

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## Kingfield Health Center to Offer Second Living Well for Better Health Class

KINGFIELD – Mt. Abram Regional Health Center is pleased to offer a **second FREE Living Well for Better Health class starting Wednesday, September 20**. The Health Center received such a positive response from the first series offered in August, that a waiting list quickly formed for a second series!

Topics discussed during this six-week course include depression, medication use, nutrition, and communication skills. **Classes run from noon to 2:30 p.m. every Wednesday for six weeks.** The class begins on Wednesday, September 20 and ends on October 26. **All sessions will be held at Webster Hall in Kingfield.**

Because ongoing health conditions affect so many adults, SeniorsPlus offers this interactive workshop 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.

**To register or for more information, please call Mt. Abram Regional Health Center at (207) 265-4555.** Webster Hall is located on 38 School Street in Kingfield.

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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**Mt. Abram Regional Health Center** is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Mt. Abram offers a range of services including family medical care, counseling, and care management to residents of Kingfield, New Portland, Stratton, Carrabassett Valley, Phillips, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.

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