



Community Resources ***ways2Wellness.org***

The Plymouth Area

Connect with your local **Community Health Center**

Local Resources for:

- Healthy Eating
 - Seeking a **nutritionist or registered dietitian?**
 - Interested in buying **local foods and goods?**
 - **Weight Watchers**
 - Shop at a **Farmer's Market**
- Be Active
 - Explore the many options available at the Center for Active Living & Healthy Communities at **PSU's ALLWell North** facility
 - Give Yoga a try at **Yoga Studio 8, Blissful Lotus Yoga, or The Common Man Inn**
 - Check out a fitness class: **Various fitness options, Jazzercise, or Jiu Jitsu**
 - Go for a walk at Fox park on Langdon Street, Langdon Park on Main Street (across from the Deli), or the **New Hampton Fitness Trail**
- Stress Less
 - Give **meditation** a try!
- Get Connected
 - Find **Upcoming Events and Activities**