

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Living Well class returns to Belgrade Regional Health Center

BELGRADE— Belgrade Regional Health Center is pleased to announce that the Living Well for Better Health class is returning this summer. Created by Stanford School of Medicine, this nationally recognized class is designed to help people manage their chronic illnesses such as diabetes, obesity and chronic pain. Working within a supportive environment, participants will learn the tools and techniques to take charge and manage their chronic conditions.

Topics discussed during this six-week course include depression, medication use, nutrition, and communication skills. Classes run from 8:30am to 11:00am every Thursday for six weeks. The class begins on Thursday, July 9th at Belgrade Regional Health Center.

Belgrade Regional Health Center is located at 4 Clement Way, Belgrade, ME.

Please call 872-4102 for more information, or to sign up for the class. Living Well for Better Health is FREE and open to the public. Caretakers and spouses are welcome to attend as well.

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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