

HealthReach Community Health Centers



Contact: Joshua D'Errico
Communications Department
Tel. 207-660-9914

Joshua.Derrico@HealthReach.org
05/13/2016
FOR IMMEDIATE RELEASE

FREE Living Well for Better Health Class at Belgrade Regional Health Center

BELGRADE – Belgrade Regional Health Center is pleased to host a Living Well for Better Health class starting Thursday, July 14. 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 12:30 to 3:00 PM every Thursday for six weeks. The class begins on Thursday, July 14 and ends on August 18. All sessions will be held at Belgrade Regional Health Center.

To register or for more information, call the Center for Prevention and Aging at (207) 872-4102. Belgrade Regional Health Center is located at 4 Clement Way (off Rt. 27) in Belgrade. Living Well for Better Health is FREE and open to the public. Caretakers and spouses are welcome to attend as well.

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 medical and behavioral healthcare 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 healthcare and medications including the Health Insurance Marketplace. A private, non-profit with a 41-year history, HealthReach is funded by patient fees, grants and individual donations.

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