Community Resources:Berlin/Gorham Area

Connect with your local [Community Health Center](http://coosfamilyhealth.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:

* Explore the [Great North Woods](http://www.nhoutdoors.com/great-north-woods-new-hampshire/), [Great Glen Trails](https://greatglentrails.com/), [Parks and Rec](https://www.berlinnh.gov/recreation-parks)
* Try out [Yoga](http://www.mynorthernoasis.com/) or a health club

Stress Reduction

* Consider [acupuncture](http://www.evansacupuncture.com/)

