

Health *Within* Reach

Local providers addressing important health topics.



Advances in Migraine Relief

Learn signs and symptoms of migraine headaches, as well as advances in treatments that can provide relief.

Presentation by:

Christian Dinsmore, MD

Mid Coast Medical Group- Neurology
Diplomate of American Board of Neurology

October 30 from **5:30-6:30 p.m.**

Mid Coast Center for Community Health & Wellness Teaching Kitchen

329 Maine Street-SOUTH ENTRANCE, Brunswick

Health Within Reach is an ongoing educational series of **FREE** talks, classes, demonstrations, and healthy lifestyle options.

For more information, call
(207) 373-6585 or visit
www.midcoasthealth.com/wellness.



MID COAST *Center for*

Community Health & Wellness

WWW.MIDCOASTHEALTH.COM/WELLNESS

