

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Living Well class returns to Belgrade Regional Health Center

BELGRADE—Belgrade Regional Health Center is pleased to announce that *Living Well for Better Health* is returning to the area this spring. Created by Stanford School of Medicine, this nationally recognized class is designed to help people manage their chronic illnesses such as diabetes, obesity and chronic pain. Working within a supportive environment, participants will learn the tools and techniques to take charge and manage their chronic conditions. Caretakers and spouses are welcome to attend as well.

Topics discussed during this six week course include depression, medication use, nutrition, and communication skills. Classes run from 2:30 to 5:00 PM every Tuesday for six weeks. The class begins on Tuesday, May 13th at Belgrade Regional Health Center.

Belgrade Regional Health Center is located at 4 Clement Way, Belgrade, ME. www.BelgradeCHC.org

Please call 872-4102 for more information or to sign up for the class. The class is FREE and open to the public. Belgrade Regional Health Center has partnered with Spectrum Generations and MaineGeneral to host the *Living Well* series.

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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