



REDINGTON-FAIRVIEW GENERAL HOSPITAL *Community Health Education*

Reach for
Good Health!



TOBACCO CESSATION SUPPORT GROUP

Thursday, April 1 and April 15, 5:30 - 6:30 pm

RFGH Conference Room #2, 46 Fairview Avenue, Skowhegan

The group meets the first and third Thursday of the month and the discussion group is facilitated by RFGH health professionals.

Please call 858-2318 to reserve space.

LOW-CARB CONNECTION

Tuesday, April 6, 6:30 - 7:30 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

The RFGH Diabetes Support Group welcomes people with Diabetes, their family and friends, and anyone affected by this disease. The group meets the first Tuesday of each month (except for July and August). The next meeting is scheduled for This month's topic is *Continuous Glucose Monitoring*.

For more information contact Margaret Buschmann, CDE, at 858-2261.



WEIGH TO GO!

Mondays, April 26 - June 21

RFGH Community Health Education Center, 31 Commercial St., Skowhegan

Choose from three time slots - Session 1: 9:30-10:30am; Session 2: 10:30-11:30am; Session 3: 4:30-5:30pm

This 8 week weight loss class is taught by RFGH dietitians and other health professionals and emphasizes permanent weight loss through healthy choices. Cost is only \$24 for eight weeks.

Please call 858-2318 for more information or to reserve space.

HEALTHY HEART



Wednesday, April 7, 6:00 - 7:00 pm

RFGH Community Health Education Center, 31 Commercial St., Skowhegan

This presentation/discussion will cover topics such as risk factors, understanding the numbers, prevention, resources and more.

Please call 858-2318 for more information or to reserve space.



CONCUSSIONS

Thursday, May 27, 6:00 - 7:00 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

Topics include signs & symptoms, evaluation, treatment & recovery, complications, and prevention.

Please call 858-2318 for more information or to reserve space.



REDINGTON-FAIRVIEW
GENERAL HOSPITAL
Rehab & Fitness Services

57 Fairview Avenue, Skowhegan, 474-7000

**Expanded Winter Hours January-May
POOL & FITNESS CENTER:**

Mondays & Wednesdays, 7:00 am - 5:00 pm

Tuesdays & Thursdays, 7:00 am - 7:00 pm

Fridays, 7:00 am - 4:00 pm

Monthly Memberships, Daily & Special Event Rates Available!

**On-going Classes: Arthritis/Fibromyalgia, Water Aerobics,
Water Aerobic Challenge, Water Walking & Circuit Training.**

**Special events offered including Swim Lessons, Family
Swims, Lifeguard Training & more.**

For further information call 474-7000, ext 23.

Visit us on-line for full class schedule: www.rfgh.net/rehab.html

**SOMERSET
SPORTS &
FITNESS**

6 Commerce Dr., Rt 201, Skowhegan

an affiliate of Redington-Fairview General Hospital

HOURS:

Monday - Friday, 4:00 am - 8:00 pm

Saturday & Sunday, 7:00 am - noon

Check out our updated Cardio & Weight Rooms!

Try out our new Abs Class, Wednesdays at 4:30 pm.

SSF offers 38 classes a week including:
Yoga, Pilates, Spinning, Aerobics (all levels) & Boxercise!

For more information call 474-2224.
See our class schedule at: www.rfgh.net/ssfschedule.html