

A SPRING CLEAN WEEKEND

Have fun and be alcohol-free

Sponsored by Emma Ansara, FNP
Western Maine Family Health Center

April is Alcohol Awareness Month, a campaign initiated by the National Council on Alcoholism and Drug Dependence (NCADD). The NCADD encourages everyone to join together for an alcohol free weekend, urging those who struggle during the three day span to seek guidance from organizations such as Alcoholics Anonymous.



Individuals and families wrestle with the anxiety stemming from addiction daily. 14 million people in the U.S. have an addictive or abusive relationship with alcohol, leading to health related issues such as heart disease, liver disease, stroke, and some types of cancer. The negative affects of alcohol in the U.S. are severe and incidents of abuse continue to rise.

This spring, encourage the people around you to join you for an alcohol free weekend. Try out one of these healthy activities.



Take a canoeing or kayaking adventure



Plant some seedlings for this year's garden



Invite friends over for a Sunday brunch



Go for a hike or try a town walking tour

Run a 5K with a group of friends
(add some extra fun by making themed T-shirts)



For more fun ideas visit:
www.roadracerunner.com
www.trails.com
www.visitmaine.com
www.mainetrailfinder.com

For more information visit:
www.ncadd.org
www.alcohol-information.org
www.aa.org

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HealthReach
Community Health Centers

4/2011

11 locations to serve you:

Bethel Family Health Center – Bethel
Bingham Area Health & Dental Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Family Medicine – Rangeley
Strong Area Health & Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls