



## Dinner and Discussion

**Wednesday, February 24**

**5:30pm \* Note new time!**

**Eagles Club**

**13 Oxford Avenue, Rumford**

We will hear from medical, dental, and mental health providers about *Anxiety...causes, health effects, and new ways to control it when you can't avoid it.*

*Presenters:*

*Michael Gravatt, MD, Swift River Family Medicine*

*Christine Sabatino, LCPC, Tri-County Mental Health Services*

*Stephanie Leblanc, LCSW, Tri-County Mental Health Services*

*Anne Meeuwsen, DDS, Community Dental*

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](http://www.tcmhs.org)

