



# Redington-Fairview General Hospital

46 Fairview Avenue, P.O. Box 468 Skowhegan, Maine 04976



## Heart Health: Taking Charge!

**Tuesday, April 8, 5:30 - 7:30 pm**  
**RFGH in Conference Room # 1**

Join presenters Don Dubois, MD, of Somerset Primary Care; Tricia Sprengel, MS, RD, LD, RFGH Director of Nutrition Services; and Jim Fortunato, RFGH Community Health Educator for a FREE, informative discussion on your heart health. Topics include: Understanding the numbers, risk factors, prevention, nutrition & heart health, motivation & confidence, and resources.

**Please call 858-2318 to pre-register for this FREE program**

## Weigh to Go!

**Begins Monday, April 21**

**RFGH Community Health Building, 31 Commercial Street, Skowhegan**

This 8 week weight loss class is taught by RFGH dietitians and other health professionals, and emphasizes permanent weight loss through healthy choices. Cost is \$32 for 8 weeks. Choose from three time slots: Session 1: 10:00 - 11:00 am; Session 2: 3:45 - 4:45 pm; or Session 3: 5:00 - 6:00 pm.

**For more information and to reserve space, please call 858-2318.**

## Arthritis: What It Is & What You Can Do About It

**Tuesday, April 22, 6:00 - 7:30 pm**  
**RFGH Conference Room #1**

Join Michael Blab, MD, Redington Orthopedic Surgery & Debra Brann, Physical Therapist, RFGH Rehab & Fitness Services, for an informative discussion on this disease. Topics include: Non-Operative & Operative Treatment, Supportive Programs, and Tips. Bring your questions for discussion.

**Please call 858 - 2318 for more information & to reserve space.**

**Reach For  
Good Health!**



Redington-Fairview  
General Hospital  
*Rehab & Fitness Services*

57 Fairview Ave., Skowhegan • 474-7000 • [www.rfgh.net/rehab.html](http://www.rfgh.net/rehab.html)

### COMMUNITY HOURS POOLS & FITNESS CENTER:

Monday, Wednesday & Friday 7:00 am - 5:00 pm  
Tuesday & Thursday (Winter) 7:00 am - 7:00 pm

**Monthly Memberships, Daily & Special Event Rates Available!**

### On-Going Classes:

- Fibromyalgia/ Arthritis Aquatics:** Monday, Wednesday & Friday 11:30 am
- Water Aerobics:** Monday, Wednesday & Friday, 7:10 am  
Tuesday & Thursday, 3:40 pm
- Water Walking:** Friday, 10:15 am
- Moms in Motion:** Thursday, 5:00 pm

For further information, please call 474-7000 (ext 23 for messages)



6 Commerce Drive, Route 201, Skowhegan  
**For more information call 474-2224**

*an affiliate of Redington-Fairview General Hospital*

### WINTER HOURS:

Monday - Friday, 4:00 am - 8:00 pm  
Saturday & Sunday, 7:00 am - noon

**KidKare hours are available. Call for more info.**

**PILATES INSTRUCTION AT SSF!** Enjoy the benefits of our 8-week class, Mondays and Wednesdays, 10 am, beginning in March. Taught by Petra Prokopova, this class is free with your current membership!

### SSF NOW OFFERS 49 FITNESS CLASSES PER WEEK!

Due to a great response, our award winning **FIT FOR LIFE** class is now offered six times a week - Mondays, Wednesdays and Fridays at 8 am; and at our new time - 6 pm!

For more information email: [kcoughlin@rfgh.net](mailto:kcoughlin@rfgh.net) or call 474-2224.  
See our full class schedule at: [www.rfgh.net/ssfschedule.html](http://www.rfgh.net/ssfschedule.html)