

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Madison Health Center to offer FREE Living Well for Better Health series

MADISON – Madison Area Health Center is pleased to offer a **FREE Living Well for Better Health series starting Thursday, May 17**. 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 9:00 to 11:30 a.m. every Thursday for six weeks.** The class begins on Thursday, May 17 and ends on June 21. **All sessions will be held at Madison Area Health Center.**

To register or for more information, please call The Prevention Center at (207) 872-4102. Madison Area Health Center is located at 8 South Main Street in Madison.

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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HealthReach Community Health Centers is 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 43-year history, HealthReach is funded by patient fees, grants and individual donations.

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