

Our Health *Film & Discussion Series*

Shining a spotlight on important health topics for the Midcoast region.

Age of Champions

The award-winning documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics.

March 26 showing at **7 p.m**

Frontier, 14 Maine Street, Brunswick

The event is **FREE**, but reservations are required. To register please visit www.explorefrontier.com/film.

Discussion to follow with presenters:

Benjamin Young, MD

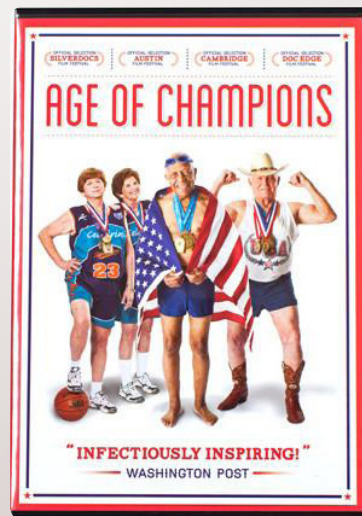
Medical Director, Mid Coast Senior Health

Cate Parker, MS, RN, CEP

Director, Mid Coast Center for Community Health & Wellness

Jerry LeVasseur, Maine Senior Games Athlete and Board Member

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



MID COAST *Center for*

Community Health & Wellness

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