

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## **Bethel Family Health Center Offers Free Living Well Class**

BETHEL – Bethel Family Health Center is pleased to offer a FREE Living Well for Better Health class starting Thursday, July 13. 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 12:00 to 2:30 p.m. every Thursday for six weeks. The class begins on Thursday, July 13 and ends on August 17. All sessions will be held at Bethel Family Health Center.

To register or for more information, please call SeniorsPlus at 1-800-427-1241. Bethel Family Health Center is located at 32 Railroad Street in Bethel. 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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**Bethel Family Health Center** is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Bethel offers a range of services including family medical care, counseling, and dental hygiene to residents of Andover, Bethel, Gilead, Greenwood, Hanover, Newton, Upton, Woodstock and neighboring towns. Our reduced fee program is available to uninsured and underinsured residents.

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