



Community Resources ***ways2Wellness.org***

The Greater Haverhill Area

Connect with your local **Community Health Center**

Local Resources for:

- Healthy Eating
 - Seeking a **registered dietitian or nutritionist?**
 - Learn about **Diabetes Education at Cottage Hospital**
 - Need help with food? Help is available at local **food pantries**
 - Interested in buying local produce? Find the closest farmer's market **here**
- Be Active
 - Take a class at **Always Fit, Evergreen Sports Center**, or get involved with the North Country YMCA programs
 - Check out classes and activities at **Horsemeadow Senior Center**
 - Check out the Town of **Haverhill Recreation Department**
 - Explore **local trails**
 - Take a summertime dip at the community **pool**
 - **Try out Geocaching**
 - Interested in **Yoga?**
- Stress Less
 - Learn a **stress management technique**
- Get Connected
 - Find upcoming **local events, activities and classes**
 - Attend a **health workshop** or **educational event**