

News Release  
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### Free Dinner and Discussion to Help Keep Your New Years Resolution

RUMFORD- The next free “Dinner and Discussion” hosted by Tri-County Mental Health Services (TCMHS), the practices of Rumford Hospital Primary Care, and the Dental Collaborative will be on Wednesday January 19, beginning at 5:30pm at the American Legion Hall (24 Congress Street). The discussion topic will be smoking cessation, presented by Petrona Manasseh, MD, along with partners from TCMHS and the Dental Collaborative. The discussion series is part of the Integrated Primary Care partnership between Tri-County and the medical practices of Rumford Hospital Primary Care, which includes Swift River Family Medicine, Elsemore Dixfield Family Medicine, and River Valley Internal Medicine. Dinners are held on the 4<sup>th</sup> Wednesday of each month and feature different topics. Upcoming: “Curing Isolation – Agoraphobia, Social Anxiety”, “Grieving”, and “Sleep Disorders”. For information or to register, please call 369-1194. The project is in its third year in a three year initiative funded by the Maine Health Access Foundation. For more information about the project, visit [www.tcmhs.org](http://www.tcmhs.org).

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