

We invite you to take a look at our community education program offerings and encourage you to sign up for programs that help you meet your own health and wellness goals. Included in this listing are many free programs as well as some programs that have a cost. Please call the number listed for more information on a specific program.

## LIVING WELL

### Everyday Living with a Chronic Condition

Chronic conditions including arthritis, diabetes, joint pain, COPD and other long-term health conditions can affect your daily activities. Learn skills for managing your chronic condition and improve your quality of life in this 6-week free workshop. **Call 527.7120 for info on upcoming classes.**

### Everyday Living and Diabetes

Learn skills for living a healthy life with diabetes. In this free 6-week workshop you will learn to set weekly goals for improving your diabetes. Topics include managing blood sugar levels, healthy eating, physical activity, relieving stress, and more. **Call 527.7120 for info on upcoming classes.**

### Diabetes Education

Appointments available for those diagnosed with diabetes to meet with a registered dietitian and/or a pharmacist to learn more about diet and medications. **524.3211 ext. 6719**

### Individual Health Coaching Session

Free appointment to help with setting goals for a healthy lifestyle including eating healthier, starting an exercise program, quitting smoking, dealing with stress and managing your chronic illness.

**Carolyn Muller, CCP, Health Coach:**  
**527.7120**



Westside Healthcare Care Coordinator, Sandy Donnelly.

## LRGHealthcare Provider Practice CARE COORDINATORS

Our provider practices have staff available to help you manage your health conditions. Give your care coordinator a call today to answer your health care questions or help with managing your health condition.

**Belknap Family Health, Meredith**  
Judith Alvino, RN, 279.7433

**Belknap Family Health, Belmont**  
Mary Jane Melanson, RN, 524.3211 x3818

**Hillside Family Medicine**  
Mary Jane Melanson, RN, 524.3211 x3818

**Laconia Clinic**  
Jenn Huckins, RN, 527.2961

**Lakes Region Family Practice**  
Mary Jane Melanson, RN, 524.3211 x3818

**Westside Healthcare**  
Sandy Donnelly, RN, 934.4259 ext. 1121

### Massage Therapy

Myrna Jenness, Licensed Massage Therapist. Specializes in Neuromuscular, Myoskeletal & Swedish massage.

**Hillside Medical Park, Gilford**  
**524.2852**

**Interlakes Medical Center, Meredith**  
**279.7208**

## CANCER CARE

### Yoga for Breast/Gynecological Cancer Patients and Survivors

3rd Wed. of the month, 5:00-6:30 p.m.  
Yoga From the Heart  
**527.2940**

**Breast Prosthesis Fittings**  
**527.2940**

**Wig Bank**  
**527.2905**



# Healthy Living

## Community Education

### FITNESS/EXERCISE

#### Pool Exercise

Classes held at Hillside Medical Park, Gilford. Call 524.2852 for times/dates.

#### Shoulder Health

Learn small exercises that have big results in improving shoulder comfort and decrease risk for injury.

6/13, 6:00–7:00p.m., FREE  
Franklin Regional Hospital  
Call 524.2852 to register

#### Wellness Centers Exercise Program

Laconia, 527.9355 | Moultonboro, 253.1839

#### Strength and Balance

Two sessions:

Tues & Thurs, 7/12–8/16  
11:15a.m.–12:00p.m.  
Meredith Community Center  
Call 279.8197 for pricing and to register

### SMOKING CESSATION

#### Are You Ready to Stop Smoking?

Free ½ hour appointment to develop a plan to help you quit smoking. 527.7120

### CPR

#### Heartsaver CPR AED

Several dates to choose from:

7/4, 9/6 or 11/1  
LRGH, \$45, 6:00–8:00p.m.  
524.3211 ext. 3418

#### Heartsaver First Aid

Several dates to choose from:

8/2, 10/4, 12/6  
LRGH, \$40, 6:00–8:00p.m.  
524.3211 ext. 3418

### NUTRITION & WEIGHT MANAGEMENT

#### Weekly Weight-In

Mondays, 3:45-4:45 p.m., LRGH  
527.2946

#### Bariatric Surgery Info Sessions

2nd Tues. of the month, LRGH  
527.2946

#### Optifast

Medically Monitored Meal Replacement Program  
527.2946

#### Bariatric Support Group

3rd Thurs. of the month  
6-7 pm, LRGH, FREE  
527.2946

#### Individual Nutrition Counseling

527.2946

#### Non-Surgical Weight Loss Options: Info Sessions

Days/times vary.  
LRGH  
527.2946

#### Taste Test Thursdays

Try a different “super food” each month with samples, recipes and fact sheets.

1st Thurs. of month, 11:30-1:00 pm, LRGH  
2nd Thurs. of month, 12:00-1:30 pm, FRH

We hope you enjoy our Community Education listings for the spring of 2018. Please remember to register as programs may be canceled due to low attendance or the weather.