

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Living Well class comes to Rangeley Family Medicine

RANGELEY - The nationally recognized *Living Well for Better Health* series is coming to Rangeley Family Medicine this spring. Created by the Stanford School of Medicine, this class is designed to better the health of individuals with chronic illnesses, such as diabetes, chronic pain, and high blood pressure. Participants work within a supportive, environment and learn the tools and techniques to take charge and manage their chronic conditions. Topics discussed include stress management, settings goals, eating well and medication use.

Classes run from 10:00 AM to 12:30 PM every Wednesday for six weeks starting May 21. The entire series is FREE and open to the public. The course will be held at Rangeley Family Medicine located at 42 Dallas Hill Rd. Rangeley, ME. Rangeley Family Medicine has partnered with SeniorsPlus, the Area Agency on Agency for Franklin County, to host this class.

Please call 1-800-427-1241 for more information or to sign up for the class.

Rangeley Family Medicine is one of 11 Federally Qualified Health Centers of HealthReach Community Health Centers located throughout Central and Western Maine, dedicated to providing high quality health care to individuals from birth through retirement and beyond. We also assist people with applications for programs that help with the cost of health care, medications and laboratory services, and enrollment in the new Health Insurance Marketplace. HealthReach is a private, non-profit organization that has been serving the communities of Maine for 39 years.

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Attached Image: Rangeley-Family-Medicine.jpg