

Health Events and Classes

WEIGHT MANAGEMENT

Fast and Forever... Achieving and Maintaining Your Ideal Body Weight

This 2-phase program promotes significant weight loss and teaches the necessary skills to maintain the weight loss.

- Concord Hospital Center for Health Promotion, Concord, NH: 603-230-7300

Losing Weight through Hypnosis

Enjoy eating smaller amounts and make good, healthy food choices a way of life to reduce your weight.

- University Hypnosis Center, Amherst, MA: 413-549-4645

Release Pounds

Learn to eat less of the foods you like without dieting by training to use your mind to stop overeating and snacking.

- New England Hypnosis Institute, Springfield, MA: 413-737-5434

Weight Loss Program/Weigh Less Nutrition

A program that focuses on nutrition guidelines, behavior modification techniques, and much more.

- New England Sinai Hospital, Stoughton, MA: 781-297-1387

Weight Management Program

A comprehensive program of diet, exercise, and aggressive approaches for lifestyle changes necessary for losing weight and improving your health.

- Boston Medical Center, Nutrition & Weight Management Center, Boston, MA: 617-638-7470

Weight Management

Award-winning weight loss and weight management maintenance program. Medical supervision available.

- The HMR Program for Weight Management™, Newton 617-965-1273, Braintree 781-848-7088, Natick 508-651-0810, Norwood 781-255-0662, Boston 617-421-6018, Derry, NH 603-537-3033

Weight Reduction

Registered, licensed dietitians will help participants identify the causes of their weight problem and formulate an individualized healthy plan of action.

- Elliot Hospital, Manchester, NH: 603-663-2521

Youth Weigh Less Program

A six-week program for youths to learn about nutrition and how to lose weight.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1331

NUTRITION

First Line Therapy

Learn how to make lifestyle changes that are the first line of therapy in combating Heart Disease, Diabetes, and weight issues. Registered, licensed dietitians teach this 12-week program.

- Elliot Hospital, Manchester, NH: 603-663-2521

Heart Healthy Eating

Led by a Registered Dietitian this program teaches you the types of food you should be eating not just the foods to avoid.

- Cape Cod Healthcare, MA: 877-729-7200

Healthy Eating for Life for Women

Holistic health counseling program for women at mid-life. Learn to nourish yourself with simple whole foods for lasting health.

- Wellness and You, Westwood, MA: 508-359-6804

Heart Healthy Nutrition

This course teaches participants how to select heart healthy foods and the effect of foods on the cardiovascular system.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201

Nutrition Counseling

One-on-one counseling for weight management, specific health problems, disease prevention, and general well-being.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

Nutrition and the Immune System

People recovering from cancer or other chronic health problems can learn how to enhance their immune system through nutrition.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

Nutrition and Women at Midlife

Information and support program to help reduce symptoms of perimenopause and the risk of osteoporosis, heart disease and cancer.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

Supermarket Shopping

This aisle-by-aisle supermarket tour, led by a Registered Dietitian, teaches you how to make informed decisions about the food you buy for yourself and your family.

- Cape Cod Healthcare, MA: 877-729-7200

You and Your Gastrointestinal (GI) Tract

Nutritional approaches to promote GI health for those with irritable bowel, colitis, gas, bloating, constipation, and diarrhea.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

SMOKING AND SUBSTANCE ABUSE

Freedom from Smoking

A behavior change program designed to help adults through the quitting process.

- American Lung Association of New Hampshire, Bedford, NH: 800-835-8647
- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201
- Catholic Medical Center, Manchester, NH: 603-626-2626

FreshStart Tobacco Cessation

This program provides, education, and resources for adults wanting to quit smoking.

- Weeks Medical Center, Lancaster, NH: 603-788-4911 X3130

Kick Butts

This 6-week 1.5 hr class will discuss and work on planning for change, what to expect when you quit smoking, making a plan for quitting and how to put that plan into action. The class will also discuss and work on behavioral changes that will improve your chances for success as you quit smoking.

- Cape Cod Healthcare, MA: 877-729-7200

Hypnosis For Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke free. For reinforcement, a 40-minute CD is given daily for home use.

- Catholic Medical Center, Manchester, NH: 603-626-2626

Quitting for Life

This free 3 part series offers a more detailed approach to the quitting process, including information on nicotine replacement products, nutrition and relaxation ideas, motivators to quit, and more.

- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255

Smoking Cessation Group

This 8-session program will teach participants the tools needed to assist them in quitting smoking successfully.

- Harvard Vanguard Medical Associates, West Roxbury and South Shore Medical Center-Norwell MA: 877-439-5465

Smoking Cessation

If you are motivated to stop smoking and are willing to make behavioral changes, you can do it through hypnosis.

- New England Hypnosis Institute, Springfield, MA: 413-737-5434

Stop Smoking

In three sessions you can stop smoking, control urges and cravings, & enjoy fresh, clean air for life.

- University Hypnosis Center, Amherst, MA: 413-549-4645

Try-to-Stop Tobacco

Free telephone counseling services, quit tips and information are available to smokers who are trying to quit. Translation services are available.

- Try-to-Stop Tobacco Resource Center, MA, NH: 800-879-8678 and in ME: 800-207-1230. Also available at www.trytostop.org

SUPPORT GROUPS

Alzheimer's Caregivers Support Group

A support group for the families of those with Alzheimer's Disease, which provides educational and emotional support.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2511
- New England Sinai Alzheimer's Center, Stoughton, MA: 781-297-1369

Amputee Support Group

A support and educational group for amputees.

- Braintree Rehabilitation Hospital, Braintree, MA: 781-348-2250
- New England Sinai Hospital, Stoughton, MA: 781-297-1130

Aphasia Support Group

For people with aphasia and their caregivers to assist with the challenges of communication.

- Braintree Rehabilitation Hospital, Braintree, MA: 781-848-5353

Asthma and Allergy Support Group

Educational programs and support groups meet at sites throughout Massachusetts, with guest speakers on asthma, food allergies, and other topics.

- Asthma & Allergy Foundation of America, New England Chapter, Needham, MA: 781-444-7778

Beyond Birth

A weekly support group for parents with babies up to 4 months of age. Meet other parents, share stories, and ask questions about anything related to babies and being a parent.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2736

Brain Injury Support Group

A survivor-oriented group sponsored by the Massachusetts Brain Injury Association.

- New England Sinai Hospital and Rehabilitation Center, Stoughton, MA: 781-297-1130

Brain Injury Support Group

A group focusing on open discussion for support, education, and recreation for survivors of neurological injuries and their family members.

- Braintree Rehabilitation Hospital at Plymouth, Plymouth, MA: 508-747-4720

Brain Tumor Support Group

This self help and shared experience support group is for patients and families affected by brain tumors.

- Maine Medical Center, Portland, ME: 207-662-4527

Breast Cancer Support Group

This group is for women who have had or who are currently in treatment for breast cancer.

- Addison Gilbert Hospital, Gloucester, MA: 978-283-4000 x403
- Ben Franklin Center at Franklin Memorial Hospital, Farmington, ME: 207-778-6031
- Beverly Hospital, Beverly, MA: 978-238-1850
- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255
- The Center for Cancer Support and Education, Arlington, MA: 781-648-0312

Breast Feeding Support Group

Support group for breastfeeding mothers facilitated by trained breastfeeding peer counselors and lactation specialists.

- The Memorial Hospital, North Conway, NH: 603-356-5461

Cancer Support Group

Weekly and monthly support groups for people with cancer and their families.

- Addison Gilbert Hospital, Gloucester, MA: 978-283-4000 x403
- Ben Franklin Center at Franklin Memorial Hospital, Farmington, ME: 207-778-6031
- Cooley Dickinson Hospital, Northampton, MA: 413-582-2028
- Martha's Vineyard Hebrew Center, Martha Vineyard, MA: 508-627-7958
- The Center for Cancer Support and Education, Arlington, MA: 781-648-0312
- The Wellness Community, Newton, MA: 617-332-1919

Caregivers Support Group

This support group is for friends and family who care for and support any person.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2503
- New England Sinai Hospital, Stoughton, MA: 781-344-8882
- The Center for Cancer Support and Education, Arlington, MA: 781-648-0312

Depression and Bipolar Support Group

This education and peer support group is open to anyone with depressive or manic-depressive disorders.

- DBSA-Attleboro, MA: 508-222-7525 x407

Diabetes Support Group

Monthly, day and evening, support groups for people with Diabetes.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385
- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255
- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4700

Grief and Loss

Learn the stages of grief and loss and how to develop your coping skills.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 x201

Headache Support Group

This support group allows those suffering from headache disorders to discuss and share their experiences as well as offering education and information.

- Cooley Dickinson Hospital, Northampton, MA: 413-268-7265

HOPE Group

Support for individuals and families who have experienced miscarriage, stillbirth or neonatal death.

- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4700

Kids Count Too!/Cancer Support Group

Monthly activity program for children ages 6-12 who has a parent with cancer

- The Wellness Community, Newton, MA: 617-332-1919

Melanoma Support Group

Group is open to all individuals who have been diagnosed with melanoma.

- Beverly Hospital, Beverly, MA: 978-922-3000 x2710

Mother's Support Group

Discussions in this group will include: postpartum recovery, parenting, relationships, breastfeeding/weaning, back to work/staying at home and child development.

- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255

Overeaters Anonymous

Do you suspect that food rules your life? Overeaters Anonymous may be the answer for you. It is not a diet club, rather it is a fellowship of people recovering from compulsive eating.

- Cooley Dickinson Hospital, Northampton, MA: 413-783-4198

Parkinson's Support Group

Support group for persons with Parkinson's disease. Program may include guest speakers.

- New England Sinai Hospital and Rehabilitation Center, Stoughton, MA: 781-297-1130

Prostate Cancer Support Group

This group is for men with prostate cancer and their families.

- Beverly Hospital, Beverly, MA: 978-236-1650
- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255
- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4700

Stroke Support Group

This monthly support group helps stroke survivors using speakers and open discussion on stroke recovery and prevention.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2345

Young Stroke/Brain Injury Support Group

Provides supportive environment for young adults who have experienced a stroke or brain injury; caregivers welcome.

- Braintree Rehabilitation Hospital, Braintree, MA: 781-348-2296

SPECIAL MEDICAL PROGRAMS

Adult Asthma Education

What you need to know to improve control of your Asthma: identifying triggers, proper use of a peak flow meter and inhaler, medication and treatments and ways to prevent episodes.

- Harvard Vanguard Medical Associates, Wellesley, MA: 1-877-439-5465

Arthritis Foundations' Self Help Course

This course will help individuals with Arthritis take a more active role in their care. Studies have shown that being involved in the care of your Arthritis will have less pain and will, exercise and relax more.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2534

Bone Camp

An evidence-based presentation teaching participants about osteoporosis will be shown. As well as education about the disease and latest research on exercise and its effects on the bones. Posture screening will be completed and instruction in safe movement with activities of daily living. Bone dancing will also be introduced.

- Core Fitness, Sturbridge, MA: 508-344-2567

Caring for your Heart

This monthly educational program is focused on those living with a heart condition, high blood pressure, or high cholesterol.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2404

Chronic Disease Management

A seminar that discusses coping with Diabetes, COPD, Cardio Vascular Disease, Asthma, and other chronic conditions.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201

COPD Education

This group will present an overview of the illness, a review of medications, spirometry (breathing test), nutritional needs and exercise techniques.

- Harvard Vanguard Medical Associates, Braintree, Chelmsford, Kenmore, Medford, Peabody, Quincy and Wellesley, MA: 877-439-5465

Depression

Learn how to recognize the symptoms of depression and access treatment options available.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 x201

Diabetes Self Management

A four week program taught by certified Diabetes educators to learn how to manage your Diabetes.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385

Insulin Pumpers

This group is for individuals who wear an insulin pump or are interested in learning about insulin pump therapy.

- Winchester Hospital Community Health Institute, Woburn, MA: 781-396-6437

Living with Diabetes

This 4-week, 2-hour class for people with diabetes and supportive others, covers physiology, medical care, oral medication and insulin, blood glucose monitoring, hypo- and hyperglycemia, nutrition, exercise, eye and foot care, sick day care, self management skills, goal setting and behavior change.

- Harvard Vanguard Medical Associates, Braintree, Kenmore, Peabody, and Wellesley, MA: 877-439-5465

Preventing Diabetes: Piecing Together The Puzzle

Learn steps to prevent or delay the onset of diabetes.

- Catholic Medical Center, Manchester, NH: 603-626-2626

SMART Program

A three day comprehensive Diabetes education and management program instructed by the staff of the New England Sinai Hospital Diabetes Center.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385

PARENTING

Babysitting And Beyond

This 2 day course offers children ages 11-15 an opportunity to develop the skills necessary to be safe and qualified.

- Catholic Medical Center, Manchester, NH: 603-626-2626

Basic Babysitter Training

Sessions include first aid, choke saving, fire prevention and safety instructions for 11 to 15 year olds.

- Safety and First Aid Education, Inc. Wilmington, Billerica, Tewksbury, Lowell, Chelmsford, Dracut, Littleton and Acton/Boxborough, MA: 978-703-1113

Basic Babysitter Training

This course will cover basic childcare skills, general first aid, and safety in emergency situations.

- Harvard Vanguard Medical Associates, Braintree and Wellesley, MA: 877-439-5465

Breastfeeding Class

Addresses nursing positions, common problems, breast pumping, weaning, returning to work and sexuality during breastfeeding.

- Harvard Vanguard Medical Associates, Burlington, Cambridge, Copley, Kenmore, Quincy, Watertown, Wellesley and West Roxbury, MA: 877-439-5465

Breastfeeding Clinic

Provides basic information, support, as well as help with positioning and techniques.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2096

Caring for Your Newborn

Class for expectant parents on routine care of infants and managing common problems.

- Harvard Vanguard Medical Associates, Braintree, Burlington, Cambridge, Kenmore and Wellesley, MA: 877-439-5465

Home Alone

For children who are home alone for short periods of time - includes telephone answering, door answering, accident and fire prevention and first aid techniques.

- Harvard Vanguard Medical Associates, Braintree and Wellesley, MA: 877-439-5465

Infant and Child CPR

Teaches adults CPR techniques to recognize and provide care for infants and children, ages one to eight, experiencing respiratory and cardiac emergencies.

- Harvard Vanguard Medical Associates, Braintree, Burlington, Chelmsford, Somerville and Wellesley, MA: 877-439-5465
- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Hyannis, Kingston, Weymouth, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Dracut, Littleton, and Acton/Boxborough, MA: 978-703-1113

Infant and Child First Aid

Covers first aid procedures and safety issues to help children of different ages.

- Harvard Vanguard Medical Associates, Wellesley, MA: 877-439-5465
- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Kingston, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Dracut, Littleton, and Acton/Boxborough, MA: 978-703-1113

Infant Massage

Infant massage incorporates nurturing touch, massage, and reflexology in a loving, fun, one-on-one interaction that is nourishment for baby's healthy development.

- Parkland Medical Center, Derry, NH: 603-421-2039

Life with Baby

This popular new parents' group is designed to present parenting and health information in a relaxed, friendly atmosphere. Mother, babies and their families' welcome

- Parkland Medical Center, Derry, NH: 603-421-2039

Mommy and Me Infant Yoga

Enhance your physical and mental well-being while bonding with your baby and other moms.

- Holistic Pathways, Gorham, ME: 207-839-7192

Nursing Mother's Group

Facilitated by a Certified Lactation Consultant we welcome moms and babies to bring their questions on breastfeeding and being a new mom.

- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4788

Safe Sitter

Course covers basic childcare skills, general first aid, and emergency situations. Designed for 11-13 year olds.

- Weeks Medical Center, Lancaster, NH: 603-788-5277

REPRODUCTION AND CHILDBIRTH

Childbirth One Day

This intensive one-day class includes information and support for planning your birth.

- Parkland Medical Center, Derry, NH: 603-421-2039

Expecting Twins or More

This class is designed for parents expecting twins or more. It focuses on the unique physical and emotional demands of a multiple pregnancy, including:

- Harvard Vanguard Medical Associates, Somerville, MA: 877-439-5465

Expecting your First Baby

Classes for expecting parents focusing on getting ready for labor and birth, comfort measures, cesarean birth and infant care basics.

- Parkland Medical Center, Derry, NH: 603-421-2039

Fertility, the Natural Way

A woman's body communicates the best time to achieve or avoid pregnancy with a variety of biological signs. Learn to recognize these signs and their relationship to fertility.

- Catholic Medical Center, Manchester, NH: 603-626-2626

Fit For Life: Exercise Program for All Stages of Pregnancy

If you are planning a pregnancy, expecting, or recently delivered your baby, you will benefit from this exercise class. The class addresses aerobics, strengthening and stretching of major muscle groups. Abdominal and pelvic floor work and relaxation will be part of all classes. Classes are taught by certified instructors.

- Core Fitness, Sturbridge, MA: 508-344-2567

Hypnobirthing

This class will focus on another choice of childbirth preparation.

- Harvard Vanguard Medical Associates, Braintree and Wellesley, MA: 877-439-5465
- Parkland Medical Center, Derry, NH: 603-421-2039

Menopause Moments

This program will help women better understand the symptoms and changes their bodies are experiencing during menopause.

- Parkland Medical Center, Derry, NH: 603-421-2039

Natural Childbirth Class

This class is for expectant parents who are interested in preparing for an unmedicated childbirth.

- Harvard Vanguard Medical Associates, Wellesley, MA: 877-439-5465

Prenatal Yoga

This course enables students to be as comfortable as possible during pregnancy. Additionally, students become stronger, more fit and more prepared for the big day!

- South End Yoga, Boston, MA: 617-869-4310
- Harvard Vanguard Medical Associates, Burlington, Quincy, Somerville, and Wellesley, MA: 877-439-5465
- Holistic Pathways, Gorham, ME: 207-839-7192

Prepared Childbirth Class

For first time parents-to-be, learn how to prepare for labor, delivery and postpartum. Patterned breathing and relaxation activities are included.

- Harvard Vanguard Medical Associates, Braintree, Burlington, Cambridge, Dedham, Kenmore, Wellesley, and Weymouth Woods, MA: 877-439-5465

Refresher Childbirth Class

Labor, delivery and postpartum issues for couples who have previously attended a prepared childbirth class.

- Harvard Vanguard Medical Associates, Wellesley, MA: 877-439-5465

FITNESS

Aqua

A total-body, non-impact workout where participants can strengthen muscles, increase flexibility and improve cardiovascular fitness.

- Atlantis Sports Clubs, Hyannis, MA: 508-862-2535

Basic Strength Training

A gentle exercise program designed to offer a safe way to maintain muscle elasticity, increase flexibility, strength, and range of motion.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

Beginner Strength Training

Strength Training is an important component in any exercise workout. It increases strength, flexibility, and balance. Using hand and ankle weights you will be proud to improve your overall fitness.

- Catholic Medical Center, Manchester, NH: 603-626-2626

Cardio Splash

The perfect class for all levels of fitness. Combines cardiovascular conditioning with low end & deep water training, A creative and fun approach to teaching makes this a class favorite!

- Atlantis Sports Clubs, Hyannis, MA: 508-862-2535

Diabetes and Exercise

A six week supervised exercise program for people with Diabetes. Meets two mornings a week for one hour.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385

Get Strong-Get Healthy

Exercise program includes stretching, aerobic warm-up and upper and lower strength training with weights, cool-down with yoga movements.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

Intermediate Bone Building Exercise Class

This active adult class deals with osteopenia or osteoporosis. Participants will learn posture, stretching and strengthening exercise using props and a modified Pilate's program. Bone dancing a researched supported movement to stimulate bone growth at the hips will be taught.

- Core Fitness, Sturbridge, MA: 508-344-2567

Line Dancing

This stimulating, weight-bearing activity provides the same benefits as low-impact aerobics.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

Pilates for Basic Back Care

This class will experience increased body awareness and inner strength to sustain correct posture and alignment for every day activities.

- The Anahata Yoga Center, Northampton, MA: 413-587-3177

Pelvic Floor Program

Safe & effective exercises, information, & tips for women, on how to improve problems with urine leakage, frequency, & prolapsed pelvic organs.

- Chiropractic HealthCare, Natick, MA: 781-235-1712

Senior Bone Building Exercise Class

A seated and standing exercise program for the osteopenia and osteoporosis population focusing on strengthening of all major muscle groups. Participants will also perform stretching, posture and balance exercises. During each class participants will perform bone dancing a research-supported movement to stimulate bone growth at the hips.

- Core Fitness, Sturbridge, MA: 508-344-2567

Walking Program

This 1-hour class is a simple way to boost your activity every day. Pedometer and strap are provided.

- Cape Cod Healthcare, MA: 877-729-7200

HEALTH AND SAFETY

American Heart Association CPR Training

AHA CPR training for Family and Friends and AHA Heartsaver with AED program.

- Parkland Medical Center, Derry, NH: 603-421-2039

Adult CPR

This course teaches recognizing and treating breathing, choking, strokes and cardiac emergencies (CPR) in adults and children.

- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Hyannis, Kingston, Weymouth, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Chelmsford, Dracut, Littleton and Acton, MA: 978-924-1981

Basic First Aid

In this certification class, you'll learn to recognize and treat common medical emergencies such as burns, bleeding, fractures, and shock.

- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Kingston, MA: 800-434-6000

CPR for Health Care Providers

This course provides healthcare professionals with the knowledge and skills to recognize and provide care in respiratory and cardiac emergencies, using the latest CPR and emergency cardiac care guidelines.

- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Hyannis, Kingston, Weymouth, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Chelmsford, Dracut, Littleton and Action/Boxborough, MA: 978-924-1981

MIND/BODY

Anxiety and Panic

Learn how to dissolve the feelings of panic and anxiety with a proven method that has worked for over 2000 years.

- New England Hypnosis Institute, Springfield, MA: 413-737-5434

Basic Swedish Massage

Learn basic Swedish massage to promote relaxation and overall wellbeing.

- Wellbeing Therapeutics, Watertown, MA: 617-879-3280

Boabom: Meditation in Movement

An ancient Tibetan art combining relaxation, breathing, self-healing, meditation, and movement.

- The Boston School of Boabom, Brookline, MA: 617-852-8077

Classic Yoga

Highly trained/certified instructors teach all levels & abilities, a very therapeutic & authentic style of yoga, using props & precise alignment to bring greater awareness.

- Portland Yoga Studio, Portland, ME: 207-799-0054

Family Yoga

Experience the joy of yoga as a family!

- Holistic Pathways, Gorham, ME: 207-839-7192

Kripalu YOGA

Perfect for the beginner or continuing student, focusing on breath, relaxation and self-acceptance, taught by experienced, registered yoga teachers.

- The YogaConnection, Plymouth, MA: 508-746-4446

Massage

Massage therapy uses a variety of techniques to help a client relax and heal.

- Maha Yoga Center, Bridgewater, MA: 508-697-3273

Meditation

This class offers a unique approach to meditation guiding one through the areas of our body, mind, and soul that need our attention.

- Mark Evans Acupuncture, Berlin, NH: 603-752-3800

Mindfulness ... *At Work for You*

This 6-week Mindfulness program can help you tap into your strength, stability and resilience, to meet the challenges of your everyday lives. In the same way that regular exercise improves physical health, regular mindfulness practice can actually change your thought patterns and your body's response to stress. Mindfulness also helps the body cope with physical challenges such as headaches, back pain, and even heart disease.

- Harvard Pilgrim Health Care, Wellesley, MA: 617-509-7713

Mindfulness & Meditation for Adults

Mindful awareness empowers you to actively disengage from habit reactions, creating insights that lead to healthy responses. Guided tools and meditation help you stay there.

- 8 limbs Holistic Health, LLC, Concord, NH: 603-228-9007

Mindfulness & Meditation for Kids

In these 8 week sessions for ages 10-14, kids learn to integrate mindfulness into their lives so struggles and tensions are less, focused attention is more, and a sense of inner peace prevails.

- 8 limbs Holistic Health, LLC, Concord, NH: 603-228-9007

Qi Gong for Arthritis

Special Qi Gong exercise designed for relief of arthritis pain and inflammation, restore joints flexibility, promotes circulation, immune function and healing.

- New England School of Tai Chi, Holliston, MA: 508-429-3895

Relaxation for the Mind and Body

This program will give you practical tips to use today to help you relax, slow down and laugh.

- Cape Cod Healthcare, MA: 877-729-7200

Reiki

A very ancient method of healing with a natural flow of energy that seeks to help find balance and harmony in the body-mind-spirit. Learn to give Reiki healing energy to assist others (and yourself!) on a wellness journey.

- Holistic Pathways, Gorham, ME: 207-839-7192

Reiki

A gentle yet profound method of promoting health and healing that allows and encourages relaxation, well-being and balance. It is safe for everyone and is often used as a complementary therapy.

- Compass Rose Healing Art, Londonderry, NH: 603-432-1488

Reiki Training

Students learn basic hand positions and methods for both self-treatment and treatment of family and friends. NHNA ceu's and credits are offered.

- Compass Rose Healing Art, Londonderry, NH: 603-432-1488

Reiki Training for Nurses & Caregivers

Learn this ancient form of hands-on healing to care for yourself and others. Classes with ceu's for nurses are offered monthly.

- Wellness and You, Westwood, MA: 508-359-6804

Restorative Mindful Adult Yoga

With deep awareness of your breath and body, these yoga classes will rejuvenate your inner Being, allow physical and mental tensions to release, rebalancing your body, mind and spirit.

- 8 limbs Holistic Health, LLC, Concord, NH: 603-228-9007

Stress Management

Unmanaged stress is a major cause of illness. Learn to manage your stress with a series of experiential exercises.

- Wellness and You, Westwood, MA: 508-359-6804

Stress Management

Learn how to identify stressors and how to manage the stressful events in your life. Stress management and intervention will be emphasized.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201

Stress Reduction Using the Alexander Technique

People contract in response to pain and stress, and with the Alexander Technique, people learn self-empowerment skills through hands on work.

- Healing Well Studio, Medfield, MA: 508-359-9355

Svaroopo Yoga

A precise and compassionate yoga practice that is designed to release the core tensions in your body.

- The Yoga Collaborative of Westborough, Westborough, MA: 508-341-6424

T'ai Chi

T'ai Chi is a mind/body exercise that provides great health benefits, improves energy, immune function and quality of life.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

T'ai Chi for Everyone

Modern simplified T'ai Chi choreographed in 9-move modules for easy and fun learning, better balance, stronger stamina, and calmer mind.

- HolliBalance Well-being Center, West Roxbury, MA: 617-697-7765

T'ai Chi /Qi Gong and Cancer

Weekly T'ai Chi and Qi Gong classes for people with cancer and cancer survivors.

- The Wellness Community, Newton, MA: 617-332-1919

Therapeutic Touch

Accelerates healing, promoting relaxation and a sense of comfort and well-being. It works to renew energy and vitality, assisting to reestablish the order in the system.

- Holistic Pathways, Gorham, ME: 207-839-7192

Yoga

- Catholic Medical Center, Manchester, NH: 603-626-2626
- Holistic Pathways, Gorham, ME: 207-839-7192
- Maha Yoga Center, Bridgewater, MA: 508-697-3273
- Sacred Circle of Yoga, Vineyard Haven, MA: 1-508-696-4513
- South End Yoga, Boston, MA: 617-236-0071
- Yoga Center of Cape Cod, East Dennis, MA: 508-385-8034

Yoga for Arthritis

Taught by a certified Kripalu Yoga teacher learn to decrease pain through deep, gentle stretching and breathwork.

- South End Yoga, Boston, MA: 617-236-0071

Yoga and Cancer

Weekly Yoga classes for people with cancer and cancer survivors.

- The Wellness Community, Newton, MA: 617-332-1919

Yoga/Pilates

Stretch & strengthen your entire body. Improve posture & minimize back & neck pain. Pilates mat & apparatus sessions. Yoga & Prenatal classes.

- Pilates Power Studio, Easton, MA: 508-230-9799

YOGA Therapy

A one-hour private yoga therapy session that uses the principles of Svaroopaa Yoga to create a profound release in your body.

- The Yoga Collaborative of Westborough, Westborough, MA: 508-341-6424