Contact: Joshua D'Errico
Communications Department
Tel. 207-660-9914

Joshua.Derrico@HealthReach.org
03/26/2018
FOR IMMEDIATE RELEASE

Richmond Health Center to offer FREE Living Well for Better Health series

RICHMOND – Richmond Area Health Center is pleased to offer **a FREE Living Well for Better Health series starting Tuesday, April 24.** Because ongoing health conditions affect so many adults, Spectrum Generations offers this interactive workshop series where participants learn tools to better manage their own health conditions. The Living Well workshop has also been shown to reduce hospitalizations by improving participant's ability to take care of their health.

Topics discussed during this six-week course include depression, medication use, nutrition, planning your future and how to talk with your health provider. **Classes run from 9:00 to 11:30 p.m. every Tuesday for six weeks.** The class begins on Tuesday, April 24 and ends on May 29. **All sessions will be held at the Golden Oldies Senior Center in Richmond.**

To register or for more information, please call Jennifer at (207) 620-1657. Golden Oldies Senior Center is located at 314 Front Street in Richmond.

Living Well for Better Health is FREE and open to the public. Caretakers and spouses are welcome to attend as well!

###

Richmond Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Richmond offers a range of services including family medical care, counseling, and care management to residents of Richmond, Gardiner, Litchfield, Dresden, Bowdoinham, Augusta, Pittston, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.