



Community Resources ***ways2Wellness.org***

The Berlin/Gorham Area

Connect with your local **Community Health Center**

Local Resources for:

- Healthy Eating
 - Seeking **a registered dietitian or nutritionist?**
 - Explore the **local farmer's market**
 - Check out **Weight Watchers**
- Be Active
 - Explore the **Great North Woods, Great Glen Trails, Parks and Rec**
 - Try **Yoga, Curves,** or a Health Club
- Stress Less
 - Ever tried **acupuncture?**
- Get Connected
 - Find upcoming **events and activities**