

Health *Within* Reach

Local providers addressing important health topics.



Cooking With A Doc- What's at the Market

Cooking demonstration of healthy foods found at the farmers market.

Presentation by:

Kim Dovin, MD

Mid Coast Medical Group- *Family Practice at Parkview*

June 19 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

