

HealthReach Community Health Centers



Contact: Joshua D'Errico
Communications Department
Tel. 207.660.9914

Joshua.Derrico@HealthReach.org

03/15/2017

FOR IMMEDIATE RELEASE

Learn to Shop, Cook, and Eat Healthy on a Budget!

BELGRADE – Are you looking for a way to make healthier meals at home without breaking your budget? Belgrade Regional 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 Union Church of Belgrade Lakes starting March 29th.

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 Healthy Northern Kennebec and enjoy free food, recipes, and health tips at each class! The classes will take place Wednesdays on March 29th, April 5th, 12th, and 19th, from 3:00 p.m. to 4:00 p.m.

To REGISTER, call Belgrade Regional Health Center at 207.495.3323. Space is limited, so register early! Union Church of Belgrade Lakes is located at 67 Main St, Belgrade Lakes, ME.

###

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, 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.