

HealthReach Community Health Centers



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07/08/2015
FOR IMMEDIATE RELEASE

Free SNAP-Ed Teaching 10 Tips course in Strong

STRONG—Did you ever wonder why whole grain bread is better than white? Do you seek a tasty and affordable way to incorporate more greens into your diet? Teaching 10 Tips is a 4-session nutrition education series that teaches participants how to eat healthy on a limited budget. Topics include choosing and preparing healthy foods, smart shopping for fruits and veggies, and saving more at the grocery store. Starting Thursday, July 16th Teaching 10 Tips will be coming to Strong. The first three sessions will be held at Strong Area Health Center, 177 N. Main Street, July 16, 23, and 30 from 3:30 to 4:30 PM. The final class session will be a Hannaford Store Tour on Saturday, August 1st from 3:30 to 4:30 PM at Hannaford Supermarket, 131 Hannaford Drive in Farmington.

The class will include free nutrition lessons taught by nutrition educator Laura Quynn, handouts with easy-to-follow nutrition tips, hands-on learning and group discussion, plus food demonstrations and tastings. This Teaching 10 Tips course is sponsored by Healthy Community Coalition with support from Strong Area Health Center. For more information, or to register for the class, contact Laura at 207-779-2928 or lquynn@fchn.org

About Healthy Community Coalition of Greater Franklin County

Healthy Community Coalition's SNAP-Ed program helps low income families learn to shop, cook, and eat healthier foods while staying on a limited budget. Healthy Community Coalition serves as the local Healthy Maine Partnership for communities in Franklin County. The organization's role in the community is to develop and implement environmental

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and policy change for tobacco, healthy eating, healthy weight, substance abuse and physical activity. Healthy Maine Partnerships conduct community health needs assessments and meet with community stakeholders to develop and implement community plans. For more information, visit www.fchn.org/hcc.

About Strong Area Health Center

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 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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