

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Western Maine Family Health Center to Present Heart Healthy Flavors Week

LIVERMORE FALLS – Western Maine Family Health Center will hold a Heart Healthy Flavors Week on site in celebration of National Health Center Week **beginning Monday, August 13 and ending Friday, August 17.**



Health Center staff will feature a different healthy culinary herb each day of the week along with easy and delicious recipes to try! The Health Center recognizes the importance of healthy habits and a healthy diet as important parts of a person's overall well-being. ***Patients are also encouraged to take a free herbal seedling home!***

The event is being held in celebration of National Health Center Week, which runs from August 12th - 18th. This year's National Health Center Week theme is "Celebrating America's Health Centers: Home of America's Healthcare Heroes." One of the bright spots in America's health care system, Community Health Centers serve more than 27 million Americans, a number that continues to grow along with the demand for affordable primary care.

Western Maine Family Health Center is located at 16 Depot Street, Suite 300 in Livermore Falls. For more information, or to make an appointment, call (207) 897-4345.

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Western Maine Family Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Belgrade offers a range of services including family medical care, counseling, and care management to residents of Livermore Falls, Jay, Livermore, Wilton, Farmington, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.

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