



Choosing Health

Northeastern Vermont  
Regional Hospital

April-August 2025

# HealthyChoices

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

**Welcome 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.

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

# NVRH sponsored programs

## Cardiac Rehabilitation

**3 DAYS A WEEK FOR 12 WEEKS: MONDAY, WEDNESDAY, FRIDAY**

**COVERED BY MOST INSURANCE**

An exercise and education program for people with recent (within the last 12 months) qualifying cardiac events. Provider referral required.

*For more info, call Cardiac Rehabilitation at 802-748-7401.*

## 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.*



## 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 Caitlin Moroney at 802-859-5913.* ✓

## 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 Caitlin Moroney at 802-859-5913.* ✓

## 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 Caitlin Moroney at 802-859-5913.* ✓



## Healthy Hearts Support Group

**LAST TUESDAY, MONTHLY, 5:30-6:30PM**  
NVRH CONF. RM. 126/127 - MAIN ENTRANCE

Make your Heart Health a priority. A place for people with heart conditions to share their experiences, learn about their condition, and get support from others. *For more info, call 802-748-7401*

## Living & Dying Well in the NEK

**NEW!** AN EDUCATION & RESOURCE FAIR  
JUNE 13, MOOSE LODGE  
2388 PORTLAND ST, ST JOHNSBURY

**FREE AND OPEN TO ALL!**  
NEK Community Partners, Vermonters, their families & caregivers are invited to join us at the second annual education & resource event to help normalize and prepare for healthy aging and dying well. Discover tools to assist in learning, planning and preparing - Aging in Place, Assisted Living, Advanced Directives, Living Wills, Palliative & Hospice Care, Caregiver Support and more.

*For more info, or to be a vendor at the event, contact: NVRH Palliative Care office at 802-748-7390*

## The Northeast Prevention Coalition

**3RD TUESDAY, MONTHLY, 3-4PM**  
KINGDOM RECOVERY CENTER,  
297 SUMMER ST., ST. JOHNSBURY

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 Susanne Lesnik-Emas at 802-748-7356, email s.lesnik@nvrh.org or visit npcvt.org.*

## 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 Caitlin Moroney at 802-859-5913.* ✓



## 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 Caitlin Moroney at 802-859-5913.* ✓

## 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 Caitlin Moroney at 802-859-5913.* ✓

## 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 info call Kaitlyn Carreau at 802-751-0183*



MY HEALTHY VERMONT  
MyHealthyVT.org

✓ These programs are offered in conjunction with My Healthy Vermont

## NVRH's Community Connections

**We Can Help You...**

- Connect with services, resources, transportation, and other supports
- Access healthcare and health information
- 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-Friday to speak with the helpful staff.

# community partners

## Featured Programs

### Caregiver Support from the NEK Council on Aging

The NEKCOA offers support that helps caregivers care for loved ones at home. Services include one-on-one personal support, monthly support groups, respite vouchers, dementia care and support, and Trualta, a 24/7 e-learning platform. *For more info, call Karen Desrochers, Director of Client and Caregiver Support at 802-751-0427 or visit [nekcoa.trualta.com](http://nekcoa.trualta.com).*



### Free Overdose Response Training

Help protect your community and learn how to save a life with naloxone.

Scan the QR code to learn more about our free online training program and get Narcan by mail. This research was approved by the URI Institutional Review Board in collaboration with UVM Extension. *For info, call 802-656-7637 or email [Sarah.Kleinman@uvm.edu](mailto:Sarah.Kleinman@uvm.edu).*



Heat Squad provides affordable home energy audits, contractor referrals, project coordination, access to rebates and in-house financing for all households in the NEK. *For more info, call 802-438-2303 or visit [heatsquad.org](http://heatsquad.org).*

### RecFit STJ

RecFit is a community-driven full-service racquet & fitness center. We are operated by St. Johnsbury Academy. We have on-staff personal training, free weight and Nautilus equipment, cardio equipment, group fitness classes, a sauna, an indoor tennis court, four pickleball courts, and one racquetball court, as well as a newly expanded lounge area with pool tables, air hockey, and ping pong. *For more info, call 802-751-2305 or visit [stjadecademy.org/recfit](http://stjadecademy.org/recfit) for a full schedule.*



### 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.*

### St. Johnsbury Academy Adult Education

Spring into Learning: We're offering Introduction to Woodworking; Beginning Welding for Women; and a Summer Intensive Licensed Nursing Assistant Program. *Register at [stjadecademy.org/adult-education](http://stjadecademy.org/adult-education) or for more information call 802-751-2314.*

## Something for Kids & Families

### All Things Lyndon → Hosts Family Fun Fridays

HAPPENING ONCE A MONTH,  
JUNE - OCTOBER. BANDSTAND PARK, LYNDONVILLE  
KICK-OFF EVENT FEATURING **DINOMAN** ON JUNE 13, 4 - 6PM.

With magic, merry mayhem, and magnificent props, the audience is taken on a trip throughout the Mesozoic era! July 11 will feature The Diamond Family Circus! All are welcome to play and learn circus arts like juggling, hula hooping, clowning, and more!

*Find us on Facebook at All Things Lyndon for details.*

### Catamount Arts

Offering a variety of classes and special opportunities for children and adults 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.*

### NEKCA Head Start & Early Head Start Programs

OPEN ENROLLMENT FOR CALEDONIA, ORLEANS, & 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.

**New:** Childcare openings for ages 6 weeks-3 years at the New Family Resource Center at Lyndon Institute.

*For more info, email [fce@nekcavt.org](mailto:fce@nekcavt.org) or fill out the online pre-app at [myheadstart.com/pre-app?globalid=584](http://myheadstart.com/pre-app?globalid=584)*



## Something for Older Adults

### Associates for Training and Development - A4TD

A4TD offers paid employability skills experiences to 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
- Quahog Dance Theater
- Chair Yoga
- The Arthritis Foundation Exercise Program
- And many more!

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



### Good Living Senior Center

1207 MAIN ST., ST. JOHNSBURY  
(ST. JOHNSBURY HOUSE)

A senior activities center for adults 50+.

*To see a monthly calendar of events, visit [stjgoodliving.org](http://stjgoodliving.org). For more information, call 802-748-8470 or email [goodliving@vtlink.net](mailto:goodliving@vtlink.net).*

## 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 health-care 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 [llillian@lyndonrescue.net](mailto:llillian@lyndonrescue.net).**



### St. Johnsbury Community HUB

The HUB offers safe, welcoming, fun and diverse engagement opportunities for meeting new neighbors, expanding community networks and increasing access to support.

**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**

## Fitness, Dance, Yoga & More

### Artemis Yoga Studio

ARTEMIS, TUESDAYS, 10AM & SUNDAYS, 3:30PM  
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)  
802-745-9256, St. Johnsbury

### Fitness Unbound

[fitnessunbound.com](http://fitnessunbound.com)  
802-274-3277, 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 or email [HCDoodle@yahoo.com](mailto:HCDoodle@yahoo.com)  
802-535-8505, St. Johnsbury

### RecFit STJ

[stjademy.org/recfit](http://stjademy.org/recfit) 802-751-2305.  
Follow them on Facebook at [RecFitStj](https://www.facebook.com/RecFitStj), St. Johnsbury

### SHiNE Dance Fitness™

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

### Stadium Fitness

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

### Trail2Wellness

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

## Mind, Body & Spirit



### Centerpoint Pilates

Is an accessible space for people of all ages to build strength and confidence. Start moving through your life without pain or fear today! **For more info call Kristine at 802-684-0081 or visit [centerpointpilatesnek.com](http://centerpointpilatesnek.com).**

### Counselor & Functional Medicine Health Coach

Gain insight into your ability to heal and reset your Body, Mind and Spirit. 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, 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 10-WEEK SESSION**  
Fun chair-based yoga! These gentle classes will teach controlled breathing and simple movements. Dartmouth Cancer Center patients, survivors and caregiver(s) welcome. Offered virtually by the Complementary Care Program.



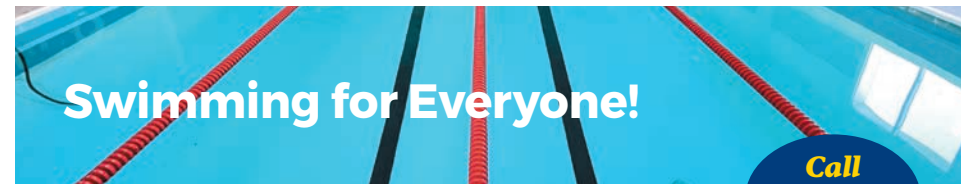
**Registration required. For info or to register email [cancersupport@hitchcock.org](mailto:cancersupport@hitchcock.org) or call 603-650-7751.**

### Heart Space Yoga Studio ST. JOHNSBURY

Yoga is for EVERY BODY. Rooted in inclusivity, we are here to support your healing journey with experienced teachers, accessible pricing and classes for all levels. **For more info, call Andrea at 802-626-3398 or visit [heartspaceyogacenter.com](http://heartspaceyogacenter.com).**

### HeArt's Path Studio Journey

ST. JOHNSBURY  
Guided art creation as a transformative journey for healing, support, personal growth and connection. **For more info, email or text Tina Gorman at [kgorman@rootstorenewal.com](mailto:kgorman@rootstorenewal.com) or 802-333-0306.**



## Swimming for Everyone!

**Call before you swim!**

### Vermont State University - Lyndon

\$10 ADULT  
\$5 CHILDREN (15 & UNDER)  
\$5 SENIORS (65+)  
[bit.ly/3YTd6nB](http://bit.ly/3YTd6nB) 802-626-6769  
(Always: Call before you swim hotline!), Lyndonville

### Comfort Inn

\$20PP | 5AM-8PM, DAILY  
802-748-1500, St. Johnsbury

### Evergreen Sports Center

\$15 ADULT | \$10 CHILDREN (12 & UNDER) | CHECK WEBSITE BELOW FOR HOURS.  
[evergreensportscenter.com/pool-info](http://evergreensportscenter.com/pool-info)  
603-838-6511, Lisbon, NH

## Life InSight Coaching & Consulting

Any kind of dilemma or problem, I help you find your own best solutions. Try a free ½ hour session to see how coaching works.

For more info, call Alice Kitchel, ACC, PhD, at 802-684-3412 or email [alice@lifeinsightcoachvt.com](mailto:alice@lifeinsightcoachvt.com).

## Medicine Wheel Wellbeing

Providing foot and structural reflexology, 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).

## Meditate

FREE | BARNET

Join us for community meditation. Open to the Public. For more info visit [karmecholing.org/meditation/meditation-calendar](http://karmecholing.org/meditation/meditation-calendar) or email [info@karmecholing.org](mailto:info@karmecholing.org)

## 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

ST. JOHNSBURY

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



## Caledonia & Southern Essex Accountable Health Community

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).**



## Flood Resources

### Kingdom United Resilience and Recovery Effort (KURRVE)

KURRVE is a collaboration of neighbor-to-neighbor networks, faith and business communities and local nonprofits to provide services to individuals and families affected by the flooding in Caledonia, Essex, and Orleans counties.

For more info, visit [nekprosper.org/get-involved/flood-recovery-resources](http://nekprosper.org/get-involved/flood-recovery-resources).

### Northeastern Vermont Development Association (NVDA)

NVDA serves the 55 municipalities in the NEK and assists with regional and municipal land use and transportation planning. It also encourages sustainable economic growth as the Regional Economic Development Corporation in Caledonia, Essex, and Orleans counties.

For NVDA's 2024 Flood Recovery Assistance, visit [nvda.net/flood.php](http://nvda.net/flood.php)

### Starting Over Strong Vermont (SOS-VT)

FREE | ANONYMOUS

This program is a disaster recovery program designed to support flood survivors through community outreach and access to mental health resources. SOS-VT is a program that helps people recover and rebuild their lives after a disaster.

For more info, call 211 today! In the NEK VT contact 802-424-5368, email [community\\_support@nkhs.net](mailto:community_support@nkhs.net) or visit [mentalhealth.vermont.gov/sosvt](http://mentalhealth.vermont.gov/sosvt)

### State of Vermont & Vermont Emergency Management

The State of Vermont offers flood and other emergency resources. Visit [vermont.gov](http://vermont.gov) and [vem.vermont.gov](http://vem.vermont.gov) to learn more.

## Mental Health Resources

### 988 Suicide & Crisis Lifeline

FREE and ANONYMOUS

Get immediate emotional support and local resources from trained crisis counselor.

Call or Text 988 or Chat [chat.988lifeline.org](https://www.988lifeline.org)

### NAMI Vermont

FREE | CONFIDENTIAL

Provides a variety of volunteer-led educational classes, presentations, and support groups. Many programs are available virtually. For more info, call 802-876-7949 or visit [namivt.org](http://namivt.org).

### Northeast Kingdom Human Services (NKHS)

FREE | ANONYMOUS

Provides mental health care in your local community as well as Front Porch, Mental Health Urgent Care, 235 Lakemont Road, Newport City, VT. Open 7 days a week, 7 a.m. – 11 p.m. for adults, youth and families experiencing mental health situations and seeking immediate care — just walk in. More info at [nkhs.org](http://nkhs.org), 802-748-3181, and [nkhs.org/front-porch-mental-health-urgent-care](http://nkhs.org/front-porch-mental-health-urgent-care)

### Pathways Vermont Support Line

FREE | ANONYMOUS

Confidential, non-judgmental peer support for Vermonters 18+. Available 24/7.

Call or text 833-888-2557.

### SAMHSA Disaster Distress Helpline

FREE | ANONYMOUS

Confidential crisis counseling. Available 24/7.

Call or text 1-800-985-5990.

### Vermont Mobile Crisis

FREE | ANONYMOUS

Vermont mobile crisis teams provide in-person support and crisis intervention.

To reach your local community mental health centers, dial 988.

**The Prouty**

**The Prouty Community Walk: St J**

BENEFITTING  
DARTMOUTH  
CANCER CENTER

ST. JOHNSBURY  
SATURDAY, MAY 17

To learn more and register, go to [Bit.ly/4i128Dp](https://bit.ly/4i128Dp).

**Quik-Pay is the new, easy way to pay your NVRH bill.**

## Introducing NVRH Quik-Pay!

Just use the camera on your Smartphone to scan the QR code on a recent statement, enter the account number, and pay securely via debit or credit card.

- No login required.
- No passwords to remember.

Set up payment plans, too. It's easy, safe and secure. For more information contact the NVRH Patient Financial Services team at 802-748-7518

# support groups

## Al-Anon

SATURDAYS, 10AM

United Community Church,  
1325 Main St., St. Johnsbury

## Alcoholics Anonymous

ST. JOHNSBURY

SATURDAYS, 10AM, SUNDAYS, 8AM  
MONDAYS & WEDNESDAYS, 5:30PM,  
TUESDAYS, 6:30AM, FRIDAYS, 7PM  
Kingdom Recovery Center,  
297 Summer St.

MONDAY THROUGH FRIDAY, NOON  
United Community Church,  
1325 Main St.

For more info, 802-334-1213 or  
visit [AAVT.org](http://AAVT.org)

## Alzheimer's Caregiver Support Group

2ND MONDAY, MONTHLY, 2-3:30PM

NEK Council on Aging,  
481 Summer St., St. Johnsbury  
For more info, call 802-751-0427.

## Bereavement Support

1ST & 3RD MONDAYS, 6-7:30PM

For spouses and partners. Sponsored  
by Caledonia Home Health &  
Hospice. St. Johnsbury  
802-748-8116

## Cancer Support Group

1ST THURSDAY, MONTHLY,  
3:30-4:30PM, IN PERSON

This is for patients with a cancer  
diagnosis who are currently in  
treatment or who have previously  
received treatment. Dartmouth  
Cancer Center-St. Johnsbury, 1080  
Hospital Dr., St. Johnsbury.

For more info contact,  
Linda Ruede at 802-473-4100 or  
[linda.l.ruede@hitchcock.org](mailto:linda.l.ruede@hitchcock.org)



## Diabetes Support

EVERY TUESDAY, 5-6PM,  
MEETS VIRTUALLY

To register or for more info,  
call or text 802-274-8901 or email  
[CDCES@nchcv.org](mailto:CDCES@nchcv.org).



## Kingdom Recovery Center

OPEN MONDAY-FRIDAY 8AM-4PM | FREE  
ALL RECOVERY SUPPORT SERVICES  
TUESDAYS & THURSDAYS, 10 - 11AM  
WOMEN SEEKING SAFETY:  
WEDNESDAYS, 11AM -12:30PM  
SMART RECOVERY: FRIDAYS, 11AM  
297 Summer St., St. Johnsbury  
802-751-8520

## Mental Health Crisis Hotlines (24/7)

National Suicide Prevention Lifeline  
Call or Text 988 or  
Chat at [chat.988lifeline.org](http://chat.988lifeline.org)  
Or call 1-800-273-TALK or "741741."  
VT Resource Connection Line: 2-1-1  
[www.facing-suicidevt.com](http://www.facing-suicidevt.com).

## NAMI Vermont Connection Peer Support Group

WEDNESDAYS, 5:30-7PM  
IN PERSON, UU MEETING HOUSE,  
47 CHERRY ST, ST. JOHNSBURY.

For individuals living with a mental  
health condition. For more info, visit  
[namivt.org/csg](http://namivt.org/csg) or call 800-639-6480.

## NAMI Vermont Family Support Group

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/fsg](http://namivt.org/fsg).

## Narcotics Anonymous

ST. JOHNSBURY  
SUNDAYS, 10-11AM, THURSDAYS, 7-8PM  
Kingdom Recovery Center,  
297 Summer St. For more info,  
866-580-8718 or visit [NA.org](http://NA.org)

## Northeast Kingdom Youth Services



63 EASTERN AVE, ST. JOHNSBURY  
Serving youth and young adults  
12-24 who are struggling with  
community, school, health, and  
family challenges or are in need of  
added support as they transition to  
adulthood. For info 802-748-8732  
or visit [nekys.org](http://nekys.org).

## Overeaters Anonymous

WEDNESDAYS, 6:30PM BY ZOOM  
SATURDAYS, 9AM IN PERSON OR  
BY PHONE

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

WEDNESDAYS, 1PM  
Kingdom Recovery Center  
297 Summer St., St. Johnsbury  
802-751-8520.

## Parkinson Support Group

3RD FRIDAY, MONTHLY, 10:30AM  
NVRH Conf. Rm.126,  
St. Johnsbury, Use Main Entrance.  
For more info, call Dan and Mary  
Swainbank at 802-535-0031 or  
email [swainbank@danvillevt.net](mailto:swainbank@danvillevt.net).

## Seeking Safety

TUESDAYS, 12-1PM  
Umbrella, 1330 Main Street,  
St. Johnsbury.

For more info, call Chantelle at  
802-748-1992 ext.312 or email  
[Chantelle@umbrellanek.org](mailto:Chantelle@umbrellanek.org)

## 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 Frederic Gluck  
at 802-888-5026 or  
[Frederic.gluck@gmail.com](mailto:Frederic.gluck@gmail.com).

## TOPS (Take Off Pounds Sensibly)

THURSDAYS, 5:30 PM

Weight loss support group to provide  
encouragement and motivation on  
the path to a healthy lifestyle. St.  
Johnsbury House Dining Room  
For more info go to [tops.org](http://tops.org) or visit  
a meeting for free.

## Umbrella 24-Hour Hotline



Hotline supporting  
individuals who are experi-  
encing domestic or  
sexual violence. Umbrella,  
Inc. 802-748-8645.

## VT Assoc. for the Blind and Visually Impaired: NEK PALS

ALL VISUALLY IMPAIRED WELCOME  
For more info, call Ferne Loomis at  
802-695-8149.

## Village of Mothers Pregnancy & Postpartum Support Gathering

1ST WEDNESDAYS, 5-6:30PM:

UMBRELLA, 1330 MAIN ST,  
ST. JOHNSBURY  
2ND MONDAYS, 10-11AM: ONLINE

This group is for mothers to foster  
connections while providing edu-  
cation and wellness during their  
motherhood journey. Dinner and  
childcare included. RSVP to [village-  
ofmothersvermont@gmail.com](mailto:village-ofmothersvermont@gmail.com).

## 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).

## Warm Line, The Spark

10AM-10PM, EVERY DAY OF THE YEAR  
802-613-0375, [thesparkvt.org](http://thesparkvt.org)  
An anonymous and confidential  
resource available to anyone work-  
ing towards safety in relationships.  
Have you caused harm? Need help  
to change? Call The Spark, where  
healing and change ignite.

# get outdoors

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 with your dog. No leash required but suggested. Dog Chapel and Stephen Huneck Gallery on-site. [Dogmt.com](http://Dogmt.com)

## Fenton 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 Swanton, Four season multi use trail.  
[railtrails.vermont.gov](http://railtrails.vermont.gov)

## 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)

\*Fees may apply



# Volunteers needed

Volunteering at NVRH is good for your health! Just a few hours of time helps you:

- Stay social
- Give back
- Get exercise
- Meet people
- Form new friendships



Scan here to learn more about volunteering or call 802-748-7310.



## 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)



## GEAR LENDING LIBRARY



The Gear Lending Library offers **FREE** gear rentals, including youth and adult bicycles, helmets, and bike locks during warmer months, and adult, youth, and toddler snowshoes, microspikes and trekking poles in the winter.

Visit [bit.ly/nekprosperlending](http://bit.ly/nekprosperlending) for more information and to reserve gear.

## West Wing Project

# HERE WE GROW!



**EXPANDED** Emergency Department | Laboratory

## The West Wing expansion at NVRH is underway!

This exciting project will expand our Emergency Department, In-House Pharmacy, and Laboratory so we can better serve our patients and community.

Visit [nvrh.org/westwing](http://nvrh.org/westwing) to learn more and find out how you can support the project.

**You'll notice impacts to:**

- ➔ Entrances
- P Parking
- 🚶 Walkways
- 🚗 Drop-offs

Headed to the hospital and want more details? Visit [nvrh.org/westwing](http://nvrh.org/westwing), scan the QR code, or call 802-748-8141 for up-to-date info.

