



# REDINGTON-FAIRVIEW GENERAL HOSPITAL

## Community Health Education



### CHOLESTEROL & HEART HEALTH

Wednesday, February 15

6:00 - 7:00 pm

RFGH Conference Room #1

Presented by RFGH Hospitalist,  
Erika Pierce, MMS, PA-C

### SUCCESS STORY

Wednesday, March 14

5:30 - 7:30 pm

RFGH Conference Room #1

Weigh to Go's most recent success story, Veronique, will share her personal journey with weight loss. She has lost 130+ pounds working with one of RFGH's physicians and participating in our Weigh to Go program.

RFGH Director of Nutrition Services, Tricia Sprengel, MS, RD, LD will also present on Key Behaviors for Lasting Weight Loss and will give a cooking demonstration.

**These special programs are free unless otherwise indicated.**

**All programs and support groups are held at RFGH, 46 Fairview Avenue in Skowhegan.**

**Please call 858-2318 for more information and to pre-register.**

## RFGH SUPPORT GROUPS

### BREASTFEEDING GROUP

Second & Fourth Thursday of the Month

6:00 - 7:30 pm

RFGH Conference Room #1

### LOW-CARB CONNECTION

1st Tuesday of the month (except July & August)

6:30 - 7:30 pm

RFGH Conference Room #1

### TOBACCO CESSATION SUPPORT GROUP

1st & 3rd Thursday of the month

5:30 - 6:30 pm

RFGH Conference Room #2

### CANCER SUPPORT GROUP

Last Tuesday of each month

5:00 - 6:30 pm

RFGH Conference Room #4

### HEALTHY HEART SUPPORT GROUP

1st Monday of the month

5:00 - 6:00 pm

RFGH Conference Room #1

### BETTER BREATHERS SUPPORT GROUP

3rd Thursday of the month

1:00 - 2:30 pm

Cardiopulmonary Rehab Department



REDINGTON-FAIRVIEW  
GENERAL HOSPITAL  
Rehab & Fitness Services

#### Community Pool Hours:

Monday & Wednesday, 7:00am - 5:00pm

Tuesday & Thursday, 7:00am - 7:00pm

Friday, 7:00am - 4:00pm

#### Coming in March:

##### Swim Club (grades 5-8)

Mondays & Wednesdays, 3:30 - 4:30pm

##### Swim Lessons (session 2)

Mondays & Wednesdays, 3:00 - 6:30pm

##### Aqua Challenge (session 3)

Tuesdays & Thursdays, 5:30 - 6:30pm

On-Going Classes include Fibromyalgia/Arthritis Aquatics, Water Aerobics, Water Walking and Circuit Training. Aqua Challenge, Aqua KhZUMBA, Water Volleyball, Personal Training, Swim Lessons, Family Swims, Lifeguard Training & more offered throughout the year.

Visit us on-line for a full class schedule:

[www.rfgh.net/rehab.html](http://www.rfgh.net/rehab.html)

**For further information call 474-7000, ext 23.**

**57 Fairview Avenue, Skowhegan**

### Somerset Sports & Fitness

*an affiliate of Redington-Fairview General Hospital*

#### Winter Hours:

Monday - Friday, 4:30am - 8:00pm

Saturday & Sunday, 7:00am - noon

✓ 47 classes a week

✓ Thousands of pounds of weights

✓ Upgraded Cardio & Stretching Room

*Come in for a tour today!*

A complete class schedule is available at

**[www.rfgh.net/somerset\\_fitness.html](http://www.rfgh.net/somerset_fitness.html)**

For more information, please contact SSF at 474-2224

**6 Commerce Drive, Route 201, Skowhegan**