



Caring for All of You

Integrated Primary Care
FREE DINNER AND DISCUSSION!

Tuesday, November 27
5:30pm

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

Peer Navigation: Holistic Health Supporters

Science has long known the connection between mind and body as it relates to our overall affect on health. SAMHSA has also identified peer support and a holistic approach to health as two of the ten components of mental health recovery. This presentation will share how "Peer Navigators" will be a key link of support as we move towards an integrated health system.

Presenter: Alex Veguilla-Aponte, TCMHS

**Call Jessica Jendrick at 647-6032
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**

