

Ostomy Support Group

Whether permanent or temporary, it can be difficult to adjust to the changes in your life after an ostomy.

Catholic Medical Center's **free** ostomy support group can provide a safe place for those learning to live with an ostomy and those who are helping them during their journey.

Our experts and your ostomates will provide support and encouragement and answer questions.



Join us!

5-6 PM first Wednesday of each month
beginning Jan 4, 2023

Reserve your space by calling: **603.663.5231**
(please leave a message)

195 McGregor St—Mill West Corporate Center
(brick building across street from hospital, use South entrance)
Community Health Services Conference Room
Lower level—suite 22



Wound &
Ostomy Center