



Caring for All of You

Integrated Primary Care
FREE DINNER AND DISCUSSION!

Tuesday, April 24
5:30pm

At the Bridgton Hospital Physician's Group Conference Room
On the grounds of Bridgton Hospital (Keep right past the hospital main entrance)

Depression and Physical Activity- the connection between them, tools for getting people active, and resources on physical activity in the Lakes Region.

Speaker: Liz Blackwell-Moore, MPH
Communities Promoting Health Coalition

**Call Jessica Jendrick at 647-6159
to reserve your seat!**

We believe that your overall well-being includes emotional, developmental, and physical health. That is why we have partnered with the primary care doctors of Central Maine Medical Group and the Maine Health Access Foundation (MeHAF) to bring our expertise right into the doctor's offices, where we can help care for ALL of you.

Services are available at

- **Naples Family Practice**
- **North Bridgton Family Practice**
- **Fryeburg Family Medicine**
- **Bridgton Internal Medicine**
 - **Bridgton Pediatrics**

This project is funded by the Maine Health Access Foundation

