meeting Room
Pat Sloan AARP instructor

