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
- Health Education and Services
- Healthcare and Behavioral Health Workforce Development
- Community and Public Health Programs, Community Health Workforce, Emergency Preparedness, Healthcare Quality Improvement

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) 823-5332, info@adaptsportspartners.org.

Common Heart Attack Warning Signs
- Pain or discomfort in chest
- Jaw, neck, or shoulder pain
- Light-headedness, sweating, or vomiting
- Discomfort or pain in arm or shoulder
- Shortness of breath

Learn more at Heart.org/HeartAttack

Berlin
Limited lots available along East Milton Road. Raised beds available at Friendship Park. Free parking from 11 am to 6 pm until October 27.

Bethlehem
Limited lots available. Free parking from 11 am to 6 pm until October 27.

Bristol
Limited lots available. $10 deposit, discounts for multiple beds; $10 deposit; located at 32 Elm Street. $15/plot.

Lancaster
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. Call (603) 520-2010.

Littleton
Limited lots available. Reservations required. Located at 206 Market Street. Contact: davidw@wrenworks.org, (603) 869-9736.

Community Gardens:

Adapting Sports Partners:

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Signs & Symptoms of Stroke:

For weeks minutes a stroke goes unnoticed and blood flow to the brain continues to be blocked, a person loses about 1.9 million neurons. This can lead to a gradual loss of memory, movement, sensation, and so much more can be affected. 

If you think someone may be having a stroke, act FAST. 

F: Face: Ask the person to smile. Does one side of the face droop? 

A: Arms: Ask the person to raise both hands. Does one arm drift downward? 

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

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

Support Groups:

Diabetes Support

Anacoastra: Valley Hospital
1st Tuesday of every month, 9:30-10:00 am, Valley Hospital, 2nd Floor, Conference Room.

Cottage Hospital: 2nd Tuesday of every month, 6:00-7:00 pm, 3rd Floor, Conference Room.

Valley Hospital: 2nd Wednesday of every month, 1:45-3:15 pm, 3rd Floor, Conference Room.

Littleton Regional Healthcare: 
Community Health Connections, 639-9323.

Mom’s Morning Out Support for New Moms

Wednesdays from 9:30 to 11:00 am. Light refreshments and coffee provided. Contact Robin Koczur at (603) 536-1204.

Support: Men's Health

Monday, 6:30-8:00 pm in the Mt. Success Conference Room.

Open to public.

Weight Watchers

Locate all the weight watchers in your area at www.weightwatchers.com.