

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Bingham Health Center Offers Free Living Well Class

BINGHAM - Bingham Area Health Center is pleased to offer a FREE Living Well for Better Health class starting Tuesday, May 23. Because ongoing health conditions affect so many adults, Spectrum Generations offers this interactive workshop where participants learn tools to better manage their own health conditions. The Living Well workshop has also been shown to reduce hospitalizations by improving participant's ability to take care of their health.

Topics discussed during this six-week course include depression, medication use, nutrition, and communication skills. Classes run from 2:00 to 4:30 PM every Tuesday for six weeks. The class begins on Tuesday, May 23 and ends on June 27. All sessions will be held at Bingham Area Health Center.

To register or for more information, please call The Prevention Center at (207) 872-4102. Bingham Area Health Center is located at 237 Main Street in Bingham. Living Well for Better Health is FREE and open to the public. Caretakers and spouses are welcome to attend as well!

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[Bingham Area Health Center](#) is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Bingham offers a range of services including family medical care, counseling, and general dentistry to residents of Bingham, Solon, Moscow, Madison, Skowhegan, Embden, Anson and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.