

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Sheepscot Health Center Offers FREE Class for Healthy and Affordable Cooking!

Coopers Mills – Are you looking for a way to make healthier meals at home without breaking your budget? Sheepscot Valley 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 at the Whitefield Lions Club starting May 5th.



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 Lincoln County and enjoy free food, recipes, and health tips at each class! The classes will take place Fridays on May 5th, 12th, 19th, and 26th, from 10:30 – 11:30 a.m.

To REGISTER, call Sheepscot Valley Health Center at 207.549.7581. Space is limited, so register early! Whitefield Lions Club is located at 52 Main St, Coopers Mills, ME.

Sheepscot Valley 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.

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