



Join us...Bring a friend!

Caring for All of You

Dinner and Discussion

Wednesday, April 20

5:30pm

Tri-County Mental Health Services
49 Congress Street* NEW LOCATION!!

“I read it on the Internet, it must be true!”

This session will explore how and where to go on the web for reliable health information. We'll look at easy to use and reliable sites such as Medlineplus.gov, NIHSeniorHealth.gov and Kidsheath.org. Presented by Sabrina Kurtz-Rossi from the River Valley Healthy Communities Coalition.

Please reserve your seat today by calling 369-1194

Upcoming topics:
5/18 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

