

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Healthy Gains without the pain at Belgrade Regional Health Center

Belgrade – The first quarterly Healthy Gains meeting at Belgrade Regional Health Center will take place on Wednesday, November 6 at 5:00 PM. The meeting is free to all participating Healthy Gains patients and interested members of the community.

The Healthy Gains Program was created to help patients and members of the community improve their overall health. The Program emphasizes a healthy lifestyle and nutritious diet, instead of focusing on losing weight.

The November 6 meeting will help attendees improve nutrition while on a limited budget, learn helpful cooking tips, and pick up healthy recipes. Everyone is encouraged to bring some of their own nutritious recipes to share. Recipe binders will be provided by the Health Center. A nutritionist will be on hand to offer dietary advice and a list of local resources that encourage activity.

The Belgrade Regional Health Center has been providing essential health care to the Belgrade Lakes region since 1977. More than 2,500 residents and visitors receive quality care close to home each year.

For more information about the Healthy Gains meeting, call (207) 495-3323 or visit BelgradeCHC.org.

Belgrade Regional Health Center is one of eleven practices 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 all 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. A private, non-profit organization with a 38 year history, HealthReach is funded by patient fees, grants and individual donations.

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