



**groceries - juice bar - local produce  
health and beauty - vitamins - herbs  
bulk products - coffee - and more**

**101 Cottage Street, Bar Harbor, ME  
207-288-8480**

**Hardware-Retail (Cont)**

Granville's Ace Hardware Rte 172 S ..... 374-5645

**HAMMOND LUMBER COMPANY**  
  
**TOLL FREE IN MAINE  
1-866-HAMMOND**  
**"Experience To Build On"**  
**www.hammondlumber.com**

<b>Auburn</b> ...282 Poland Rd.....	<b>784-4009</b>
<b>Bangor</b> ...1087 Hammond St.....	<b>945-9416</b>
<b>Belgrade</b> ...2 Hammond Drive.....	<b>495-3303</b>
<b>Fairfield</b> ...5 Summit St.....	<b>453-7322</b>
<b>Farmington</b> ...389 Farmington Falls Rd.....	<b>778-3518</b>
<b>Greenville</b> ...17 Minden St.....	<b>695-4583</b>
<b>Portland</b> ...300 Riverside St.....	<b>771-8880</b>
<b>Skowhegan</b> ...34 Pennell St.....	<b>474-8122</b>

**JOHNSON'S TRUE VALUE**  
188 North St Calais ..... 454-2551  
(See Ad Previous Page)

**LUBEC HARDWARE**  
33 Water St Lubec ..... 733-2839  
M D Joyce Co Deer Isle ..... 348-2316  
Machias Hardware Co 26 Main Mach ..... 255-6581

**McEACHERN & HUTCHINS INC**  
Rt 102 Tremont Rd Bass Harbor ..... 244-5567  
(See Ad Previous Page)

**PARADIS TRUE VALUE**  
31 Holland Ave Bar Harbor ..... 288-4995  
(See Ad Previous Page)

Pinkham H F  
From Columbia Milbridge Route 1 Mlbg ..... 546-7828  
Pinkham H F Inc  
From Cutler Machias Route 1 Mach ..... 255-6692  
V & S Variety Store Route 15 RFD #1 ..... 367-5570  
Wadsworth S L & Son 42 Water Espt ..... 853-4343

**Hardwood & Hardwood Floors**

See Floor Laying Refinishing Resurfacing; Floor Materials;  
Lumber-Retail

**Harvesting Machines**

See Farm Equipment

**Hauling**

See Trucking-Heavy Hauling

**Health Agencies**

Down East AIDS Network 25 Pine Ell ..... 667-3506  
Downeast Healthy Tomorrows 69 Washington Lub ..... 733-4760  
Living Innovations 14 E Main Mach ..... 255-3355

**Health Care Consultants**

Downeast Community Hospital Healthy Tomorrows  
Route 1 Mach ..... 255-0130

**Health Clubs**

Carol's Neighborhood Gym River Rd Buck ..... 469-6930  
Curves 1049 Main Mt Desert ..... 244-4466  
Curves 20 Hinkley Ridge Rd Blue Hill ..... 374-8900  
Curves 124 Route 1 Buck ..... 469-3900  
Curves 263 North St Cal ..... 454-2787  
Curves For Women 163 High Ell ..... 664-7477  
Ellsworth Tennis Center  
35 Eastward Ln Ellsworth ..... 664-0400

**HOLIDAY INN SWIM & FITNESS CENTER**  
215 High St Ellsworth ..... 667-9341  
(See Ad Page 79)

Indian Township Fitness Center Route 1 Indian Twp ... 796-5004  
Olympia Fitness Center 12 Barker Cal ..... 454-8564

**Health & Diet Food Products-Retail**

See Also Vitamins & Food Supplements

**A & B NATURALS**  
101 Cottage St Bar Harbor ..... 288-8480  
(See Ad This Page)

Blue Hill Food Co-Op Main Blue Hill ..... 374-2165  
Coastside Corporation Stonington ..... 367-2297  
Nature's Pantry Health Foods 168-A North St Cal ..... 454-7620  
Whole Life Natural Market 80 Main Mach ..... 255-8855

**Health & Diet Food Products-Wholesale & Manufacturers**

Gladstone's Under The Sun 41 High Ell ..... 669-6046  
Indian Meadow Herbals Eastbrook ..... 565-3010  
Maine Coast Sea Vegetables Main Fkn ..... 565-2907

**Health & Fitness Program Consultants**

Cattitude 137 Main Ne Hbr ..... 276-3396  
Community Health Alliance 15 Ellsworth Rd Blue Hill ..... 374-3800  
Full Body Fitness & Tanning 25 Eastward Ln Ell ..... 667-1236

**Health Insurance**

See Insurance

**Health Maintenance Organizations**

Bagaduce Area Health Resources Court Castne ..... 326-8005  
Center For Sleep Disorders 321 High Ell ..... 667-1506  
Coastal Hancock Healthy Communities  
194 Main Ell ..... 667-5352  
DTA Center For Learning And Growing  
102 Main Ell ..... 667-6783  
Downeast Health Service Inc 71 Court Mach ..... 255-8280  
Lubec School-Based Health Center  
South Street Ext Lub ..... 733-2432  
MDI Marathon 8 Summit Rd Mt Desert ..... 276-4226  
Maine Lymphedema Network 3 High Ell ..... 667-9662  
Raven Hill Integrated Therapies LLC 185 State Ell ..... 664-6116  
Regional Medical Center At Lubec  
69 Washington Lubec Ellsworth TelNo ..... 664-0978  
Rural Health Partners Court Castne ..... 326-9162  
Township Health Center Indian  
197 Route 1 Indian Twp ..... 796-2725  
Women's Health Center 8 Wayman Lane Bar Hbr ..... 288-8100

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