

Lifeskills/Support/Health

If you would like to join the hospital's recycling efforts and receive future brochures via email, please send your request to mperkins@nchsi.org. Thanks.

Childbirth Classes

Six-Week Thursday Classes

May 7, 14, 21, 28, June 4, 11
August 20, 27, Sept. 3, 10, 17, 24
6:30 - 8:30 p.m.

Two-Day Saturday Classes

April 18 & 25
June 13 & 20
July 18 & 25
9:00 a.m. - 2:00 p.m.
(2 5-hour sessions)



Refresher Class

Refresher Class held first Saturday of weekend classes

April 18; June 13; July 18
9:00 a.m. - 2:00 p.m.
(1 5-hour session)

North Country Hospital NCH Maternal Child Dept
Call The Wellness Center at 334-5566 for further information.

Self-Help Groups Free

An opportunity to regularly get together with others in a similar situation to share information and to give each other support, encouragement, and inspiration.

Type 2 Diabetes (2nd Monday of month)

6:00 - 7:00 p.m.
MA Conference Room Anick Desorey RD 334-4155

Parkinson's Disease

For Parkinsonians, Caregivers, & Health Care Providers. Speakers at every meeting. Audio cassettes available.

10:30 a.m. (3rd Tuesday of month)
Orleans Essex VNA & Hospice Sid Burton 626-3707

The Compassionate Friends

Grieving the Loss of a Child of any Age
6:30 - 8:30 p.m. (3rd Tuesday of month)
Orleans Federated Church

Rosemary Claassen 754-6270

Brain Injury

Brain Injury Association of VT

6:00-8:00 p.m. (4th Tuesday of month)
North Country Hospital Mtg. Room Call to confirm
Lisa Erwin-Davidson, MS, CCC, Speech-Pathologist
334-3210 ext 464

Caregiver/Alzheimer's

For those caring for people with Alzheimer's and other illness
10:00 - 11:00 a.m. (last Tuesday of month)
Newport Health Care Center 334-3188

For Those Grieving

(2nd Thursday of month)
6:30 - 8:30 p.m. Call to confirm
NCH Room 221 Lynn Jenness
334-5901

Prostate Cancer

6:30 p.m. (4th Thursday of month) Katie McGreevey
MA Conference Room 334-3234

Quit Time

\$10

Smoking Cessation! This 8-session class will help you learn how to master your cravings & get the support you need to successfully quit tobacco use. Nicotine replacement can be delivered right to your door free of charge.

Session 1: April 6, 13, 20, 22, 27, May 4, 11, 18
Session 2: June 8, 15, 22, 24, 29, July 6, 13, 20
North Country Hospital Meeting Room
6:30 - 8:00 p.m.



Merrilyn Barry, Linda Oliver, RN

Stop Smoking with Hypnosis \$35

If you are strongly motivated to stop smoking forever and are willing to make behavioral changes, then we can help you do it through hypnotherapy. Provides reinforcement for those who already have quit. Includes a CD.

Thursday, May 21
6:30 - 8:00 p.m.
North Country Hospital Meeting Room
Claire Tatro, N.E. Ethical Hypnosis Institute



Lose Weight with Hypnosis \$35

If you are strongly motivated & willing to make behavioral changes, then hypnosis can help you lose weight & keep it off. Also helpful for those who have already taken a weight loss class to reinforce & maintain their weight loss. Includes a CD.

Thursday, May 21
4:30 - 6:30 p.m.
North Country Hospital Meeting Room
Claire Tatro, N.E. Ethical Hypnosis Institute



Tired of Wetting Your Pants?

FREE. Short, informational class to discuss anatomy, physiology, and practical exercises that can help decrease urinary incontinence. Alternatives to meds and surgery. Call 334-3260 for more information.

Thursday, April 16
Tuesday, May 12
7:00 - 8:00 p.m.
North Country Hospital Meeting Room
Kathy Aaro, PT
North Country Hospital Rehabilitative Services

Taking Care of a Loved One?

RELAXATION, REJUVENATION AND SELF-CARE
Wives, husbands, daughters, or others caring for a frail or seriously ill loved one or a family member with dementia, join us for massage, Reiki, foot reflexology, dinner, and more. Virginia Fry will help us explore ways to stay physically, emotionally, and spiritually whole while facing life's stressors. Grandparents raising grandchildren also welcome. Registration required by May 6. For more information or to register, please call Betsy at 802-748-2506.

Wednesday, May 13
Afternoon & Evening
The Gateway Center in Newport