

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Free Living Well class comes to Strong Area Health Center

STRONG - Strong Area Health Center is pleased to announce that the *Living Well for Better Health* class is coming to the area this spring. Developed 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. Former participants say they feel better and have more energy and motivation.

Topics discussed during this six week course include depression, medication use, nutrition, and communication skills. Past participants say that creating action plans and finding common ground with fellow classmates have been the biggest contributors to their success.

The six week class is free, and open to the public. Though the class is targeted towards individuals with a chronic condition, spouses and care-takers are welcome. Classes run from 2:30 to 5:00 PM every Wednesday for six weeks starting May 21 at Strong Area Health Center. Strong Area Health Center has partnered with SeniorsPlus, the Area Agency on Aging for Franklin County, to host this class.

Strong Area Health Center is located at 177 North Main Street, Strong, ME. Please call 1-800-427-1241 for more information or to sign up for the class.

Strong Area Health Center 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: Strong Area Health and Dental Center.jpg