

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## Free Living Well class comes to Bingham Area Health Center

BINGHAM – The Bingham Area Health Center is pleased to announce that the *Living Well for Better Health* class is coming to the area this spring. This nationally recognized class is designed to empower people to take charge and self-manage their chronic condition, such as arthritis, obesity, and diabetes. Within a relaxing and supportive environment, topics discussed include depression, medication use, nutrition, and communication skills. Former participants say they feel better and have more energy and motivation.

The six week class is free and open to the public. Although the class is targeted towards individuals with a chronic condition, spouses and care-takers are welcome. Classes run from 2:00 to 4:30 PM every Thursday for six weeks starting May 29 at Bingham Area Health Center. Bingham Area Health Center has partnered with Spectrum Generations and MaineGeneral to host this class.

Bingham Area Health Center is located at 237 Main Street, Bingham, Maine. Please call 872-4102 for more information or to sign up for the class.

Bingham 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:** Bingham Area Health Center.jpg