



REDINGTON-FAIRVIEW GENERAL HOSPITAL

Community Health Education

Reach for Good Health!



Special Events

END OF LIFE CARE & PLANNING

Tuesday, September 14, 6:00 - 7:30 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

Join presenters: Paula Schoenthaler, CEN, OCN, Erika Pierce, MMS, PA-C; & Sue Surabian, RN, BSN. Topics: Stages of Decline, Moving Towards a Peaceful Death, Living Wills & Advance Directives.

Call 858-2318 for more information or to pre-register for this Free program.

WOMEN'S HEALTH: BREAST & BONE

Thursday, October 28, 6:00 - 7:15 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

Join presenters Victoria Stannard, MD, RFGH General Surgery; Sheila Leavitt, RT(R), RFGH Radiology Department; and Janet Delile, CNMT, NCT, RT(R), (BD), RFGH Radiology Department. Topics include: common, benign breast conditions; breast cancer overview; and osteoporosis overview, prevention and risk factors.

Call 858-2318 for more information or to pre-register for this FREE program.

On-Going Classes & Support Groups



WEIGH TO GO

Mondays, September 13 - November 8

3 time slots to choose from: 10:00 - 11:00 am; 3:30 - 4:30 pm; 5:00 - 6:00 pm

RFGH Conference Room #4, 46 Fairview Avenue, 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 only \$24 for 8 weeks.

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

LOW-CARB CONNECTION

1st Tuesday of the month (except July & August), 6:30 - 7:30 pm

RFGH Conference Room #1, 46 Fairview Avenue, Skowhegan

The RFGH Diabetes Support Group welcomes people with Diabetes, their family and friends, and anyone affected by this disease. This program is FREE.

For more information contact Margaret Buschmann, CDE, at 858-2261.



TOBACCO CESSATION SUPPORT GROUP

1st & 3rd Thursday of the month, 5:30 - 6:30 pm

RFGH Conference Room #2, 46 Fairview Avenue, Skowhegan

This discussion group is FREE and facilitated by RFGH health professionals.

Please call 858-2318 to reserve space.

CANCER SUPPORT GROUP

Last Tuesday of each month, 5:00 - 6:30 pm

RFGH Conference Room #4, 46 Fairview Avenue, Skowhegan

Cancer patients, families, and caregivers welcome. No pre-registration required. Evening meal will be provided. Program is FREE!

Call RFGH Oncology Department at 858-2119 for more information



REDINGTON-FAIRVIEW
GENERAL HOSPITAL

Rehab & Fitness Services

POOL & FITNESS BUSINESS HOURS:

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!

8-week Aqua-Challenge

Session I starts 9/21/10, Tues & Thurs, 5:45-6:45pm

6-week Aqua-Zumba

Program starts 9/29/10, Wednesdays, 4:00-5:00pm

Classes Schedule

Water Aerobics: M, W, F 7:10-8:00am; T & Th 3:45-4:45pm

Water Walking: M, Th, F 10:15-11:00am

Arthritis/Fibromyalgia Aquatics: M, W, F 11:30am-12:15pm

Private Swim Lessons & Personal Training also available.

For further information call 474-7000, ext 23.

Visit us on-line for full class schedule:

www.rfgh.net/rehab.html

57 Fairview Avenue, Skowhegan

SOMERSET SPORTS & FITNESS

an affiliate of Redington-Fairview General Hospital

Hours:

Monday - Friday, 4:00 am - 7:00 pm

Saturday, 7:00 am - noon

2-for-1 Membership Special

Purchase two memberships (one person must be a new member) for just \$24.50 each!

Need a massage? Make an appointment with our new Massage Therapist, Mary Ann!

SSF offers many classes with membership, like ZUMBA, Yoga and Cycling. Check out our new equipment and recent renovations.

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

For more information call 474-2224.

6 Commerce Drive, Route 201, Skowhegan