

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## **Belgrade Health Center hosts Holiday Stroll fun**

BELGRADE - Belgrade Regional Health Center will host fun seasonal activities for the whole family during the 17<sup>th</sup> Annual Belgrade Holiday Stroll on Saturday, December 6 from 12:00 to 3:00 PM.

The Health Center staff will offer snowshoeing along their walking trail, igloo building, and an Olaf Snowman Contest. There will also be a cheery fire pit with mulled cider, hot cocoa and s'mores. Visitors are encouraged to bring their own snowshoes as the number of available snowshoes at the health center is limited. If there is not enough snow for igloos and snowmen, there will be street hockey games in the parking lot. Kids can also enjoy a Story Walk and a health-themed trivia game.

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](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 people 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 other programs that help with the cost of health care and medications including the 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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