

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Living Well for Better Health Class in Richmond

RICHMOND – Richmond Area Health Center is pleased to host a Living Well for Better Health class this month, starting September 22. Because ongoing health conditions affect so many adults, Spectrum Generations offers this interactive workshop 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 better.

Topics discussed during this six-week course include depression, medication use, nutrition, and communication skills. Classes run from 9:00am to 11:30am every Tuesday for six weeks. The class begins on Tuesday, September 22nd and ends on October 27. All sessions will be held at the Golden Oldies Senior Center.

Golden Oldies Senior Center is located at 314 Front Street, Richmond.

To register or for more information, call Jennifer Fortin at Spectrum Generations 620-1657, or by e-mail at jfortin@spectrumgenerations.org. 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. 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, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

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