



News Release

For immediate release

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Vitamin D is topic at October's free 'Dinner & Discussion'

Bridgton –Tri-County Mental Health Services (TCMHS) and the primary care practices of Bridgton Hospital invite the public to another “Dinner and Discussion” on Wednesday, October 24, at 5:30 pm at the Bridgton Hospital Physician’s Group Conference Room behind Bridgton Hospital (keep right past the hospital main entrance). **John Pelletier, D.O.** will present a talk on “The Power of Vitamin D”. Dr. Pelletier is a graduate of the University of Maine and the University of New England College of Osteopathic Medicine. He then trained in Family Medicine, General Surgery and Neuromusculoskeletal Medicine and now practices wellness in Brunswick at Coastal Health and Wellness in Brunswick. He is Board Certified in Neuromusculoskeletal Medicine and is also an Assistant Clinical Professor in the Osteopathic Manipulative Medicine Department at the University of New England. He is on the planning committee for post graduate educational programs for the Maine Osteopathic Association as well as a member of that organization and the American Osteopathic Association, the American Academy of Osteopathy, and The Institute for Functional Medicine.

The dinner is part of a series provided as part of the three year Integrated Primary Care Project, a partnership between Central Maine Healthcare, the medical practices of Bridgton Hospital, and funded by the Maine Health Access Foundation. Each month a different topic is discussed related to health, mental health, how they are intertwined is discussed. TCMHS and Bridgton Hospital have partnered to bring mental health into medical practices to address emotional and mental health issues along with physical health. To reserve your seat please call Jessica Jendrick at **647-6032**. Visit www.tcmhs.org for more information.

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