If you feel that everything is spinning out of your control, our health team is encouraging you to take control of your health and well-being. That is the focus of this bulletin. Taking care of yourself is not selfish – it is critical to all those around you who need you. Below are some thoughts from our team of ways to take control of your health and your family’s health:

**The Energize 365 Community-Wide Campaign** to Promote Physical Activity is a strategy of the Physically Healthy Collaborative Network of NEK Prosper. Energize Expedition! offers a chance to challenge yourself, your family, and your friends to be active in Caledonia and southern Essex counties. Participants who are active and earn at least 30 points receive an Energize Expedition! 2020 sticker and a chance to be entered into a drawing for larger prizes. It runs from July 1 – August 31, 2020. See: [https://nekprosper.org/energize-expedition/](https://nekprosper.org/energize-expedition/) for more information.

The St. Johnsbury area is ripe with trails. You can walk or bike in many safe places. Check out the Lamoille Valley Rail Trail or the Rankin trails near Danville off of Clarks Road: [https://caledoniatrailcollaborative.org/trails](https://caledoniatrailcollaborative.org/trails). The Town Forest has trails to walk (behind the St. Johnsbury Town Garage across from the Fred Mold Park on Concord Ave. and Gravel Rides has great back roads to explore.

If you are interested in expressing yourself through the arts, Northern Counties and Catamount Arts are partnering to engage people who may be isolated. The program is called create HEALTH. Writing and art supplies are included in this program. Please contact Laurie Somers if you are interested in knowing more about this: lauriesom@nchcvt.org.

**NKHS Warm Lines**: You can dial these anywhere in Vermont without the area code first.  
749-1111 – Parent Support Line (24/7)  
749-1112 – Recovery Warm Line (8:30 AM – 5:00 PM)  
749-1113 – Emotional Support Warm Line (8:30 AM – 5:00 PM)  
** If you have resource questions, dialing 2-1-1 is still available (or visit vermont211.org.)

**Online Nurturing Program** for parents in recovery starts Tuesday, June 30 at 4 PM. Call Cindy at (800) 244-5373 or cwells@pcavt.org if you are interested.

**Do you, your friends, neighbors, or your family need food?**  
**NEKCA Food Shelf** is open 4 days a week, Mon, Tues, Thurs, Friday 9am - 12noon and then 1pm-3. No appointment is necessary, and it is open to everyone in the community. You may reserve a box of produce to pick up each Friday beginning July 10 and through August.
Kingdom Community Services is open Tuesday and Thursday from 12 noon – 3:45 PM: 36 Steeple Place, St. Johnsbury (751-8581). Off of Main Street, between St. John’s and the United Community Churches. [https://www.facebook.com/KingdomCommunityServices/](https://www.facebook.com/KingdomCommunityServices/)  
[https://www.kingdomcommunityservices.org/](https://www.kingdomcommunityservices.org/)

Veggie Van Go – 2nd Thursday at St. Johnsbury School; 3rd Thursday at NVRH – all are welcome.

If you are sick, call your health care provider first. If you do not have a primary health care provider, call NVRH at 748-8141 and ask for the “on-call primary care provider”.

![Image of a coronavirus poster with tips for maintaining emotional well-being.](https://example.com/poster)

We wash our hands for our physical health, learn the Five Signs of Emotional Suffering to keep up with your mental health.

- Not Feeling Like U?
- R U Withdrawn?
- R U Agitated?
- Caring 4 U?
- Feeling Hopeless?