

To register for LRGH and FRH Programs: 527-7120

All programs are listed on our website at www.lrg.org

Asthma

Asthma 101

Join us for a discussion that will provide parents with the basic tools to “live and breathe” with their child with asthma. Call 527-7120 for dates and times of next session.

Cancer Care

Breast Cancer and Beyond

The Breast Cancer and Beyond support program, for women coping with a breast cancer diagnosis, will host an informal gathering for women to share information and discuss experiences that have been inspirational during their breast cancer journeys. Additional discussion time will also be available.

Mon., Jan. 18, 4:30 p.m., LRGH

Call 527-2940 to register.

It is also suggested that women call 527-2940 between noon and 2:00 p.m. that day to confirm that the event will not be canceled due to weather.

CPR/First Aid

First Aid

Mon., Mar. 29, 6:00 - 9:00 p.m., FRH

Cost: \$40.00 Call 527-7120 to register.

Friends & Family Infant CPR (up to age 1)

For parents, families and caregivers.

Mon., Feb. 22, 6:00 - 7:30 p.m., FRH

Sat., Mar. 20, 9:00 - 10:30 a.m., LRGH

Thurs., Apr. 22, 6:00 - 7:30 p.m., FRH

Sat., May 8, 9:00 - 10:30 a.m., LRGH

Cost: \$5.00

Call 527-7120 to register.

Childbirth and Parent Education

Childbirth Classes

Call 524-3211, ext. 3744 to register.

Breastfeeding Support Group

Breastfeeding mothers share experiences and a Lactation Consultant is available to answer questions. Every Wednesday morning and afternoon, LRGH, **Free** Call 524-3211, ext. 3707 for more info.

Car Seat Safety Checks

Available free-of-charge to make sure car seats are correctly installed.

For an appointment, call 934-2060, ext. 8369 or 527-2948.

Parenting Education Resources*

Parenting education opportunities offered by local nonprofit organizations.

Family Resource Center of Central
New Hampshire 524 1741

Merrimack County Cooperative
Extension 225-5505



Diabetes

Medical Nutrition Therapy

Individual counseling with a registered dietitian to learn about diabetes-specific nutrition therapy and meal planning.

Call 527-2850 for more info.

Diabetes Self-Management Education

Classes are offered in the morning, afternoon or evening and are covered by most insurance plans.

Call 527-2850 for more info.

Insulin Pump Program

Call 527-2850 for more info.

Foot Clinic

Foot and nail care available for patients with diabetes & other vascular problems. Call 527-2850 for an appointment.

Fitness

Put Your Best Foot Forward: Start a Walking Program

Join Physical Therapist *Laurie Shepard* for a discussion about the benefits of starting a walking program, proper footwear and exercises to warm up and cool down. We will conclude the program with a short walk outside.

Mon., Apr. 5, 5:30 - 6:40 p.m., FRH, **Free**
Call 527-7120 to register



Walk & Weight for Women

Half-hour each of walking outside and weight training/stretching. Wednesdays, Apr. 7 - May 26, 4:00 - 5:00 pm, FRH
Cost: \$25.00 Call 527-7120 to register.

Healthy Heart for Life Walk

Join the Healthy Heart for Life-HEAL project for a guided walk on the morning of Franklin Community Day. Sat., May 8
Free Call 934-2060, ext. 8369 for info.

Greater Franklin Area Walking Guide Challenge!

Community-wide challenge to walk all the routes in our 2010 edition of the Walking Guide for the Greater Franklin Area. Kick-off will be in May.
Call 934-2060, ext. 8369 for more info.

Strong Women Strength Training

A strength training program to improve strength, balance and bone density in middle-aged and older women.

Call for start dates. Cost: \$35.00

Every Mon. & Wed., 1:00 - 2:00 p.m.,
Laconia Community Ctr, 527-2948.

Every Tues. & Thurs., 9:15 - 10:15 a.m.,
Northfield Pines Community Ctr,
934-2060, ext. 8369.

Fitness Consultations

Schedule a private consultation with a certified athletic/fitness trainer to help develop a safe and effective exercise program.

Hillside Medical Park, Gilford

Cost: \$25.00

Call 524-2852 for more info.

Arthritis Exercise Program

Ideal for people with arthritis and related conditions. Class includes exercises for strength and flexibility along with light aerobic exercises. Utilizes exercise bands, balls and light weights to enhance your workout. Wednesdays beginning in February, 1:00 - 1:45 p.m.

Hillside Medical Park, Gilford

Cost: \$30.00 for six weeks

Call 527-7120 for more info.

Chair Yoga

This class focuses on flexibility, balance and strength using a chair for seated or standing yoga techniques. Great form of exercise for individuals who have limited mobility and flexibility. Wednesdays beginning in February, 8:00 - 8:45 a.m.

Hillside Medical Park, Gilford

Cost: \$35.00 for six weeks

Call 527-7120 for more info.

Lunchtime Circuit Training

Are you looking for something to spice up your workouts? This class combines cardio and strengthening in a short time while also working on endurance. Class is versatile & moves quickly from one exercise to another in a 30 minute session. Wednesdays beginning in February, 12:00 - 12:30 p.m. Hillside Medical Park, Gilford Cost: \$25.00 for 6 weeks. Call 527-7120 for more info.



Running Analysis

An analysis of a runner's form and mechanics to assist the individual in improving their competitive running ability. Cost: \$10.00
Call 524-2852 to schedule an appointment at Hillside Medical Park, Gilford.

Athletic Taping Workshop

Hands-on workshop to instruct coaches and athletic directors on taping techniques for both injury prevention and management for the athlete. Bring a student/athlete to get plenty of taping practice!
Cost: \$25.00 per taping participant
Call 524-2852 to arrange a time and date at your school.

Wellness Centers Exercise Program

Provides medically supervised exercise programs for people with chronic illnesses, and anyone who could benefit from a supervised program.

For more info call the Community Wellness Center in Laconia at 527-9355 or the Winnepesaukee Wellness Center in Center Harbor at 253-1839.

Free Community Lecture Series

Top Tips for Your Ticker: How to Keep Your Heart Healthy

Speakers: Dr. Alan Rosenfeld and Dr. Ayesha Nazeer

Join us for a presentation on heart disease with information about risk factors and lifestyle changes, warning signs, diagnosis and treatment.

Free Blood Pressure Screening from 5:30 - 6:00 p.m.

Thurs. Feb., 11, 6:00 - 7:30 p.m. at LRGH

Tues. Feb., 16, 6:00 - 7:30 p.m. at FRH
Call 527-7120 to register.

How to Reduce and Reuse Your Stressful Energy

Speaker: Carol Walkley, RN, BSN
Stress is a fact of everyday life. Learn how you can be in control of how you respond to stress.

Tues., Mar. 2, 6:00 - 7:00 p.m., FRH
Tues., Mar. 9, 6:00 - 7:00 p.m., LRGH
Call 527-7120 to register.

Migraines and Other Head Pain: Ask the Expert!

Speaker: Dr. Philip Savia
Join Dr. Savia for a brief presentation on migraines and other head pain and then ample time for questions and answers.

Wed., Apr. 14, 6:00 - 7:30 p.m., FRH
Thurs., May 13, 6:00 - 7:30 p.m., LRGH
Call 527-7120 to register.

Resting Easy: Sleep Disorders and Treatment Options

Speaker: Dr. Michelle Gaier-Rush
Presentation on sleep disorders and treatment options. Topics include sleep apnea, restless leg syndrome and insomnia.

Tues., Apr. 6, 6:00 - 7:30 p.m., FRH
Tues., Apr. 13, 6:00 - 7:30 p.m., LRGH
Call 527-7120 to register.

General Wellness

Healthy Eating, Active Living

Are you looking to incorporate more physical activity and healthy eating habits into your everyday life this Spring? If so, come and learn small changes that can make a big difference! **Free** Thurs., Apr. 1, 6:00 - 7:00 p.m., FRH Wed., Jun. 9, 6:00 - 7:00 p.m., LRGH Call 527-7120 to register.

Advance Directives

Care Managers are available to answer questions and offer assistance in completing your Advance Directives. Copies of the Advance Care Planning Guide will be available. **Free** First Friday of every month, 10:00 - 11:30 a.m., LRGH First Tuesday of every month, 10:00 - 11:00 a.m., FRH Call 527-7120 for more info.

Massage

Massage therapy is a wonderful way to relax muscles and help to relieve the strain and stress of everyday demands. Massage services are provided by a board certified massage therapist and are available at our Franklin, Meredith and Gilford Rehab sites. Cost: \$40.00/ half hour, \$70.00/ one hour. Company rates also available. Call 524-2852 for info.

Injury Prevention

Annual Safety Fair

If you are a parent or caregiver of a child, safety is one of your top priorities. Learn about water safety, bike helmet safety, and much more! Wed., May 26, 4:00 - 6:00 p.m., Westside Healthcare, Franklin Call 934-2060 ext. 8369 for more information.

Car Seat Safety Checks

Available free-of-charge to help parents and caregivers make sure car seats are correctly installed. **For an appointment call 934-2060, ext. 8369 or 527-2948.**

Bike Helmet Safety

For information on local resources, low-cost bike helmets, or a free helmet safety fitting, please call 934-2060, ext. 8369 or 527-2948.



Nutrition and Weight Management

Weight No Longer Weight Management Program

Join a registered dietitian for a focused program to help you meet your weight loss goal. Take part in a before and after screening for blood glucose, cholesterol, BMI, Waist/Hip Circumference, and blood pressure. Participants are required to keep a food and activity journal and to weigh in each week. Cost: \$150.00 Tues. and Thurs., Jan. 19 - Mar. 11, 5:30 - 6:30 p.m., LRGH or Tues. and Thurs., May 4 - June 24, 5:30 - 6:30 p.m., FRH Call 527-7120 to register.

Weight No Longer Support Group

Participants who completed the Weight No Longer Program are invited to attend a monthly support group. Call 527-7120 for more info.

Medical Nutrition Therapy

Individual counseling with a registered dietitian to learn about disease-specific nutrition therapy, weight loss, and healthy eating. Call 527-2850 for info.

Cardiac Rehab Nutrition Classes

Call 527-2850 for more info.

Managing Your Weight with Hypnosis

Sat., Mar. 13, 9:00 a.m. - 12:00 p.m., FRH
Sat., May 8, 9:00 a.m. - 12:00 p.m., LRGH
Cost: \$85.00 Call 527-7120 to register.

Pool Exercises

Aquatics Rehab

Work with aquatics rehabilitation therapists to assist in recovery from joint surgery, mastectomy or chronic pain syndromes. Physician's referral required. Covered by most insurance. Hillside Medical Park, Gilford
Call 527-7120 for dates/times and to register.



Arthritis Foundation Aquatic Program

Eight-week class ideal for people with arthritis and related conditions. Class provides social interaction, improves muscle strength, and increases endurance and flexibility to assist with overall movement and pain reduction.

Mondays & Fridays, 9:00 - 10:00 a.m. or
11:30 a.m. - 12:30 p.m., or
Wednesdays & Fridays, 10:00 - 11:00 a.m.
Cost: \$40.00

Call 527-7120 for dates and to register.

Aqua Pilates/Yoga

Based on principles of mat Pilates and yoga using water for gentle stretching and core conditioning. Meets once a week for 8 weeks. Mondays, 6:00 - 7:00 p.m. and/or Wednesdays, 5:00 - 6:00 p.m.

Cost: \$35.00

Call 527-7120 for dates and to register.

S.W.I.M. Aquatic Program Strong Women in Motion

For men or women recovering from cancer. A non-impact water exercise program using strengthening and stretching techniques to better improve overall balance, strength and flexibility. Meets once a week. Physician permission required. Cost: \$35.00 for six weeks
Call 527-7120 for dates and to register.

Aqua Circuit Training

Combination of high energy exercise and strength training done at several different stations to enhance and maximize your workout. Utilizes both the shallow and deep ends of the pool.
Thursdays 6:00 - 6:45 p.m.
Cost: \$35.00 for 8 weeks
Call 527-7120 for dates and to register.

Screening/Testing

Let No Woman Be Overlooked: Breast & Cervical Cancer Program (BCCP)

Free breast and cervical cancer screenings are available for women ages 18-64 who meet certain guidelines.

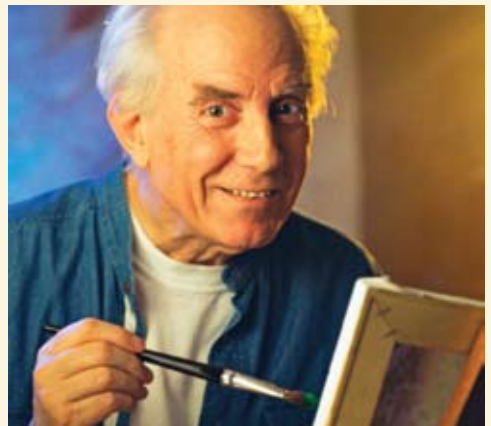
Call 524-3211, ext. 7000 for more info.

Seniors

ServiceLink

Information and resources to help seniors, adults with disabilities and their families.

1-866-634-9412 or 528-6945





Smoking Cessation

Freshstart Tobacco Cessation Program

This program is designed to help you stop smoking in two weeks. Freshstart emphasizes that smoking cessation is a two-part process, stopping and staying stopped. You pick the method and we'll teach you effective tools to use.

Mon & Thurs, Feb. 1 - Feb. 11,

5:30 - 6:30 p.m., FRH

Tues & Thurs, Feb. 2 - Feb. 11,

5:30 - 6:30 p.m., LRGH

Cost: \$25.00

Call 527-7120 to register.

Individual Smoking Cessation Counseling

One-on-one smoking cessation counseling with a respiratory therapist at LRGH

Cost: \$125.00 for five sessions.

Call 524-3211, ext. 3541 for more information or for an appointment.

Stop Smoking with Hypnosis

Sat., Feb. 20, 9:00 a.m. - 12:00 p.m., LRGH

Sat., Apr. 17, 9:00 a.m. - 12:00 p.m., FRH

Cost: \$85.00

Call 527-7120 to register.

Holistic Health Center

The LRGHealthcare Holistic Health Center offers a wide variety of smoking cessation treatments in cooperation with your primary care provider.

Call 524-9261 for more info.

The New Hampshire Smokers' Helpline*

Free telephone-based cessation counseling and interactive website.

1-800-TRY-TO-STOP

(1-800-879-8678) or

www.trytostop.org

Women's Health

Let No Woman Be Overlooked: Breast & Cervical Cancer Program (BCCP)

Free breast and cervical cancer screenings are available for women ages 18-64 who meet certain guidelines.

Call 524-3211, ext. 7000 for info.



**Websites and telephone numbers are provided for informational purposes only, and are not affiliated with or endorsed by LRGHealthcare.*

PROGRAMS MAY BE CANCELLED DUE TO LOW REGISTRATION.

PLEASE REMEMBER TO REGISTER!

Attendees who require assistive devices or accessible meeting rooms in order to attend a program may call the Director of Education at 527-2998 or in Laconia TDD (603 527-2914) or in Franklin TYY (603 934-8202).

All programs are listed at www.lrg.org.

Sports Lecture Series

Power Golf Program

Six-week pre-season conditioning program led by a physical therapist and/or fitness instructor. Program will provide participants with a full body conditioning program emphasizing the muscles needed for golf.

Tuesdays & Thursdays Mar. 2 - Apr. 8,
6:00 - 7:00 p.m., Hillside Medical Park,
Gilford Cost: \$75.00

Call 527-7120 to register.



Staying Healthy on the Ski Slopes

Joshua Brooks, PT and OPA sports orthopedic surgeon Dr. Alexander Hennig discuss staying mobile and helping to prevent injuries on the ski slopes. Skiers of all abilities will benefit.

Optional individual posture and mobility screening can be scheduled at the end of the night for \$10.00

Tues., Jan. 26, 6:00 - 7:00 p.m., Hillside Medical Park, Gilford, **Free**

Call 527-7120 to register.

Injury Prevention for Athletes of all Ages

Information for athletes of all ages on proper dynamic and static stretching techniques to prevent common athletic injuries. Dress comfortably to participate.

Wed., Feb. 17, 6:00 - 7:30 p.m., Hillside Medical Park, Gilford

Cost: \$10.00 Call 527-7120 to register.

Enhancing Athletic Agility and Vertical Leap

Athletes commonly develop overuse injuries in the knees, hips and ankles as a result of insufficient power and poor movement patterns. This program is designed to improve vertical leap and agility through specific exercises. Dress comfortably and be prepared to participate.

An individual posture and flexibility screening can be scheduled at the end of the night for \$10.00.

Wed., Mar. 24, 6:00 - 7:00 p.m., Hillside Medical Park, Gilford, **Free**
Call 527-7120 to register or to arrange for this program at your school or organization.

Core Strengthening for Improving Athletic Performance

Athletes commonly develop overuse injuries as a result of weak abdominal/core strength. This program will help prevent common athletic injuries and learn exercises and skills to raise your athletic abilities to the next level.

Dress comfortably and come prepared to participate.

An individual posture and flexibility screening can be scheduled at the end of the night for \$10.00. Free

Wed., Apr. 7, 6:00 - 7:00 p.m., Hillside Medical Park,
Call 527-7120 to register

Wheel into Spring

Join Joshua Brooks, PT and a bike technician from Piche's Ski & Sport Shop for a program about proper bicycle selection and biking fitness. Program will cover a demonstration of dynamic stretching useful for spring sports.

An individual posture and flexibility screening can be scheduled at the end of the night for \$10.00.

Thurs., Apr. 22, 6:00 - 7:00 p.m., Hillside Medical Park, **Free**
Call 527-7120 to register.