

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

FREE Living Well for Better Health Class in Coopers Mills

COOPERS MILLS – Sheepscot Valley Health Center is pleased to host a Living Well for Better Health class starting Tuesday, April 19. 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.

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, April 19 and ends on May 24. All sessions will be held at the Whitefield Lions Club.

Whitefield Lions Club is located at 52 Main Street, Coopers Mills.

To register or for more information, call Jennifer Fortin at Spectrum Generations (207) 620-1657, or by email 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.

Sheepscot Valley 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 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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