

# NCHC | Live Heart Smart

A collection of heart-healthy resources from around the North Country

## North Country Health Consortium:

North Country Health Consortium (NCHC) is a non-profit public health organization that strives "To lead innovative collaboration to improve the health status of Northern New Hampshire." NCHC works with North Country health and human service organizations, schools, and other community programs to improve population health and increase access to quality healthcare services.

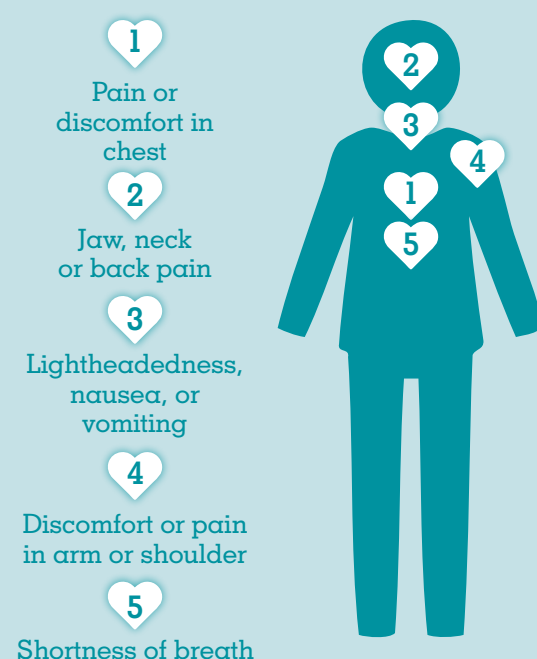
### NCHC focuses on:

- Community Substance Misuse Prevention
- Oral Health Education and Services
- Healthcare and Behavioral Health Workforce Development
- Community and Public Health Programs, Community Health Workers
- Emergency Preparedness
- Healthcare Quality Improvement



American Heart Association  
life is why™

## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack)

## Farmers' Markets

### Bethlehem Local Works Farmers' Market

Saturdays, June 17 to October 14, 10 am to 1 pm at the Corner of Park Avenue and Main Street. Contact: davidw@wrenworks.org, (603) 869-9736.

### Colebrook

Saturdays, starting after July 4 to Columbus Day weekend, 8 am to 12 pm on Colby Street.

### Gorham Local Works Farmers' Market

Saturdays, June 8 to October 19, 4 to 7 pm at the Gorham Common. Contact: davidw@wrenworks.org, (603) 869-9736.

### Groveton Farmers' Market

Fridays, May 12 to October 27, 1 to 8 pm. From May 12 to mid-June, the roadside stand will be open Saturday through Thursday in The Bear Paw Storage parking lot. Then open 7 days a week. Times are 9 am to 6 pm until October 27.

### Lancaster Farmers' Market

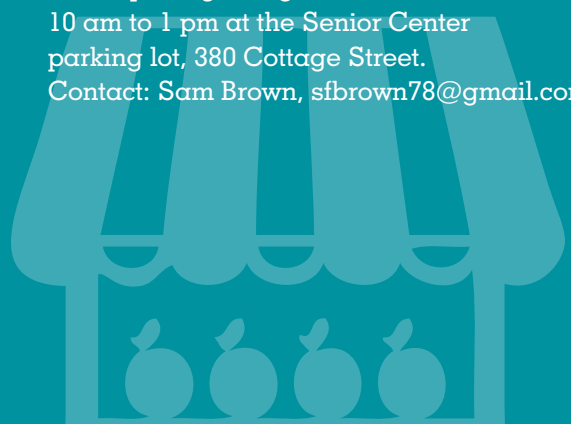
Saturdays, May 21 to October 8 9 am to 12 pm at Centennial Park Contact: Danny Gates at fruitlands9832@aol.com.

### Lisbon Farmers' Market

Thursdays, June 15 to October 5 2:30 to 5:30 pm at the Walter Young parking lot. Contact: Marianne at info@lisbonmainstreet.org or (603) 838-2200.

### Littleton Farmers' Market

Sundays, beginning June 4 10 am to 1 pm at the Senior Center parking lot, 380 Cottage Street. Contact: Sam Brown, sfbrown78@gmail.com.



## Hospitals and Health Centers:

**Ammonoosuc Community Health Services**  
(603) 444-2464

**Androscoggin Valley Hospital**  
(603) 752-2200

**Coös County Family Health Services**  
Berlin (603) 752-2040  
Gorham (603) 466-2741

**Cottage Hospital/Rowe Health Center**  
(603) 747-2900

**Indian Stream Health Center**  
(603) 237-8336

**Littleton Regional Healthcare**  
(603) 444-9000

**Mid-State Health Center**  
(603) 536-4000

**Speare Memorial Hospital**  
(603) 536-1120

**Upper Connecticut Valley Hospital**  
(603) 237-4971

**Weeks Medical Center**  
(603) 788-4911



## Community Gardens:

### Berlin

Limited lots available along East Milan Road. Raised beds available at Friendship Park on a first-come basis. Residents may register at the Berlin Recreation Center. Contact: (603) 752-2010.

### Bethlehem

David Van Houten (603) 444-1222, david.dunrei@gmail.com.

### Colebrook

Located on Bromage Drive. New England Grassroots Environment Fund staff (603) 237-8026.

### Franconia

Town Hall Community Garden, Kim Cowles (603) 991-8925.

### Lancaster

Located at 32 Elm Street. \$15/plot discounts for multiple beds; \$10 deposit; scholarships available. Contact: melissa@taprootfarmandeecercenter.org.

### Littleton

Lori Lombardi (603) 444-9511, lombardi@littletonhospital.org.



## Adaptive Sports Partners:

Adaptive Sports Partners offers many active recreational programs and activities for adaptive athletes and all ability levels, including the spring biking series, biking, golf, tennis and kayaking. For more information, contact: Sandy Olney (603) 823-5232, adaptivesportspartners.org.



## Health and Preventative Self-Care:

### A Foot Care Clinic

June 2, 9, 16, 23 and 30. The clinic will be held Androscoggin Valley Hospital Professional Center, lower level. For your appointment, please call 1-800-750-2366.

### Bone Builders Fitness

Every Tuesday and Thursday, 10:30 to 11:30 a.m. at the Littleton Regional Healthcare Medical Office Building, 2nd floor. Call the Development and Community Relations Office: (603) 444-9355. For additional information, please call Retired and Senior Volunteer Program (RSVP) toll free at 1-877-711-7787.

### Free Blood Pressure Clinic

June 9 (Monthly, 2nd Friday each month) 11 am to 2 pm at Passumpsic Bank in Lancaster. Offered by Weeks Medical.

### Heart Disease: Primary Prevention

June 21 at 3:30 pm. Free presentation by Cardiologist, Dr. Daniel van Buren, MD, FACC, at Upper Connecticut Valley Hospital, Colebrook, Pearson Board Room.

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## Mindfulness & Exercise:

### Balance Bethlehem

Offers a variety of yoga and other healing arts events and workshops. Meditation drop-in classes are on Mondays from 5:30 to 6:30 pm. Fee is \$5, all are welcome regardless of ability to pay. 2087 Main Street, Bethlehem, (603) 869-2468.

### Colonel Town Recreation

Swimming pool, gymnasium, tennis and basketball courts. "Seniors on the Move" classes on Monday and Wednesday, 9:30 to 10 am for \$.50 cents per class! Contact Eddie and Denise Wood for details. 16 High St., Lancaster, (603) 788-3321 or coltown@myfairpoint.net.

### Common Sense Fitness Center

Fitness center including cardio and weight room, personal training, and fitness classes for members. Membership: \$30/month. Zumba classes welcome walk-ins and free first class! \$10 for non-members; \$8 for members; \$5 for seniors. 9 Eames Way, Littleton, (603) 444-2772.

### First Step Fitness

Offers cardio equipment, free weights, and weight machines. Open gym Monday to Friday, 5 to 8 am and 2 to 7 pm. Saturday and Sunday open gym hours are 10 am to 4 pm. 6 State St., Groveton, (603) 636-5087.

### Hustle Fitness with Chelsea

A cardio class that breaks down each move, while providing a great calorie-burning workout. For all ages. Mondays at 4:30 pm. Morrison Nursing Home, Whitefield, (603) 837-2541.

### Jazzercise

A calorie-torching cardio dance fitness program offered every day of the week. Non-members: \$12 per class. 95 Main St., Plymouth, (603) 536-3466.

### North Country Climbing Center

Full-service climbing gym, 6,000 square feet of climbing and varied terrain for all ages and abilities. Lessons, youth programs, and yoga classes available. Monday through Saturday open climb from 12 to 10 pm. Prices vary: Adults \$30, Children (5-10) \$20, and Children under 4, \$10. 2572 US Route 302, Lisbon, (603) 838-5300.

### North Country Community Recreation Center

Indoor pool with admission on a donation basis. Recreational swim, lessons and other water-based classes/ programs available. 33 Rec Center Rd, Colebrook, (603) 237-4019.

### RizFit Metabolic Boot Camp

Intense interval-based strength training workout, using a variety of tools and exercises, including bodyweight, kettlebells, resistance bands and more. Monday, Wednesday, Friday at 4:30 to 5:30 pm, Tuesday, Thursday, Friday at 5 am. Call Peter Rizzo for details and registration. 30 Depot St., Lancaster, (603) 346-4681.

### Root to Bloom Studio

Offers a variety of yoga and other healing arts events and workshops. Drop-in fee is \$10 per class for non-members and \$7 for members, other pricing available. Yin Yoga class offered on June 18 and June 25, from 9 to 10:15 am. Mention "Live Heart Smart" to attend for \$5! (all others \$10). 111 Saranac St., Suite 14, Littleton, (603) 726-0654.

### Royalty Athletic Club

Fitness center with cardio and weight room, indoor pool, Jacuzzi, racquetball courts, and a full schedule of fitness classes, including Zumba, yoga, and body sculpting. \$10 per class includes a full-day pass for any classes or use of gym. 130 Main St., Gorham, (603) 466-5422.

### Yoga (@ Grace Community Church)

Classes emphasize stretching, toning, balance, breathing, and mindfulness. Mondays and Wednesdays from 4 to 4:45 pm (subject to change). Classes free to the public. Sponsored by Indian Stream Health Center. 300 Gale St., Canaan VT, (603) 237-2477.

### ZUMBA (@ Littleton Opera House)

A total workout, combining cardio, muscle conditioning, balance and flexibility. Tuesdays and Thursdays, 5:30 to 6:30 pm for \$8/Class. Contact Patience Marsh for details. 2 Union St, Littleton, (603) 616-8625 or zumbapatience@gmail.com.

## Seniors:

### Berlin Senior Center

All events begin at 12 pm.

June 16: Salute to Dads

June 21: Country Western BBQ

June 28: Monthly Birthday Party

Contact Kerry McLain at (603) 752-2545.

Hosting a trip to 1,000 Islands in Ottawa. Includes meals, lodging and entertainment (passport needed). Contact Leilia at (603) 752-2545.

### The Horse Meadow Senior Center

Contact Wanda Sawyer at (603) 787-2539.

### Littleton Area Senior Center

Activities ranging from hand reflexology, line dancing and more for small fee or donation. **Special offering for "Live Heart Smart"** - Cooking demo of recipes from the cookbook, "Good and Cheap: Eat Well on \$4/Day," **June 6 and June 13**, 1 to 3 pm. Limited seating, call to register. Contact Anne Marie Donlon (603) 444-6050.

### North Country Community Rec Center

Home of OWLS (Older, Wiser, Livelier Seniors) program, offering activities for seniors on Tuesday, Wednesday, Friday. Call for details. Contact Joy Steward at (603) 237-4019.

### The Plymouth Regional Senior Center

June 15: Father's Day Celebration

June 19: World Sauntering Day

June 21: Let's Start Summer

Off Right BBQ

June 28: The Fourth of July Celebration BBQ

Contact Robin Koczur at (603) 536-1204.

### Whitefield Senior Center

Contact Lisa Romprey at (603) 837-2511.



## Signs & Symptoms of Stroke:

For each minute a stroke goes untreated and blood flow to the brain continues to be blocked, a person loses about 1.9 million neurons. This could mean that a person's speech, movement, memory, and so much more can be affected.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

**F - Face:** Ask the person to smile.

Does one side of the face droop?

**A - Arms:** Ask the person to raise both arms.

Does one arm drift downward?

**S - Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?

**T - Time:** If you see any of these signs, call 9-1-1 right away.

## STROKE SYMPTOMS INCLUDE:



**SUDDEN** numbness or weakness of face, arm or leg, especially on one side of the body



**SUDDEN** confusion, trouble speaking, or understanding



**SUDDEN** trouble seeing in one or both eyes



**SUDDEN** trouble walking, dizziness, loss of balance or coordination



**SUDDEN** severe headache with no known cause

## Support Groups:

### Diabetes Support

**Androscoggin Valley Hospital:**

1st Tuesday of every month, 6:30 to 8 pm in the Mt. Success Waiting Room, (603) 326-5631.

**Cottage Hospital:**

2nd Monday of every month, 7 to 8:30 pm, (603) 747-9313.

**Littleton Regional Healthcare:**

Contact Certified Diabetes Educator, Lucy Gordon, at (603) 444-9323.

**Littleton Area Senior Center:**

2nd Wednesday of every month from 1 to 2 pm, (603) 444-6050.

**Mid-State Health Center, Community Room:**

2:30 to 4 pm. Free of charge and Public invited. Sara (603) 536-4000 ext. 2052.

**Weeks Medical Center Hospital Boardroom:**

3rd Tuesday of every month at 7 pm, (603) 788-2521.

### Mom's Morning Out Support for New Moms

Wednesdays from 10 to 11:30 am at Littleton Regional Healthcare Medical Office Building Conference Room. Open to public.

### Weight Watchers

Locations all over the North Country, enter your zip code at [www.weightwatchers.com](http://www.weightwatchers.com).

## Walk NH for Heart Health:

Walk NH is a fantastic way to sustain cardiac health and explore NH's beautiful walking trails. It's fun, easy, and can be done in teams. For more information, visit: [www.healthynh.com/walk-nh.html](http://www.healthynh.com/walk-nh.html). Here are a few trails to get started.

### Hydro Park Walking Trail: Berlin

Dog and bike-friendly, populated by NH plant life. With areas to rest and the ruins of old buildings, this is an easy fulfilling walk.

### Moose Brook State: Gorham

Scenic walking trails that are groomed and vary in length.

### York Pond Trail: Milan

Scenic dirt trail around York Pond that features many activities, such as fishing, horse-back riding and biking.

### Beaver Brook Falls Wayside: Colebrook

Short walking trails in the wooded area surrounding the visually stunning falls.

### Weeks State Park: Lancaster

Scenic rest spots on an uphill paved walk to the top of Mount Prospect. Historic museum, fire tower, and breathtaking views.

### Gayle River Loop: Bethlehem

Offers many trails that are off the beaten path and vary in length.

### The River Walk: Littleton

An easy dog-friendly trail that takes participants along the river through historic downtown Littleton and through Memorial Park.

### Black Pond Trail: Woodsville

An easily accessible dirt walking trail that is under 1 mile. Located just outside the center of town.