



Caring for All of You

Join us for Dinner and Discussion

Wednesday, January 19
5:30pm
American Legion Hall
24 Congress Street, Rumford

Smoking Cessation

*Start the new year with a greater understanding of health, mental health,
and dental health benefits!*

**Please reserve your seat today by
calling 369-1194**

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

