

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Belgrade Regional Health Center hosts Cabin Fever Bash

BELGRADE – In an effort to break everyone's cabin fever, Belgrade Regional Health Center will host free seasonal activities that are fun for the whole family on Sunday, February 15 from 12:00 to 3:00 PM.

The health center staff will offer snowshoeing along their walking trail, snow fort building, and an Olaf Snowman Contest. There will be a cheery fire pit with hot cocoa and s'mores, and fun games and crafts. Visitors can bring their own snowshoes or borrow a pair from the health center. If there is not enough snow for snow forts and snowmen, there will be street hockey games in the parking lot. Kids can also enjoy a Story Walk.

The Story Walk and trivia game are part of the health center's Youth Initiative to fight childhood obesity by improving nutrition and promoting physical activity.

The health center is located at 4 Clement Way, off Route 27 in Belgrade. For more information, call (207) 495-3323 or visit www.BelgradeCHC.org.

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 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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