

Health *Within* Reach

Local providers addressing important health topics.



Join us for a Virtual Presentation on Safety Tips for Parents as Kids Return to School

Information from local pediatricians on topics including:

- What parents can do to help reduce anxiety and create a successful transition back to school
- Identify higher risk children and what to do if your child or other household members have symptoms of COVID-19

Moderated by:

Deborah Hagler, MD

Mid Coast Pediatrics, Diplomate of American Board of Pediatrics

Speakers: Alyssa Goodwin, MD, *Mid Coast Pediatrics, Diplomate Board of Pediatrics*
Amina Hanna, MD, *Mid Coast Pediatrics, Diplomate Board of Pediatrics*
Stephanie Phelps, MD, *Mid Coast Pediatrics, Diplomate Board of Pediatrics*

Virtual Presentation on August 26 from **5:30-6:30 p.m.**

Registration required at www.midcoasthealth.com/wellness/classes

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

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