

PRESCRIPTION *for* Health

A **FREE**, one-hour introductory program to get you started on improving your health.

Learn about...

- Basics for weight loss
- Healthy foods and nutrition
- Physical activities and exercise
- Managing stress
- Importance of sleep
- Ways to quit smoking

Thursdays from **Noon - 1 p.m.**

Except July 4, Thanksgiving, and the week of Christmas and New Years.

Mid Coast Center for Community Health & Wellness Movement Room

329 Maine Street-SOUTH ENTRANCE, Brunswick

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



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

WWW.MIDCOASTHEALTH.COM/WELLNESS