



REDINGTON-FAIRVIEW GENERAL HOSPITAL *Community Health Education*

Reach for
Good Health!



LOW-CARB CONNECTION

THE RFGH DIABETES SUPPORT GROUP

Tuesday, March 2, 6:30 – 7:30 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

The Low-Carb Connection welcomes people with Diabetes, their family and friends, and anyone affected by this disease. The group meets the first Tuesday of each month except for July and August.

For more information contact Margaret Buschmann, certified diabetes educator, at 858-2261.

CELIAC DISEASE & LACTOSE INTOLERANCE

Tuesday, March 30, 5:30 - 7:00 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

Join Timothy Malyk, MD of Redington Family Practice; Tricia Sprengel, MS, RD, LD, RFGH Director of Nutrition; and Lou Ann Magoon, RN, RFGH Endoscopy Nurse Manager for this FREE presentation & discussion.

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



WEIGH TO GO!

Mondays, April 26 - June 21

RFGH Community Health Education Center, 31 Commercial St., Skowhegan

Choose from three time slots - Session 1: 9:30-10:30am; Session 2: 10:30-11:30am; Session 3: 4:30-5:30pm

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 only \$24.

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



REDINGTON-FAIRVIEW
GENERAL HOSPITAL

Rehab & Fitness Services

57 Fairview Avenue, Skowhegan, 474-7000

**Expanded Winter Hours January-May
POOL & FITNESS CENTER:**

Mondays & Wednesdays, 7:00 am - 5:00 pm

Tuesdays & Thursdays, 7:00 am - 7:00 pm

Fridays, 7:00 am - 4:00 pm

Monthly Memberships, Daily & Special Event Rates Available!

Aqua-Challenge Session 3 begins March 2.

Lifeguard Certification begins March 4. Pre-registration required by February 26.

Swim Lessons Session 2 begins March 8. Pre-registration required by March 3.

On-going Aquatics Classes, Swim Lessons, Family Swims, Lifeguard Training & more are offered throughout the year.

For further information call 474-7000, ext 23.

Visit us on-line for full class schedule: www.rfgh.net/rehab.html

**SOMERSET
SPORTS &
FITNESS**

6 Commerce Dr., Rt 201, Skowhegan

an affiliate of Redington-Fairview General Hospital

HOURS:

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

Saturday & Sunday, 7:00 am - noon

**SSF offers 38 classes a week including:
Yoga, Pilates, Spinning, Aerobics (for all
levels), Self-Defense & Boxercise!**

For more information call 474-2224.

See our class schedule at:
www.rfgh.net/ssfschedule.html