

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## **Western Maine Family Health Center to Offer FREE Living Well for Better Health Class**

LIVERMORE FALLS – Western Maine Family Health Center is pleased to offer a **FREE Living Well for Better Health class starting Wednesday, August 23**. 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.

Topics discussed during this six-week course include depression, medication use, nutrition, and communication skills. **Classes run from 9:30 a.m. to noon every Wednesday for six weeks.** The class begins on Wednesday, August 23 and ends on September 27. **All sessions will be held at Livermore Falls Town Office.**

**To register or for more information, please call SeniorsPlus at 800-427-1241.** Livermore Falls Town Office is located at 2 Main Street, Livermore Falls.

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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**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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