

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Belgrade Central Students Walked Across Maine!

BELGRADE—On May 29, staff and providers from Belgrade Regional Health Center visited Belgrade Central School to lead a Walk Across Maine. The event began with a wellness assembly. Amy Madden, MD and Rob Cianfarano, PA—providers at the health center and parents of Belgrade Central students—talked to kids about what it means to be healthy. Front office and nursing staff members from the health center were also present. Next, students took to the field to walk the total combined miles from Escourt Station (Maine's northernmost point) to the Portland Sea Dogs Hadlock Field. The health center simulated a walk across Maine by posting signs reading "You are now leaving Escourt



Sadie Pieh, Slugger and Amy Madden, MD

Station" and "Welcome to Moosehead Lake." The walk also included obstacle courses to simulate walking through the forest and swimming across the Kennebec River. Students rounded the bases as they reached their final destination of Hadlock Field, and were greeted with hugs and high fives from special guest Slugger, mascot of the Sea Dogs.

Belgrade Regional Health Center is proud to partner with Belgrade Central School as part of the HealthReach Youth

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Initiative, a program to promote nutrition and physical activity to children and families in HealthReach communities. Through the Youth Initiative, Belgrade Regional Health Center participates in the Let's Go! 5-2-1-0 childhood obesity prevention program, collaborates with Healthy Northern Kennebec to offer SNAP-Ed courses, and offers educational programs for schools. This year's Walk Across Maine is meant to be the first of many. Let's hope for the same perfect weather for next year's Second Annual Walk Across Maine!

About Belgrade Regional Health Center

Belgrade Regional Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

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