



The Wellness Center

The meeting place for Fun, Health and Fitness!

NORTH COUNTRY HEALTH SYSTEM

Call 334-5566

Visit www.nchsi.org for class schedule



PREREGISTRATION REQUIRED EVEN FOR FREE CLASSES!
PAYMENT PLANS and PRORATING of FEES available upon request
For class cancellations due to inclement weather, listen to WIKE & WMOO

Winter 2010

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

January 7, 14, 21, 28, February 4, 11
March 11, 18, 25, April 1, 8, 15
6:30 - 8:30 p.m.

Two-Day Saturday Classes

January 2 & 9
March 6 & 13
9:00 a.m. - 2:00 p.m.
(2 5-hour sessions)



Refresher Class

Refresher Class held first Saturday of weekend classes

January 2; March 6
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.

Winning by Losing

\$60

Do you need motivation to lose weight? Would a little friendly competition & support help you stay focused? Learn how to start down the path to a healthier lifestyle by joining the Winning by Losing program. Each week will consist of a weigh-in, 30-minutes of physical activity, and a 20-minute nutrition lesson. Body measurements taken once a month. Motivational prizes and information each week. Pre-registration & pre-payment required. Maximum class size: 25

NEWPORT Wellness Center Fitness Facility
Thursdays, January 7 - March 11
6:00 - 7:00 p.m.
(10 sessions)

Mary Perkins & guest presenters

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 have already quit. Includes a CD.

Thursday, February 11
6:30 - 8:00 p.m.
North Country Hospital Conference Room
Claire Tatro, N.E. Ethical Hypnosis Institute



1000 Steps to Wellness

Walk or snowshoe through this 96-foot-diameter re-creation of an ancient Creten labyrinth. Consisting of a single, winding path, you can walk to the center, sit around the fire pit, and walk back out. Labyrinth walking has been known to free the mind and bring about a state of calmness. It takes about 30 minutes to walk the 1000 steps in and out. No appointment necessary; just come when you want. If you have questions, please contact Lisa Erwin-Davidson at 334-2571. Drive or bike to 323 North Derby Road, 2.5 miles from the hospital, up drive way and park down in front of the barn. Entrance to the labyrinth is just behind the barn. Look for signs.

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 behavioral change. Includes a CD.

Thursday, February 11
4:30 - 6:00 p.m.
North Country Hospital Conference Room
Claire Tatro, N.E. Ethical Hypnosis Institute



Quit Time

\$25

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 Therapy available.

January 11, 18, 25, 27, February 1, 8, 15, 22
North Country Hospital Meeting Room
5:30 - 7:00 p.m.



Merrilyn Barry, Linda Oliver, RN