

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Rangeley Family Medicine to offer FREE Living Well for Better Health series

RANGELEY – Rangeley Family Medicine is pleased to offer a **FREE Living Well for Better Health series starting Wednesday, July 11**. Because ongoing health conditions affect so many adults, SeniorsPlus 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.



After completing a recent workshop series in New Portland, Jane Deely shared, **"I have met with both successes as well as things that still need work, but the goals remain locked in my mind and I will continue working on them on my own after the class is finished."**

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 9:30 a.m. to noon every Wednesday for six weeks.** The class begins on Wednesday, July 11 and ends on August 15. **All sessions will be held in the lower level at Rangeley Family Medicine.**

To register or for more information, please call Rangeley Family Medicine at (207) 864-3303. Rangeley Family Medicine is located at 42 Dallas Hill Road in Rangeley.

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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Rangeley Family Medicine is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Madison offers a range of services including family medical care, counseling, and care management to residents of Rangeley, Oquossoc, Stratton, Eustis, Phillips, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.