

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.

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.

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 Fran Smith 334-1505
 Rosemary Claassen 754-6270

For Those Grieving

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

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

Brain Injury Brain Injury Association of VT

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

VT Association For the Blind

9:30 a.m. - 2:00 p.m. (1st Monday of month)
Emory Hebard Bldg. Harriett Hall 334-1709

Stop Smoking

Individual or small group sessions are available. We can design a plan to meet your needs. The time of your sessions and frequency will be arranged to accommodate your schedule.

Joanne Fedele 334-3208 jfedele@nchsi.org
Nancy Rae 334-3290 nrae@nchsi.org

Healthier Living Workshop

For People Living with Chronic Conditions and Their Caregivers: If you are living with a chronic condition like arthritis, depression, 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.

Class #1: Wednesdays, Jan. 13, 20, 27, Feb. 3, 10, 17
Class #2: Mondays, March 15, 22, 29, Apr. 5, 12, 19
5:30 - 8:00 p.m. (6 sessions)
North Country Hospital Conference Room

Living Gluten-Free: Celiac 101

This presentation will help people understand celiac disease and how to avoid gluten without feeling deprived. Donna Dolan, a nurse and educator, was diagnosed with celiac disease while in nursing school and wishes to share her knowledge and enthusiasm for living a gluten-free life. This presentation will include handouts and resources. Gluten-free snacks will be provided to sample. There is a \$10 charge for this workshop payable to The Wellness Center. Please call 334-5566 to register.

Saturday, January 16
1:00 - 3:00 p.m.
North Country Hospital Meeting Room
Donna Dolan, R.N., B.A., M.S.H.S.

Learning to Live Well with Diabetes-Healthy Living

Tuesdays, January 5, 19, 26, February 2
2:15 - 4:15 p.m.
Contact Anick at 334-4155 for more information.
North Country Union High School
University of Vermont Extension Service

Your Heart & Hearts Around You

Let's talk about taking care of you and the ones you hold close to your heart. Fun for all! Music, play, heart health information, cooking tips, recipes and more...Free cookbook or vegetable steamer to those who pre-register for this family discussion group. Please bring the children! Please call 334-4385 to pre-register for this lively workshop.

Tuesday, February 9
10:00 a.m.
Emory Hebard State Office Building, Room 250

Free Easy HIV Test

Walk-in clinic offering free HIV testing on the 2nd Monday of each month from 10:00 a.m. to 5:30 p.m. For more info call VT Dept of Health at 334-6707.

- *Oral fluid test, no needles
- *No name needed
- *Results within 2 wks or screen in less than 40 min.
- *Includes a brief talk session
- *Just walk in

Free Adult Vaccines

Available on the 2nd Monday of each month from 10:00 a.m. to 5:30 p.m. For more info call VT Dept of Health at 334-6707.

- *Hepatitis A & B (for those at risk)
- *Pneumococcal age 19 & up (smokers & asthma)
- *Tdap (tetanus booster)

Top floor of Emory Hebard State Office Building
100 Main Street, Suite 220, Newport, VT

If you have any questions or comments about The Wellness Center brochure, please call Merrilyn at 334-5566 or Mary at 334-3226. Thank you for your support.