



# Redington-Fairview General Hospital

46 Fairview Avenue, P.O. Box 468 Skowhegan, Maine 04976

## Stress Management

**Wednesday, August 20, 6:00-7:00 pm**  
**RFGH Conference Room #1**

Join presenter Pam Alexander, RRT, RFGH Respiratory Therapist, to learn effective strategies for managing stress.

**Call 858 - 2318 to reserve space.**

## Weigh to Go!

**Begins Monday, September 15**

**RFGH Community Health Building, 31 Commercial St, Skowhegan**

This 8-week weight loss class is taught by RFGH dietitians and other health professionals, and emphasizes permanent weight loss through healthy choices. The cost is only \$32 for the 8-week program. Choose from three available time slots: Session 1: 10:00-11:00am; Session 2: 3:45-4:45pm; or Session 3: 5:00-6:00pm

**For more information and to reserve space, please call 858-2321.**



**Redington-Fairview  
General Hospital**

**Rehab & Fitness Services**

57 Fairview Ave., Skowhegan ♦ 474-7000 ♦ [www.rfgh.net/rehab.html](http://www.rfgh.net/rehab.html)

### **POOLS & FITNESS CENTER SUMMER HOURS:**

Mondays & Wednesdays, 7:00 am - 5:00 pm  
Tuesdays & Thursdays, 5:30 am - 5:00 pm  
Fridays, 7:00 am - 4:00 pm

Monthly Memberships, Daily & Special Event Rates Available!

### **Family Swim Special:**

Tuesdays & Thursdays, July 22 - August 28, 11:30 am - 3:30 pm  
\$10/family maximum rate.

*Children under 15 must be accompanied by an adult.*

### **On-Going Classes:**

Fibromyalgia/  
Arthritis Aquatics: Monday, Wednesday & Friday, 11:30 am  
Water Aerobics: Monday, Wednesday & Friday, 7:10 am  
Tuesday & Thursday, 3:40 pm  
Water Walking: Fridays at 10:15 am

**For further information & to register, call 474-7000, ext 23.**

**SOMERSET  
SPORTS &  
FITNESS**

For more information call 474-2224  
6 Commerce Drive, Route 201, Skowhegan

**an affiliate of Redington-Fairview General Hospital**

### **SUMMER HOURS:**

Monday - Friday, 5:00 am - 7:00 pm  
Saturday, 7:00 am - noon, Closed Sundays

**KidKare hours are available. Call for more info.**

End of Summer Special! **3-month Membership for only \$100**  
Must be purchased by August 31.

Take the **Move More Kids Bus** to SSF!  
Student memberships are also available.

SSF has a lot to offer including:

**Boxing Area  
Weights  
Cardio Equipment  
Sauna and Steam Rooms!**

See our full class schedule at: [www.rfgh.net/ssfschedule.html](http://www.rfgh.net/ssfschedule.html)