

HealthReach Community Health Centers



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03/11/2014

FOR IMMEDIATE RELEASE

Free Living Well class returns to Sheepscot Valley Health Center

COOPERS MILLS – Sheepscot Valley Health Center is pleased to announce that the Living Well for Better Health class 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.

Topics discussed during this six week course include depression, medication use, nutrition, and communication skills. Through open discussion and brainstorming with the class, participants can feel connected and inspired by one another. Classes run from 9a.m to 11:30a.m every Tuesday for six weeks. The class begins on Tuesday, March 25th at the Whitefield Lions Club.

The Whitefield Lions Club is located at 52 Main St. Cooper Mills and is next door to the Sheepscot Valley Health Center.

Please call 872-4102 for more information or to sign up for the class. The class is FREE and open to the public. Caretakers and spouses are welcome to attend as well.

Sheepscot Valley Health Center is one of the 11 federally qualified health centers of HealthReach Community Health Centers. HealthReach has practices located throughout Central and Western Maine. As a private, non-profit organization we are dedicated to providing first-class healthcare to all individuals. Sheepscot Valley Health Center has partnered with Spectrum Generations and MaineGeneral Medical Center to host the Living Well for Better Health class.

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