



## ***Community Resources*** ***ways2Wellness.org***

### **The Littleton Area**

Connect with your local **Community Health Center**

Local Resources for:

- Healthy Eating
  - Seeking a **nutritionist or registered dietitian?**
  - **Weight Watchers**
  - **Local member-owned food coop**
- Be Active
  - Go for a walk, bike, hike, swim, ski, paddle, snow-shoe, and more-  
**Franconia State Park, The Rocks Estate, AMC Highland Center, Adaptive Sports**
  - Local Gyms: **Evergreen Common Sense Fitness**
  - Local Yoga/Wellness Studios: **Balance Bethlehem Rooted by Stacey**
  - Try a local **walking/running route**
  - Check out your local Recreation Department
    - **Littleton**
    - **Bethlehem**
    - **Franconia, Sugar Hill, Easton**
- Stress Less
  - Explore **health-oriented events and workshops**
- Get Connected
  - Find **Upcoming Events and Activities**
  - Check out the **Littleton Area Senior Center**