

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## **Belgrade Health Center to hold Free Flu Shot Clinic**

BELGRADE - Have you had your flu shot, yet? Belgrade Regional Health Center will hold its annual flu clinic on Saturday, October 11, from 9:00 AM to 12:00 PM for patients and community members.

100 free vaccines will be available on a first-come, first-served basis thanks to the generous support of Belgrade Regional Health Center, Inc. Insurances will not be billed. Donations to the Health Center, however, are welcome.

According to the Maine Center for Disease Control, influenza is a serious disease that can lead to hospitalization and death. Although anyone can contract the flu, certain populations are at a higher risk of flu-related complications. They include young children, persons aged 50 or older, health care personnel, pregnant women, people with chronic lung disease, diabetes, heart disease, neurologic conditions and certain other long-term health conditions. It is recommended that everyone six months of age and older obtain a yearly flu vaccine, ideally by October.

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](http://www.BelgradeCHC.org).

Belgrade Regional Health Center is a practice of HealthReach Community Health Centers, a system 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, we offer an Affordable Care Program to uninsured and underinsured residents and assist with applications for other programs that help with the cost of health care and medications including the new Health Insurance Marketplace. A private, non-profit organization with a 39-year history, HealthReach is funded by patient fees, grants and individual donations.

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