

# Redington-Fairview General Hospital's



Redington-Fairview  
General Hospital  
(207) 474-5121 / www.rfgh.net  
*Reach For Good Health!*

## Community Health Programs

**Call 858-2318 for more information & to pre-register for programs**

### Prescription Medication Misuse

**Tuesday, January 10**

**5:30 – 7:00 pm.**

**RFGH Conference Room 1**

**Presenters:** *RFGH Pharmacy Director, Skowhegan Police Department, Somerset Heart Health*

**FREE Program**

### Weigh to Go

**(RFGH Community Weight Loss Program)**

**Mondays, January 23 – March 19**

**Choose 10 – 11 am or 5 – 6 pm**

**RFGH Conference Room 4**

**Cost is \$24**

*Taught by RFGH dietitians & health professionals*

