

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

LEARN TO SHOP, COOK, AND EAT HEALTHY ON A BUDGET!

STRONG – Are you looking for a way to make healthier meals at home without breaking your budget? Strong Area Health Center has partnered with Maine SNAP-Ed to offer a Teaching 10 Tips nutrition course which is **FREE to anyone in the public** and will be held at the Foster Memorial Building in Strong starting January 26th.

Teaching 10 Tips is a 4-class series that teaches participants how to cook healthy and delicious meals while saving money at the grocery store. Work with a professional nutritionist from the Healthy Community Coalition and enjoy free food tastings at each class! You will also receive a \$10 Hannaford Gift Card during a grocery store tour as part of the course. The classes will take place Thursdays on January 26th, February 2nd, 9th, and 16th, from 3:00 p.m. to 4:00 p.m.

To register, call Strong Area Health Center at 207.684.4010. Space is limited, so register early! The Foster Memorial Building is located at 14 South Main Street, Strong.

Strong 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 medical and behavioral healthcare 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 healthcare and medications including the Health Insurance Marketplace. A private, non-profit with a 42-year history, HealthReach is funded by patient fees, grants and individual donations.

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