



# HealthyChoices


Public Wellness Programs brought to you by Northeastern Vermont Regional Hospital | [www.nvrh.org](http://www.nvrh.org)



**W**elcome to HealthyChoices, a publication from Northeastern Vermont Regional Hospital. HealthyChoices can help you, your family, and your friends find local, affordable resources to improve health and stay well in body, mind, and spirit. HealthyChoices was created as a resource to help you find the class, program, group, or venue that works best for you and your health and wellness needs.



**Cardiac Rehabilitation Maintenance Program**  
WEEKLY MAINTENANCE PROGRAM: TUESDAYS AND THURSDAYS  
SELF-PAY: NOT COVERED BY INSURANCE BUT SCHOLARSHIPS ARE AVAILABLE.  
The Cardiac Rehabilitation Maintenance Program requires commitment and regular attendance. It is for those individuals who have had a cardiac event prior to the last 12 months or are at high risk for an event.  
*For more info, call Cardiac Rehabilitation at 802-748-7401.*



**Chronic Disease Management Workshop**  
FREE | 6 WEEK SERIES  
This is an evidence-based program that improves quality of life, and reduces unscheduled visits to healthcare providers and admissions to the hospital.  
*Limited to 15 participants. For more info or to register, call Jen at 802-748-9405 ext. 1026.*

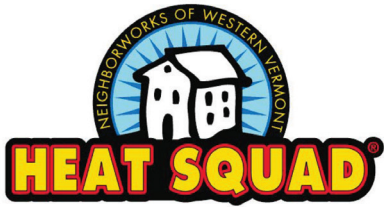
**Chronic Pain Management Workshop**  
FREE | 6 WEEK SERIES  
If you're living with chronic pain—from an injury, surgery, or health condition like arthritis, multiple sclerosis, or fibromyalgia — this workshop will help you learn tools and techniques to feel better. It also includes gentle movement exercises. Wear comfortable clothing.  
*Limited to 15 participants. Participation in the Chronic Disease Management Workshop is recommended. For more info or to register, call Jen at 802-748-9405 ext. 1026.*



**Diabetes Prevention Program**  
FREE | 12-MONTH PROGRAM  
You can prevent type 2 Diabetes! The DPP is part of the National Diabetes Prevention Program. Please note: This group is for adults age 18 or older who have not been diagnosed with diabetes.  
*For more info or to register, call Jen at 802-748-9405 ext. 1026.*

**Diabetes Management Program**  
FREE | 6 WEEKS  
The Diabetes Management Program is a 6-week evidence-based, small group program to help you monitor and manage your diabetes. Please note: This group is for adults age 18 or older who have been diagnosed with type 2 diabetes.  
*For more info or to register, call Jen at 802-748-9405 ext. 1026.*

**Health Coaching for Hypertension Control**  
FREE | Health Coaching for Hypertension Control (HCHC) is a 9-week evidence-based, small group hypertension management program to help you monitor and lower your blood pressure. Blood pressure cuffs available to all participants.  
*For more info or to register, call Jen at 802-748-9405 ext. 1026.*



**Heat Squad and NVRH**  
We are supporting affordable home energy audits for the first 20 qualified households in the NEK, bringing the cost from \$150 to just \$50.  
*For more info, call 802-438-2303 or visit [heatsquad.org](http://heatsquad.org).*



**NEK Kicks**

**Are you in need** of athletic shoes for children or adults?  
**Do you have** new or gently worn athletic shoes to donate?  
**Visit** Northern Physical Therapy at 596 Main St., Lyndonville.



**The Northeast Prevention Coalition**  
3RD TUESDAY, MONTHLY, 3–4:30PM, VIRTUAL  
Coming together to support prevention and education for youth, as well as all ages, concerning substance use, misuse and abuse. Actively recruiting for new members, including youth!  
*To join our next coalition meeting, call Carolyn Towne at 802-748-7551, email [c.towne@nvrh.org](mailto:c.towne@nvrh.org) or check out our website [npcvt.org](http://npcvt.org).*

**Quit Smoking Workshop**  
FREE | If you are using tobacco products and want to quit, we can guide and support you. Over the course of four weeks, you will work with other people who are quitting along with a trained facilitator to set a quit date, build a quit plan and find ways to manage your stress and cravings.  
*For more info or to register, call Jen at 802-748-9405 ext. 1026.*



Want to access this HealthyChoices newsletter online?  
Scan the QR code!

**St. Johnsbury Walk & Talk Group**  
FREE | MONDAYS 6PM  
Walking is a great way to meet new people and add activity into your day. Walk & Talk provides encouragement, camaraderie, and a social support system by hosting pre-planned, regularly scheduled, group walks for all ages. Hosted by NEK Prosper! Meet at the park at Main Street/Winter Street.  
*For more information and to learn about other walking groups in your community, call Jen at 802-748-9405 ext. 1026.*

**VSU-Lyndon Evidence-Based Exercise Program**  
FREE | FALL 2023–DATES TBD  
Recommended for those who have completed Cardiac Rehabilitation, Pulmonary Rehabilitation, Physical/Occupational Therapy and/or Diabetes Exercise Program. This student-led program is provided by the VSU Department of Exercise Science in coordination with NVRH.  
*Join the waitlist, call NVRH Community Connections at 802-748-7526.*

**NVRH's Community Connections**

**We Can Help You...**

Connect with services, resources, transportation, and other supports

Access healthcare and health information

Quit tobacco with support from a Tobacco Treatment Specialist

Understand and complete forms and applications for services

Learn healthy habits with our health coaches

... And more!



**Did you know** that Community Connections has trained Community Health Workers available at no-cost to help you access the services you need?

Call 802-748-7526 between 8 am–4:30 pm  
Monday through Friday to speak with the helpful staff.





## community partners

Our region has a variety of fitness centers offering exercise options, including personal training, cardio and strength training, and group exercise classes. Water options are also available, including swimming, aquatic classes, and swimming lessons. Additional recreation options include tennis and racquet sports. Contact the centers for information on dates, times, and fees.

### FEATURED PROGRAMS

#### Caregiver Support from the NEK Council on Aging

Caregiving is very personal and it can be challenging, demanding, and rewarding work. Whether you are new to caregiving or looking for helpful resources, the NEKCOA and community partners offer support that helps caregivers care for loved ones at home for as long as possible:

- one-on-one personal support
- monthly support groups for caregivers
- respite grants for caregivers
- dementia care and support
- Trualta—an e-learning platform available 24/7 for caregivers.

*For more info, call Karen Desrochers, Director of Client and Caregiver Support at 802-751-0417 or visit [nekco.trualta.com](http://nekco.trualta.com).*

#### Rock Steady Boxing NEK

**\$55 MONTH | 101 MAIN ST, LYNDONVILLE**  
TUESDAY & THURSDAY 9:30-11AM, 11AM-12:30PM, 12:30-2PM. SATURDAY 9:30-11AM  
Giving people with Parkinson's Disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. These classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. *For information, call 802-535-4520 or visit [nek.rsbaaffiliate.com](http://nek.rsbaaffiliate.com).*

#### St. Johnsbury Academy Adult Education

Fall into new learning! SJA Adult Education has courses for professional and personal development. Our popular leadership journey has expanded with Levels 1&2. Our offerings constantly change, so visit our website, often at: [stjacademy.org/adult-education](http://stjacademy.org/adult-education). *Have questions or need more info, call 802-751-2314.*

#### CPR & FIRST AID

#### Calex CPR and First Aid

**ONLINE CLASSES |** Go to [calexambulance.org](http://calexambulance.org) and click on the CPR & First Aid tab. Scroll down that page to select the desired online course. When the online class is complete, please call 802-748-7542 to schedule a one-on-one Skills Session with an AHA Instructor. *Call 802-748-7542, email [cpr@calexambulance.org](mailto:cpr@calexambulance.org), or visit [calexambulance.org](http://calexambulance.org).*

#### Car Seat Safety

**FREE |** A child seat fitting station is a free and convenient way to have your child's safety seat inspected by a Nationally Certified CPS Technician. Receive personal instructions on the selection, harnessing, installation and use of car seats. *To make an appointment, call Lyndon Rescue at 802-626-1101.*

#### Lyndon Rescue, Inc. CPR & First Aid Courses

**\$45 EACH CLASS |** American Heart Association classes designed for healthcare teams and community members. CPR includes Automated External Defibrillator training. The First Aid course/certification is for community members. Learn how to help in various medical emergencies. *For more info on upcoming classes, call 802-626-1101 or email [jillian@lyndonrescue.net](mailto:jillian@lyndonrescue.net).*

#### SOMETHING FOR KIDS & FAMILIES

##### Catamount Arts

Offering a variety of classes and special opportunities throughout the year. *For more info, visit [catamountarts.org/education/classes-and-workshops](http://catamountarts.org/education/classes-and-workshops), or call 802-748-2600 x109.*

##### Family Fun Fridays: All Things Lyndon

**SEPTEMBER 8 & OCTOBER 6, 4-6PM, BANDSTAND PARK, LYNDONVILLE**  
Kid-friendly activities, live magic show by Alyx the Magician on September 8 sponsored by Burklyn Arts and opportunities to meet new friends! Join us in celebrating our communities with local agencies! Find us on Facebook at All Things Lyndon for details. (In the event of rain, all activities will be moved to the gym at the Lyndon Municipal Building.)

##### NEKCA Head Start & Early Head Start Programs

**OPEN ENROLLMENT FOR CALEDONIA, ORLEANS, AND ESSEX COUNTIES**  
**Head Start:** Join the center-based, 5 star programs. Children ages 3-5 who meet eligibility requirements may attend. Focus is on early learning and development, health, and overall family well-being.  
**Early Head Start:** Join the home-based, home visiting program. Expectant mothers and children birth-3 who meet eligibility can join. Focus is on child development, the parent-child relationship and overall family-well being. Two playgroups a month. *For more info, email [fce@nekca.org](mailto:fce@nekca.org) or fill out the online pre-app [myheadstart.com/pre-app?globalid=5841](http://myheadstart.com/pre-app?globalid=5841)*

##### RecFit & St. Johnsbury Recreation

RecFit is affiliated with St. Johnsbury Academy and the home of the St. Johnsbury Recreation Department, offering numerous recreational activities and events for residents of all ages throughout the year. *For more info, call 802-751-2305 or visit [stjacademy.org/recfit](http://stjacademy.org/recfit) for a full schedule.*

### SOMETHING FOR OLDER ADULTS



#### Good Living Senior Center

**1207 MAIN ST., ST. JOHNSBURY (ST. JOHNSBURY HOUSE)**  
A senior activities center for adults 50+. *Visit [stjgoodliving.org](http://stjgoodliving.org) to view the website and a monthly calendar of events. For more info, call 802-748-8470 or email [goodliving@vtlink.net](mailto:goodliving@vtlink.net).*

#### Associates for Training and Development – A4TD

A4TD offers paid employability skills experiences to those 55+, low income, unemployed individuals. A4TD places mature workers in non-profit community-based programs for training for 20 hours weekly. *For more info, call 802-370-6161 or visit [A4TD.org](http://A4TD.org).*

#### GetSetUp FREE | VIRTUAL

**GetSetUp** is an e-learning community offering hundreds of free online classes created by and led by older adults. Learn about cooking, travel, wellness, technology, and so much more. *Visit Vermont Association of Area Agencies on Aging GetSetUp at [www.getsetup.io/partner/vermont](http://www.getsetup.io/partner/vermont) to register.*

#### NEK Council on Aging

Fall Prevention Programs to help people age with dignity and independence. Classes include:

- Line Dancing
- Tai Chi
- A Matter of Balance
- The Arthritis Foundation Exercise Program
- And many more!

*For more info, visit [nekcouncil.org](http://nekcouncil.org) or call 1-800-642-5119.*

### FITNESS, DANCE, YOGA & MORE

#### Artemis Yoga Studio

ARTEMIS, TUESDAYS, 10AM  
REC FIT, THURSDAYS, 5:30PM  
[sunnykapp78@gmail.com](mailto:sunnykapp78@gmail.com)  
802-424-1038, St. Johnsbury

#### Atlas Training Systems

[atlastrainingsystems@gmail.com](mailto:atlastrainingsystems@gmail.com)  
802-272-8091, St. Johnsbury

#### Dance Express

802-748-1101, St. Johnsbury

#### Dance Workshop

[danceworkshopvt.com](http://danceworkshopvt.com)  
802-535-8484, Lyndonville

#### Fitness Jungle

[fitness-jungle-llc.com](http://fitness-jungle-llc.com)  
860-705-9180, St. Johnsbury

#### Fitness Unbound

[fitnessunbound.com](http://fitnessunbound.com)  
802-274-3277, St. Johnsbury

#### Heart Space Yoga

[heartspaceyogacenter.com](http://heartspaceyogacenter.com)  
802-626-3398, St. Johnsbury

#### Kilos Performance & Fitness

Kilos.Fitness 802-427-3007,  
[KilosVT@gmail.com](mailto:KilosVT@gmail.com)  
Lyndonville

#### Kingdom Gymnastics

[kingdomvtgymnastics.com](http://kingdomvtgymnastics.com)  
802-748-7898, St. Johnsbury

#### NEK Cycling Studio

[nekcyclingstudio.com](http://nekcyclingstudio.com)  
802-279-7756, Lyndonville

#### Pilates by Heidi

*Find us on Facebook*  
802-535-8505, St. Johnsbury

#### RecFit

[stjacademy.org/recfit](http://stjacademy.org/recfit)  
802-751-2305. *Follow them on Facebook at RecFitStJ,*  
St. Johnsbury

#### SHINE Dance Fitness™

[creativehealingandfitness.com](http://creativehealingandfitness.com)  
802-626-4202, Lyndonville

#### St. Johnsbury Academy Field House Pool

ADULT SWIM 18+: M-F 6AM-3PM  
CLOSED 3PM-6PM, OPEN 6PM-8PM  
SAT & SUN 8AM-4PM  
FAMILY SWIM ONLY: SAT & SUN 12-4PM W/LIFEGUARD  
Private sessions can happen anytime the pool is open. Hours subject to change: weather, school etc. *For more info or call ahead 802-748-8683 between 6AM-6PM, St. Johnsbury*

#### Stadium Fitness

[stadiumfitness.com](http://stadiumfitness.com)  
802-745-8773, Danville

#### Trail2Wellness

[trail2wellness.com](http://trail2wellness.com)  
802-793-0838, East Burke



#### Prescription Drug Lock & Disposal Options

**How to safely store and get rid of unwanted medications.**



#### Store your medications in a lock box or locked medicine cabinet.

To obtain a free bag, call NVRH Community Connections at 802-748-7526 or visit, 55 Sherman Drive, St. Johnsbury.



#### Drop off unused medication at a local kiosk.

Scan this code to find a kiosk near you. →



#### Mail unused medication in a pre-paid mailing bag.

To obtain a free mailing bag call The NEK Council on Aging at 802-748-5182 or visit, 481 Summer Street, St. Johnsbury.







## MIND, BODY & SPIRIT

### Counselor & Functional Medicine Health Coach

Learn how to talk with your doctors to get the best results. *For more info, call Janet Heartson 802-633-3810 or visit <https://heartsons.com/wp/>*

### Creative Healing & Fitness

LYNDONVILLE  
Offering group classes in dance, aerobic fitness, Pilates, Tai Chi, and yoga. Recurring holistic workshops. Individual massage appointments. *For more info visit [creativehealingandfitness.com](http://creativehealingandfitness.com).*

### Essentially Vermont Wellness Spa

LYNDONVILLE  
Orthopedic massage for injury, alignment and pain reduction. *Find them on Facebook.*  
*For more info, call Tracy Gilman at 802-473-8906, or email [tgilman66@gmail.com](mailto:tgilman66@gmail.com).*

### Gentle Chair Yoga Class

FREE | 12-WEEK SESSION | MONDAYS  
These gentle and fun classes will teach controlled breathing and simple movements. Patients, survivors and caregiver(s) welcome. Offered virtually by the Dartmouth Cancer Center and taught by Alicia Armstrong, RYT 500. *Registration required. For information or to register, call 603-650-7751.*



### Heart Space Healing Arts Collective

ST. JOHNSBURY  
Fourteen qualified holistic health practitioners dedicated to supporting the health and wellness of individuals and organizations within our community. *For more info, call Andrea or Karri at 802-424-0039 or visit [heartspacehc.com](http://heartspacehc.com).*

### Holistic Heart Nurse

"I empower you to reclaim your health and wellness, heal from the inside out and become the best version of yourself." Karri Willy, RN, Board Certified Nurse Coach. *For more info, email Karri Willy at [karri@holisticheartnurse.com](mailto:karri@holisticheartnurse.com) or visit [www.holisticheartnurse.com](http://www.holisticheartnurse.com).*

### Karmé Chöling

BARNET | FREE | MEDITATION, 9AM & 5:30PM M-F ARRIVE 15 MIN. EARLY.  
*For free meditation instruction, contact us at [info@karmecholing.org](mailto:info@karmecholing.org) or visit <https://www.karmecholing.org/>*

### Life InSight Coaching & Consulting

"Any kind of dilemma or problem, I help you find your own best solutions." Alice S. Kitchel, ACC, PhD.  
*For more info, call Alice Kitchel at 802-684-3412 or email [alice@lifeinsightcoachvt.com](mailto:alice@lifeinsightcoachvt.com).*

### Massage in the Northeast Kingdom

NEWARK – NEW LOCATION!  
*For more info, call Marybeth Anderson at 802-424-6629 or visit [marybethanderson.massagetherapy.com](http://marybethanderson.massagetherapy.com).*

### Medicine Wheel Wellbeing

Providing foot and structural reflexology, massage therapy, and positional therapy to support the body's natural ability to heal itself.  
*By appointment. For more info, call Diane Willson at 802-535-6194 or visit [medicinewheelwellbeing.com](http://medicinewheelwellbeing.com).*

### Sweetwater Studios

EAST BURKE  
Yoga, wellness classes, and workshops offered year round.  
*For more info, call Karen Kennedy 802-535-5876 or email [135.sweetwater@gmail.com](mailto:135.sweetwater@gmail.com) or visit [sweetwaterstudiosyoga.com](http://sweetwaterstudiosyoga.com).*

### The St. Johnsbury Center for Well Being

[vermont-counseling-yoga.com](http://vermont-counseling-yoga.com)  
802-748-1516, St. Johnsbury



## AREA FOOD RESOURCES

### FOOD SHELVES/ FOOD PANTRIES

**Community Fridge at St. Andrew's**  
St. Andrew's Episcopal Church  
Parking Lot 24/7  
1265 Main Street, St. Johnsbury

### H.O.P.E.

TUESDAYS-FRIDAYS, 10AM-5PM  
CLOSED SAT, SUN & MON  
136 Church Street, Lyndonville  
802-626-3228

### Kingdom Community Food Shelf

TUESDAYS & THURSDAYS,  
NOON-3:45PM  
36 Steeple Place, St. Johnsbury  
802-751-8581

### Lyndon Area Food Shelf

WEDNESDAYS, 10AM-2PM  
(NORTH OF ST.J)  
St. Peter's Mission, 51 Elm Street,  
Lyndonville, 802-626-5705 or  
802-626-5586

### Neighbors in Action

1ST & 3RD FRIDAYS, 10:30AM-12:30PM  
Food Share Box-Pick Up  
2ND & 4TH FRIDAYS  
SHOP FOR PERISHABLES, 9-11AM  
COMMUNITY LUNCH, 11AM-1PM  
101 Main Street, Lyndonville  
802-626-1212

### NEKCA

MONDAYS, TUESDAYS,  
THURSDAYS & FRIDAYS, 8:30AM-4PM  
WEDNESDAYS, 10AM-4PM  
115 Lincoln Street, St. Johnsbury  
855-663-5224

### SHARES Corporation

MONDAY, TUESDAY, THURSDAY  
1PM-4PM  
FRIDAY 9AM-4PM  
SATURDAY 9AM-2PM  
45 Depot Street, Lyndonville  
802-427-3392

### Sid's Pantry

2ND SATURDAY, MONTHLY  
10AM-NOON  
Concord Health Center  
201 East Main Street, Concord

### The Open Door

MONDAYS, WEDNESDAYS &  
FRIDAYS, 10AM-1PM  
Danville Ecumenical Community  
Center, 29 Hill Street, Danville  
802-684-2515

### VeggieVanGo

3RD THURSDAY, MONTHLY, 10-11 AM  
NVRH, 1315 Hospital Drive,  
St. Johnsbury

### FREE MEALS-LUNCH

**Grace Methodist Church**  
MONDAYS, 11AM-12:15PM  
36 Central Street, St. Johnsbury,  
802-748-2895

**Mustard Seed Soup Kitchen**  
TUESDAYS & THURSDAYS, 11AM-1PM  
178 Eastern Avenue, St. Johnsbury,  
802-748-9870

**United Community Church**  
WEDNESDAYS & FRIDAYS,  
11AM-12:15PM  
1325 Main Street, St. Johnsbury  
802-748-2603

### Universalist Unitarian Meeting House

SATURDAYS, 11AM-12:15PM  
Community take-out lunch/pick-up  
47 Cherry Street, St. Johnsbury,  
802-748-2442

### FREE MEALS

**Danville Congregational Church**  
3RD MONDAY, MONTHLY, 6PM  
Take-out available. Please call ahead.  
87 Hill Street, Danville  
802-684-1151

### SENIOR MEAL SITES

**Darling Inn**  
MONDAY-FRIDAY, 11AM-12:30PM  
Call ahead to order meals for pick-up  
and home delivery available.  
76 Depot Street, Lyndonville  
802-626-8700

### Danville Senior Action Center

TUESDAY & THURSDAY LUNCH  
11:30AM-NOON (CAN ORDER TAKE-OUT  
BY 9:30AM/PICK-UP BY 11AM/CAN EAT  
TAKE-OUT MEAL IN DINING ROOM)  
OVER 60 \$4 DONATION, UNDER 60 \$5  
Methodist Church, 89 Park Street,  
Danville, 802-684-3389

### St. John the Evangelist Catholic Church

NEXT TO LAST TUESDAY,  
MONTHLY, 5-6PM  
49 Winter Street, St. Johnsbury,  
802-467-3019

### St. Johnsbury Meals on Wheels and Meal Site

MONDAY-FRIDAY, 10AM-NOON  
Congregate, home delivery,  
and pick-up/take-out meals.  
1207 Main Street, St. Johnsbury  
802-748-5467

### West Barnet Meal Site

WEDNESDAYS & FRIDAYS  
11:30AM-12:30PM  
Presbyterian Church, 279 West Main  
Street, Barnet, 802-633-4068 (day of).  
802-535-7860 or 603-638-4002 (any  
other time).

### West Burke Community Center

MONDAYS, WEDNESDAYS  
& FRIDAYS, NOON  
212 School Street (around the  
back of the building), West Burke  
802-467-3423

### FOOD RESOURCES & INFORMATION

**3SquaresVT (food stamps)**  
*Apply online at [dcf.vermont.gov/esd/applicants/mybenefits](http://dcf.vermont.gov/esd/applicants/mybenefits)*  
or call 1-800-479-6151 for a paper  
application.

*Apply in person* at Economic Services  
Office, 1016 US Rt 5, St. Johnsbury

**Community Connections**  
55 Sherman Drive, St. Johnsbury  
802-748-7526

### WIC Supplemental Food

For income eligible new mothers,  
infants, and children.  
Vermont Department of Health,  
107 Eastern Ave., Suite 9,  
St. Johnsbury, 802-748-5151 or  
1-800-952-2936  
[healthvermont.gov/local/st-johnsbury](http://healthvermont.gov/local/st-johnsbury)



NVRH is a member of NEK Prosper!, which "leverages relationships and collaborative action to build community health equity." *Learn more and check out the calendar of community events at [nekprosper.org](http://nekprosper.org).*



### St. Johnsbury Community HUB

The HUB offers a safe, welcoming, fun, diverse, energetic space where you can meet new and familiar neighbors.  
*For more info and a calendar of events, call 802-424-1134, email [stjcommunityhub@gmail.com](mailto:stjcommunityhub@gmail.com), or visit [stjcommunityhub.org](http://stjcommunityhub.org). #COMMUNITYSTARTSHERE*

### Caledonia and Southern Essex Accountable Health Community





Places to be active in our region. Check out these venues for walking, hiking, and biking. Many of these venues offer a variety of activities, both guided and self-guided, for people of all ages. Contact the venue for directions, information about hours of operation, fees, and services and amenities.

**Burke Mountain Resort\***  
Seasonal recreation opportunities.  
[skiburke.com](http://skiburke.com)

**Caledonia Trail Collaborative**  
Hiking, biking, walking, cross-country skiing, and snowshoeing.  
**Rankin Trails:** 560 Clark Rd, Danville  
**NVRH Trails:** 1315 Hospital Drive.  
[caledoniatrailcollaborative.org](http://caledoniatrailcollaborative.org)

**Dog Mountain**  
Open year round. Dogs and their humans welcome! 150 acres of open access land for walking or snowshoeing with your dog. No leash required but suggested. Dog Chapel and Stephen Huneck Gallery on-site. [Dogmt.com](http://Dogmt.com)

**Fenton W. Chester Ice Arena\***  
The Kingdom's community ice rink & recreation center. Open and offering Public Skate, Stick & Puck, Skating Lessons, Girl's Hockey and much more!  
*For more info, call 802-626-9361, email [FentonChester2016@gmail.com](mailto:FentonChester2016@gmail.com) or visit [chesterarena.org](http://chesterarena.org)*

**Green Mountain Hiking Club, NEK Chapter**  
Year-round hiking and trail work opportunities. [greenmountainclub.org/northeast-kingdom/](http://greenmountainclub.org/northeast-kingdom/)  
**Kingdom Trails Association\***  
4 seasons of biking and hiking trails.  
[kingdomtrails.org](http://kingdomtrails.org)

**Lamoille Valley Rail Trail**  
St. Johnsbury to Hardwick,  
Download map at [nvrh.org/local-walking-maps/](http://nvrh.org/local-walking-maps/)  
**Lyndon Outing Club\***  
Seasonal recreation opportunities.  
[skilyndon.com](http://skilyndon.com)

**Lyndon State Forest**  
New Boston Rd., Lyndonville.  
[fpr.Vermont.gov/lyndon-state-forest](http://fpr.Vermont.gov/lyndon-state-forest)  
**Paths Around Lyndon**  
Includes the Stevens Loop.  
Parking at the VT 122 & VT 122A Park & Ride, 9 Center St., Lyndonville.  
[bit.ly/LyndonvilleMap](http://bit.ly/LyndonvilleMap)

**St. Johnsbury Parks & Recreation includes the Town Forest Trail Network**  
<https://rb.gy/kze79>

**Walking and Biking Trails**  
Year-round accessibility. Download maps at [nvrh.org/local-walking-maps/](http://nvrh.org/local-walking-maps/)

**Vermont State Parks**  
Hiking, biking, swimming, bird watching and much more.  
[vtstateparks.com](http://vtstateparks.com)

\*Fees may apply



**Abiding Ties Pet Loss Support Group**  
3RD TUESDAY, MONTHLY, 6-7:30PM  
NVRH CONF. RM. 126/127-MAIN ENTRANCE  
Share stories and to connect with people who understand the experience of pet loss.  
*For more info, call Linda Moore at 802-751-5239 or [chaplain@abidingties.org](mailto:chaplain@abidingties.org)*

**Al-Anon**  
SATURDAYS, 10AM  
United Community Church,  
1325 Main St., St. Johnsbury

**Alcoholics Anonymous**  
WOMEN: WEDNESDAYS, NOON  
FOR ALL: SATURDAYS, 10AM, MONDAYS & WEDNESDAYS 5:30PM, FRIDAYS 7PM  
Kingdom Recovery Center, 297 Summer St., St. Johnsbury, 802-751-8520

**Alzheimer's Caregiver Support Group**  
2ND MONDAY, MONTHLY, 5:30-6PM  
NEK Council on Aging,  
481 Summer St., St. Johnsbury  
*For more info, call 802-751-0427.*

**Bariatric Surgery Support at NVRH**  
This support group is for anyone who is considering, preparing for, or has had bariatric surgery. *For more info, call Sharon Pinard-Sisle at 802-748-7433.*

**Bereavement Support**  
1ST & 3RD MONDAYS, 6-7:30PM  
For spouses and partners. Sponsored by Caledonia Home Health & Hospice St. Johnsbury 802-748-8116

**Diabetes Support**  
EVERY TUESDAY, 5-6PM, MEETS VIRTUALLY  
*To register or for more info, call or text 802-274-8901 or email [CDCES@nchcvt.org](mailto:CDCES@nchcvt.org).*

**Kingdom Recovery Center**  
297 Summer St., St. Johnsbury  
802-751-8520

**Mental Health Crisis Hotlines (24/7)**  
*National Suicide Prevention Lifeline Call or text 9-8-8 Or chat at [988lifeline.org/](http://988lifeline.org/) chat Or call 1-800-273-TALK or "741741."*  
*VT Resource Connection Line: 2-1-1 [www.facingsuicidevt.com](http://www.facingsuicidevt.com).*

**NAMI Vermont Connection Peer Support Group**  
1ST & 3RD WEDNESDAYS, 7-8:30PM  
BY TELEPHONE OR VIRTUAL  
THURSDAYS, WEEKLY 6-7PM  
VIRTUAL OR IN BARRE  
For individuals living with a mental health condition. *For more info, visit [namivt.org/support-groups](http://namivt.org/support-groups) or call 800-639-6480.*

**NAMI Vermont Family Support**  
3RD WEDNESDAYS, MONTHLY, 5:30-7PM  
By telephone or virtual. For family members of individuals living with a mental health condition. *For more info and additional times, call 800-639-6480 or visit [namivt.org/support-groups](http://namivt.org/support-groups).*

**Narcotics Anonymous**  
SUNDAYS, 10-11AM, THURSDAYS, 7-8PM  
Kingdom Recovery Center,  
297 Summer St., St. Johnsbury,  
802-751-8520.

**Northeast Kingdom Youth Services**  
63 EASTERN AVE, ST. JOHNSBURY  
Serving youth and young adults 12-24 that are struggling with community, school, health, and family challenges or are in need of added support as they transition to adulthood. We also offer a LGBTQIA+ group called the "Kiki Club." *For information 802-748-8732 or visit [nekys.org](http://nekys.org).*

**Overeaters Anonymous**  
WEDNESDAYS, 6:30PM BY ZOOM  
SATURDAYS, 9AM IN PERSON OR ZOOM  
NVRH CONF. RM. 126-MAIN ENTRANCE  
Go to [www.oavermont.org](http://www.oavermont.org) - then Meeting List (local meetings)  
Look for St. Johnsbury and then connect with Link/Meeting ID and Password.

**Parents in Recovery Program**  
ALL RECOVERY: TUESDAYS, 9:30AM  
SEEKING SAFETY: WEDNESDAYS, 11AM  
PARENTS IN RECOVERY: FRIDAYS, 1PM  
Kingdom Recovery Center.  
*For more info call 802-751-8520.*

**Parkinson Support Group**  
3RD FRIDAY, MONTHLY, 10:30AM  
Sept, Nov, & Dec: Danville Community Center, 50 US Route 2, Danville.  
Oct: NVRH Conf. Rm.126, Use Main Entrance - St. Johnsbury. *For more info, call Dan and Mary Swainbank at 802-535-0031 or email [swainbank@danvillevt.net](mailto:swainbank@danvillevt.net).*

**Small Saplings**  
EVERY OTHER WEDNESDAY, 10-11:30AM  
\$5 PER SESSION; SLIDING SCALE AVAILABLE  
CREATIVE HEALING & FITNESS, LYNDONVILLE  
A supportive space for parents/caregivers of infants & toddlers. *For more info contact Arcelie Reyes at [arcelie@gmail.com](mailto:arcelie@gmail.com).*

**Survivors of Suicide Loss**  
3RD WEDNESDAY, MONTHLY 6-7PM, ZOOM  
If you have recently lost a loved one to suicide, there is help from others who, like you, have experienced this tragedy.  
*For more info and the Zoom link, contact Jane Paine at 802-888-4651 or [jpaine@lhha.org](mailto:jpaine@lhha.org) or Monique Reil at 802-888-5026.*

**Umbrella 24-Hour Hotline**  
Hotline supporting individuals who are experiencing domestic or sexual violence.  
Umbrella, Inc. 802-748-8645.

**Umbrella Domestic Violence & Substance Misuse Support**  
FRIDAYS, 10:30-11:30AM  
Umbrella, 1330 Main Street,  
St. Johnsbury. For more info, call Chantelle at 802-748-1992 ext.312 or email [Chantelle@umbrellaneek.org](mailto:Chantelle@umbrellaneek.org)

**VT Assoc. for the Blind and Visually Impaired: NEK PALS**  
1ST & 3RD MONDAY  
ALL VISUALLY IMPAIRED WELCOME  
*For more info, call Ferne Loomis at 802-695-8149.*

**Walking in Hope**  
UNION BAPTIST CHURCH, 932 US RT. 5, WATERFORD  
Faith-based group offering support, encouragement, hope and renewal to women who have been or may be in an abusive relationship. *For more info, call Helen at 802-745-8923 or confidential email [betrayalandbeyond@ubcstj.org](mailto:betrayalandbeyond@ubcstj.org). For other programs visit [ubcstj.org](http://ubcstj.org)*

## DARTMOUTH CANCER CENTER VIRTUAL SUPPORT

*Please sign up by contacting Complementary Care Program at [cancersupport@hitchcock.org](mailto:cancersupport@hitchcock.org) or call 603-650-7751 and they will send you a link.*  
*For additional classes and support services go to: [cancer.dartmouth.edu/patients-families/complementary-care-program](http://cancer.dartmouth.edu/patients-families/complementary-care-program).*

**Caring for Someone with Serious Illness**  
1ST TUESDAY, MONTHLY, 4-5PM  
For all loved ones caring for someone with any type of serious illness.

**Leukemia, Lymphoma & Myeloma Support**  
2ND WEDNESDAY, MONTHLY, 3:30-4:30PM  
For patients with any type of blood cancer at any stage and their supporters.

**Living with Cancer Support**  
2ND & 4TH THURSDAY, MONTHLY, 5:30-6:45PM  
For patients with any type of cancer in treatment and beyond.

**Metastatic Breast Cancer Support**  
1ST WEDNESDAY, MONTHLY, 2:30-4:30PM  
Support and education for patients with Stage IV breast cancer.

**Prostate Cancer Support Group**  
4TH MONDAY, MONTHLY, 5:30-6:30PM  
Support and education for men and their partners at any stage of prostate cancer.

**Thriving After Breast Cancer Support**  
3RD WEDNESDAY, MONTHLY, 5-6PM  
For women beyond their initial treatment for breast cancer.