

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## **FREE Living Well for Better Health Class in Strong**

STRONG – Strong Area Health Center is pleased to announce a Living Well for Better Health class starting Wednesday, July 20. Because ongoing health conditions affect so many adults, SeniorsPlus 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.

Topics discussed during this six-week course include depression, medication use, nutrition, and communication skills. Classes run from 1:00 to 3:30 PM every Wednesday for six weeks. The class begins on Wednesday, July 20 and ends on August 24. All sessions will be held at Strong United Methodist Church.

To register or for more information, call SeniorsPlus at 1-800-427-1241. Strong United Methodist Church is located at 8 Church Hill Road in Strong. Living Well for Better Health is FREE and open to the public. Caretakers and spouses are welcome to attend as well.

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 41-year history, HealthReach is funded by patient fees, grants and individual donations.

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