



REDINGTON-FAIRVIEW GENERAL HOSPITAL

Community Health Education

Reach for Good Health!



Special Events



VOLUNTEER OPPORTUNITY! AMERICAN CANCER SOCIETY'S

ROAD TO RECOVERY

Wednesday, August 11, 1:00 - 2:00 pm

RFGH Conference Room #4, 46 Fairview Avenue, Skowhegan

This American Cancer Society program is for individuals interested in volunteering to help cancer patients by driving them to and from cancer treatment appointments.

Call Nicole Heansler, American Cancer Society, at 373-3701 for more information or to pre-register.

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.

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!

"Beat the Heat" Early Opening

Tuesdays & Thursdays at 5:30am

June, July & August

LAP SWIMMING

Don't forget to stay active this summer, RAIN or SHINE. Swimming is one of the top rated exercises for ALL ages. Come take a refreshing swim in our 20x60 indoor lap pool.

SOMERSET SPORTS & FITNESS

an affiliate of Redington-Fairview General Hospital

Hours:

Monday - Friday, 5:00 am - 7:00 pm

Saturday, 7:00 am - noon

Closed Sunday

June Membership Special -

Purchase a 3-month membership for just \$99!

ZUMBA -

Mondays and Wednesdays at 6:00 pm

Fridays at 10:00 am

SSF provides you thousands of pounds of weights, multiple cardio machines and numerous classes - ALL FOR ONE PRICE! NO HIDDEN COSTS!

For more information call 474-2224

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