

Community Health Programs

Classes and Programs are available which provide resources and trained specialists to assist individuals to find ways to improve their lifestyle and live a happier and healthier life through **Physical Activity, Improved Nutrition, Chronic Disease Self-Management & Tobacco & Substance Abuse Prevention.**

8 Weeks To Wellness (On Line)

In Eight Weekly Sessions Learn To...

- Develop a healthy lifestyle
- Become more physically active
- Choose healthy fats
- Choose healthy carbohydrates
- Achieve and maintain a healthy weight
- Enhance mind-body connections
- Cope more effectively with stress
- Get preventive health checks



Begins March 6 – April 24, 2012

Tuesdays 7-8 PM (\$15.00 Fee Includes Book)

This WELLSOURCE Class Is Presented As A Webinar
(Internet & Phone Or Speaker Connections Required)

Living Well With A Chronic Disease

Chronic Disease Self -Management

- Problem solving
- Physical activity and exercise
- Better breathing
- Muscle relaxation
- Pain and fatigue management
- Future plans for health care
- Healthy eating
- Communication skills and more



Begins May 2 – June 6, 2012

Wednesdays 1:00-3:30PM (No Charge For Class)

Redington-Fairview General Hospital – Conf. Room 4
46 Fairview Avenue, Skowhegan

“Cooking Real Food Real Fast”

Join us for a dynamic cooking series where you can learn about topics such as food safety, using more local foods, healthy substitutions, easy preparation methods, and multiple ways you can incorporate healthier foods into your daily life without stressing your time or food budget. As a part of each class, we will be cooking and tasting our healthy and delicious work!



Begins March 6 – April 10, 2012

Tuesdays 5:30-7:30PM

Tuition: \$20.00 Fee 6-Week Session

Skowhegan Middle School

61 Academy Circle, Skowhegan



A Matter Of Balance

Do You Have Concerns About Falling? You Will Learn:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance



Who Should Attend?

- Anyone concerned about falls, interested in improving balance, flexibility and strength or has restricted activities because of falling concerns

Begins April 24 – May 17, 2012

Tuesdays & Thursdays 9:00-11:00AM

(\$20 Registration Fee Includes Book/Snacks)

Location: Skowhegan – TBD

“Choose Your Adventure”

Want to enjoy the beautiful outdoors of Somerset County but don't know how? Want to learn some new ways to have fun & be active with outdoor, life time activities?

“Choose Your Adventure” is an outdoor education Program for adults who want to explore and enjoy lifetime outdoor activities in Somerset County. The following outdoor education units will be available in 6-8 week sessions. **Tuition:** \$15.00 Per Unit



Fishing Units:

Fly Tying: Mondays Jan 23-Mar 5 & Mar 12-Apr 23 At 6:00PM

Fishing Rod Building: Tuesdays Jan 24-Mar 6 At 6:00PM

Advanced Fly Fishing: Tuesdays Mar 13-May 1 At 6:00PM

Trail Skills & Outdoor Survival Unit:

Tuesdays January 24-March 6 & March 13-May 1 At 6:00PM

GPS, Map, Compass & Orienteering Skills Unit:

Wednesdays January 25-March 14 At 6:00PM

Outdoor Photography Unit:

Thursdays January 26-March 15 At 6:00PM

Kayaking Skills and Safety Unit:

Wednesdays March 21-May 2 At 6:00PM



For More Information & To Register, Please Contact:
Lynn Kandiko 474-7473 Or lkandiko@rfgh.net



SOMERSET HEART HEALTH
Helping Hands Helping Hearts

More Programs On Back