

# HealthReach Community Health Centers



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## Belgrade Health Center to offer FREE Living Well for Better Health series

BELGRADE – Belgrade Regional Health Center is pleased to offer a **FREE Living Well for Better Health series starting Thursday, April 19**. Because ongoing health conditions affect so many adults, Spectrum Generations offers this interactive workshop series 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, planning your future and how to talk with your health provider. **Classes run from 2:00 to 4:30 p.m. every Thursday for six weeks.** The class begins on Thursday, April 19 and ends on May 24. **All sessions will be held at Union Church in Belgrade Lakes**

**To register or for more information, please call The Prevention Center at (207) 872-4102.** Union Church is located at 62 Main Street in Belgrade Lakes

Living Well for Better Health is FREE and open to the public. Caretakers and spouses are welcome to attend as well!

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**Belgrade Regional 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, a sliding fee 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 43-year history, HealthReach is funded by patient fees, grants and individual donations.

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