

Health *Within* Reach

Local providers addressing important health topics.



Exercise IS Medicine

Learn about the health benefits of physical activity and how it can directly improve and prevent chronic disease.

Presentation by:

Eric Gosselin, DPT, OCS, ATC/L, CSCS

CHANS Home Health & Hospice

May 22 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

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