



HEALTH & WELLNESS COMMITTEE

Mission Statement: "Building a community network of wellness through education and shared resources for body, mind and spirit."

IN January 2022 WE FOCUS ON



Long Term Health Goals to Make in the New Year

A new year is here and instead of making New Year Resolutions that you will ditch by March; the Greater Cape Ann Chamber's Health & Wellness Committee thinks making long term health goals that will provide a better quality of life is a more achievable goal to make for 2022.



Health Goals for 2022, A Message From Bruce Cohn of Fit Forward

Challenge yourself to be as specific as possible and avoid general statements like “I want to get more fit in the New Year.” Make sure your goal can be measured and that it can be achieved in a specific timeframe. I think the simplest way to think about your fitness/health goals is to ask: Can I do what I need to in my activities of daily living? Can I respond in an emergency situation? Can I participate in activities that I enjoy? Have a happy and healthy 2022 and if I can help, please don’t hesitate to reach out to me at: bruce.coach@gmail.com or visit fitforwardma.com

[Read More](#)



Make Protecting Your Hearing a Goal for the New Year

The New Year is a perfect time to put your health and wellness at the top of your to-do list. Find out how to protect your hearing and take action. This starts by getting informed about your own hearing wellness. An annual hearing test is recommended whether or not you suspect hearing loss. Most people with a mild hearing loss are unaware of their loss. Schedule a full hearing evaluation with a licensed hearing professional.

[Read More](#)

Don't forget to get vaccinated! To find a vaccination clinic near you, [click here](#)

Get Involved with Health & Wellness in the Cape Ann Region

The Health & Wellness Committee meets the 3rd Wednesday of each month at 8am. Members represent various sections of the health and wellness industry and share in the common goal of improving the lives of the individuals and families of Cape Ann.

Contact Olivia@capeannchamber.com to join!

Health & Wellness Committee Members:

ABC Home Healthcare Professionals

Addison Gilbert Hospital / Beth Israel Lahey Health

Backyard Growers

Beauport Hearing Care

Bliss Bites

Bonneville Design

Cape Ann Botanicals

Cape Ann Cannabis

Cape Ann Mass in Motion

Cape Ann YMCA

City of Gloucester Board of Health

Children's Friend & Family Services

Connected Home Care

Emily DeBenedictis, Art Therapy

Needy Meds

The Open Door

SeniorCare Inc.

Sound Living Therapy Services

Spaulding Outpatient Care