Community Resources:Colebrook Area

Connect with your local [Community Health Center](http://www.indianstream.org/)

Discover local resources for…

Healthy Eating:

* Explore the [local farmers market](https://www.localharvest.org/local-works-berlin-farmers-marketplace-M41078)
* Check out [Weight Watchers](https://www.weightwatchers.com/us/our-approach)

Active Living:

* Join the [Older Wiser Livelier Seniors](http://www.northrec.org/owls.html) group
* Check out the [Colebrook Recreation Center](http://www.northrec.org/) and the [Town of Colebrook Recreation](http://colebrookrecreation.weebly.com/) Program
* Explore the [Great North Woods](http://www.nhoutdoors.com/great-north-woods-new-hampshire/)
* Try out [Yoga](http://citelc.org/portfolio/weekly-yoga-class/) or a [health club](https://www.facebook.com/BridgeStreetGymAndFitnessCenter)

Staying Connected

* Find upcoming [events and activities](http://androscogginvalleychamber.com/calendar)
* Join others with a [chronic illness and learn self-management skills](http://www.indianstream.org/cdsm---chronic-disease-self-management.html) together

