# Better Choices, Better Health
## Schedule of Events
**Updated as of February 13, 2012**

## Workshops

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| **January 12-February 16** | Workshop held every Thursday from 5-7:30 p.m.<br>Location: Exeter Hospital, 5 Alumni Drive, Exeter<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **January 17-February 21** | Workshop held every Tuesday from 11 a.m.- 1:30 p.m.<br>Location: Franklin Regional Hospital, Franklin<br>Leaders: Melissa Rizzo and Carolyn Muller<br>To register, contact Melissa at mrizzo@lrgh.org or (603) 934-2060 x8369 |
| **January 18-February 22** | Workshop held every Wednesday from 12:00-2:30 p.m.<br>Location: Health Reach Diabetes Center, 881 Lafayette Road, Suite G & H, Hampton<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **January 23-February 27** | Workshop held every Monday from 1:30-4:00 p.m.<br>Location: Epsom Public Library, Epsom<br>Leaders: Keliane Totten and Jen Brechtel<br>To register, contact Keliane at (603) 224-4093 x5815 or via email at keliane.totten@crvna.org |
| **January 23-February 27** | Workshop held every Monday from 11:30 a.m. – 2:00 p.m.<br>Location: Exeter Healthcare, 4 Alumni Drive, Exeter<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **January 26-March 1** | Workshop held every Thursday from 9:30 a.m.-noon<br>Location: Taylor Community Center, 435 Union Street, Laconia<br>Leaders: Carolyn Muller and Diane Poh<br>To register, contact Carolyn at (603) 527-2948 or via email at cmuller@lrgh.org |
| **January 31-February 28** | Workshop held every Tuesday from 9:30 a.m.-noon<br>Location: The Classroom @ Frisbie, Frisbie Memorial Hospital, 11 Whitehall Road, Rochester<br>Leaders: Karen Schibbles and Linda Hordison<br>To register, contact Rachel at (603) 332-3100 x8610 or via email at r.eichenbaum@fmhospital.com |
| **February 8-March 14** | Workshop held every Wednesday from 9:30 a.m.-noon<br>Location: Briar Pipe Apartments, 83 Washington St, Penacook<br>Leaders: Keliane Totten and Jennifer Brechel<br>To register, contact Keliane at (603) 224-4093 x5815 or via email at keliane.totten@crvna.org |
| **February 21-March 27** | Workshop held every Tuesday from 9:30 a.m.-noon<br>Location: Memorial Hospital, North Conway<br>Leaders: Sue LeFaue and Marcia Flannery<br>To register, contact Joan Lanoie at (603) 356-5461 x2291 or via email at joanlanoie@memorialhospitalnh.org |
| **February 29-April 4** | Workshop held every Wednesday (time to be determined)<br>Location: NH Minority Health Coalition, 25 Lowell Street, 3rd Floor, Manchester<br>Leaders: Glinda Allen and Delmy Bonilla<br>To register, contact Glinda at (603) 682-5490 or glinda@nhhealthequity.org or Delmy at (603) 858-2294 or delmy@nhhealthequity.org |

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| **March 1- April 15** | Workshop held every Thursday from 6:00-8:30 p.m.<br>Location: Visiting Angels, 14 Hooksett Road, Auburn<br>Leaders: Kathy Sherman and Michelle Walsh<br>To register, contact Debra Desrosiers at (603) 483-8999 or via email at d.desrosiers@visitingangelsnh.com |
| **March 7-April 11** | Workshop held every Wednesday from 9:30 a.m. to noon<br>Location: HealthReach Diabetes Center, 881 Lafayette Road Suite G&H, Hampton<br>Leaders: Jane Hackett and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **March 12-April 16** | Workshop held every Monday from 11:30 a.m.-2:00 p.m.<br>Location: Exeter Healthcare, 4 Alumni Drive, Exeter<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **March 15-April 19** | Workshop held every Thursday from 5-7:30 p.m.<br>Location: Plaistow Public Library, 85 Main St, Plaistow<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **March 22-April 26** | Workshop held every Thursday from 1 p.m.-3:30 p.m.<br>Location: The Classroom at Frisbie Memorial Hospital, 11 Whithall Road, Rochester<br>Leaders: Karen Schibbles and Rachel Eichenbaum<br>To register, contact Rachel at 603-322-3100 x8610 or via email at r.eichenbaum@fmhospital.com |
| **April 25-May 30** | Workshop held every Wednesday from 12:30-3:00 p.m.<br>Location: Newmarket Sunrise Sunset Senior Activity Center, 2 Terrace Drive, Newmarket<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **May 1-June 5** | Workshop held every Tuesday from 9 a.m.-12:30 p.m.<br>Location: Hooksett Public Library, 31 Mount Saint Mary's Way, Hooksett<br>Leaders: Keliane Totten and Jennifer Brechtel<br>To register, contact Keliane at (603) 224-4093 x5815 or via email at keliane.totten@crvna.org |
| **May 3-June 7** | Workshop held every Thursday from 12:30-3:00 p.m.<br>Location: Stratham Community Church, 6 Emery Lane, Stratham<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **May 4-June 8** | Workshop held every Friday from 9:30 a.m.-noon<br>Location: The Classroom at Frisbie Memorial Hospital, 11 Whithall Road, Rochester<br>Leaders: Mary Hunt and Rachel Eichenbaum<br>To register, contact Rachel at 603-322-3100 x8610 or via email at r.eichenbaum@fmhospital.com |
| **May 22-June 26** | Workshop held every Tuesday from 10:00 a.m.-12:30 p.m.<br>Location: Nichols Memorial Library, 47 Maplevale Road, Kingston<br>Leaders: Wendy Lannon and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| **May 22-June 26** | Workshop held every Tuesday from 1 p.m.=3:30 p.m.<br>Location: The Classroom at Frisbie Memorial Hospital, 11 Whithall Road, Rochester<br>Leaders: Linda Hardison and Rachel Eichenbaum<br>To register, contact Rachel at 603-322-3100 x8610 or via email at r.eichenbaum@fmhospital.com |
| **June 6-July 18 (no class on July 4)** | Workshop held every Wednesday from 9:30 a.m. to noon<br>Location: HealthReach Diabetes Center, 881 Lafayette Road, Suite G & H, Hampton<br>Leaders: Jane Hackett and Christine VanDerslice<br>To register, call the Exeter Hospital Referral Line at (603) 580-6668 or email healthreach@ehr.org |
| ***To Be Announced*** | Workshop held every Thursday from 2:00-4:30 pm<br>Location: Ingram Senior Center, 1 Sally Sweet Way, Salem<br>Leaders: Karen Bryant and Diana Kopp<br>Contact: Karen Bryant at (603) 890-2190 or via email at kbryant@ci.salem.nh.us |

## Leader Trainings

**A Leader Training will be held in May of 2012 in Northern New Hampshire.**
**Check back soon for more details!**