

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Richmond Area Health Center to co-sponsor FREE Living Well for Better Health series

RICHMOND—Richmond Area Health Center is pleased to co-sponsor a **FREE Living Well for Better Health series starting Tuesday, June 25**. 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 participants' ability to take care of their own health.

After completing a workshop series in New Portland, a participant 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 to your healthcare provider. Classes run from 9:00 a.m. to 11:30 a.m. every Tuesday for six weeks. **The class begins on Tuesday, June 25 and ends on July 30. The workshops will take place at Golden Oldies Senior Center on 314 Front St. in Richmond.**

To register, or for more information, please call Spectrum Generations at 1-800-650-6036 or visit www.healthylivingforme.com.

Richmond Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. A private, non-profit with a 44-year history, HealthReach is funded by patient fees, grants and by the Health Resources and Services Administration (HRS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$4,053,390 with 82.5 percent financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor are an endorsement by, the HRSA, HHS or the U.S. Government.

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