



News Release
For immediate release

Contact: Tina Clark, APR
Director of Development & Community Relations
Tri-County Mental Health Services
207-783-9141 x 158
May 15, 2012

Free Dinner and Health Discussion *Naturopathic Medicine, Nutrition, and Your Health*

Bridgton –Tri-County Mental Health Services (TCMHS) and the primary care practices of Bridgton Hospital invite community members, educators, health and mental health providers to another “Dinner and Discussion” on Tuesday, May 22, at 5:30 PM. Julianne M. Forbes, ND, LLC, a Naturopathic Doctor located in North Bridgton, will speak about Naturopathic Medicine and how it differs from Conventional Medicine. She will give examples of various healing modalities NDs utilize how they can be helpful in the treatment of common chronic diseases that many people struggle with today. She will emphasize Clinical Nutrition concepts and there will be time for questions and discussion as well.

The dinner is part of a series provided as part of the three year Integrated Primary Care Project funded by the Maine Health Access Foundation. The **free dinners are held on the 4th Tuesday of every month** at the Bridgton Hospital Physician’s Group Conference Room on the grounds of Bridgton Hospital (Keep right past the hospital main entrance). Catering is provided by Lakes Region Catering.

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 647-6159. Visit www.tcmhs.org for more information.

###