



Join us...Bring a friend!

Caring for All of You

Dinner and Discussion

Wednesday, February 16

5:30pm

American Legion Hall

24 Congress Street, Rumford

It's YOUR Turn!

The partners of the Integrated Primary Care Project and the Maine Health Access Foundation want to know how we can best help you stay healthy. This will be a community discussion about what you want and need for health information, how and where you want to get it. Your input will be used for future health projects.

Please reserve your seat today by calling 369-1194

Upcoming topics:

3/16 Curing Isolation-Agoraphobia, Social Anxiety

4/20 Getting through Grief

This dinner is part of a series hosted by Tri-County Mental Health Services (TCMHS), the practices of Rumford Hospital Primary Care, and the Dental Collaborative, partners in the Integrated Care Project funded by the Maine Health Access Foundation. For more information about Integrated Care and to sign up for free information and updates,

call 1-888-304-HOPE (4673) or visit www.tcmhs.org

