

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Kingfield health center promotes backpack safety for students

KINGFIELD - In an effort to increase awareness of backpack safety and how best to fill and wear a backpack, Mt. Abram Regional Health Center will host fourth grade students from Kingfield Elementary School on Friday, October 3 from 11:45 AM to 1:00 PM.

The students will arrive at the Health Center with their backpacks holding whatever they would usually carry. They will then weigh their backpack and Mt. Abram staff, led by Christie King, FNP, will give them a paper with the actual weight and what the maximum recommended weight should be. Proper wearing, posture and weight distribution will also be discussed. Additional information will be given to the students to take home to their parents and guardians to review.

According to the U.S. Consumer Product Safety Commission, more than 2,000 backpack-related injuries were treated at hospital emergency rooms, doctors' offices, and clinics in 2007.

Mt. Abram Regional Health Center is located at 25 Depot Street in Kingfield. To learn more the health center, call 207-265-4555 or visit www.MtAbramCHC.org.

Mt. Abram Regional Health Center is a practice 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 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 including the new Health Insurance Marketplace. A private, non-profit organization with a 39-year history, HealthReach is funded by patient fees, grants and individual donations.

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