

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Belgrade Regional Health Center Holiday Obstacle Course

BELGRADE - Belgrade Regional Health Center will join the 16th Annual Belgrade Christmas Stroll on Saturday, December 7th from 4:00 to 7:00 PM at the old Lake Shore Hotel property in Belgrade Lakes.

The Health Center will provide activities for the whole family including a crafting project for children, an obstacle course with prizes, a cheery fire pit to keep everyone warm, and plenty of popcorn as a healthy snack. Visitors are encouraged to bring copies of their favorite healthy recipes. The Health Center is collecting nutritious recipes for a Community Cookbook, which will be finished in 2014.

The obstacle course is part of the Health Center's youth initiative to fight childhood obesity by improving nutrition and promoting physical activity. It will be located on the front lawn of the Lakeshore Hotel on Main Street in Belgrade Lakes.

During the 16th Annual Christmas Stroll, the village streets will be lit with hundreds of luminaries and happy faces. Santa will be on hand to visit with children, horse drawn carriage rides will be available, and hot cider, popcorn, and other goodies will be on hand at area shops. Visitors can ask for a Christmas Stroll Passport and have it stamped by local vendors. Once the Passport is filled, the holder's name will be entered in a raffle for great prizes provided by local businesses. Passport holders are encouraged to include a donation to the local food pantry when turning in their filled Passport.

Belgrade Regional Health Center is a practice of HealthReach Community Health Centers, a system of eleven Federally Qualified Health Centers and two dental practices 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 major insurances and Medicare and MaineCare, offers an Affordable Care Program based on family size and income to uninsured and underinsured residents, and assist patients in enrolling in programs that help pay for health care and medications, including the new Health Insurance Marketplace. A private, non-profit organization celebrating a 38 year history, HealthReach is funded by patient fees, grants and individual donations.

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