



MID COAST *Center for*  
**Community Health & Wellness**

# *Health Within Reach*

**EDUCATION SERIES**



Photo by Jeff Morris of The Pierce Studio, Brunswick

*Cooking with Dr. Dovin*

## **It's Fall. Think Greens!**

**Family Practitioner  
Kimberly A. Dovin, MD**

*of MID COAST MEDICAL GROUP  
Family Practice at Parkview*

Dr. Dovin will demonstrate healthy cooking and share her recommendations for overall wellbeing.

**Wednesday, October 24 • 5:30 p.m.**

*in the Teaching Kitchen*

**Community Health & Wellness**

MID COAST HOSPITAL Parkview Campus

329 Maine Street—SOUTH ENTRANCE, Brunswick, Maine 04011

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

**MID COAST *Center for Community Health & Wellness***

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)