

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Learn to Shop, Cook, and Eat Healthy on a Budget!

MADISON – Are you looking for a way to make healthier meals at home without breaking your budget? Madison Area Health Center has partnered with Maine SNAP-Ed to offer a Teaching 10 Tips nutrition course which is **FREE to anyone in the public** and will be held in Rm 152 at the Madison Area High School starting April 3rd.

Teaching 10 Tips is a 4-class series that teaches participants how to cook healthy and delicious meals while saving money at the grocery store. Work with a professional nutritionist from Somerset Public Health and enjoy free food, recipes, and health tips at each class! The classes will take place Mondays on April 3rd, 10th, 17th, and 24th, from 3:00 p.m. to 4:00 p.m.

To REGISTER, call Madison Area Health Center at 207.696.3992. Space is limited, so register early! Madison Area High School is located at 486 Main St, Madison.

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Madison Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral healthcare to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of healthcare and medications including the Health Insurance Marketplace. A private, non-profit with a 42-year history, HealthReach is funded by patient fees, grants and individual donations.