

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Sheepscot Valley Health Center to offer FREE Living Well for Better Health series

COOPERS MILLS – Sheepscot Valley Health Center is pleased to offer a **FREE Living Well for Better Health series starting Thursday, July 19**. 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.



Craigen Healy, Jane Deeley

After completing a recent workshop series Jane Deeley 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 9:00 a.m. to 11:30 a.m. every Thursday for six weeks.** The class begins on Thursday, July 19 and ends on August 23. **All sessions will be held at Whitefield Lions Club**, which is located at 52 Main Street, Coopers Mills.

To register or for more information, please call The Prevention Center at 207-872-4102

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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[Sheepscot Valley Health Center](#) is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Sheepscot offers a range of services including family medical care, counseling, and care management to residents of Whitefield, Windsor, Augusta, Jefferson, Washington, Chelsea, South China, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.