

Ounce of Prevention

A Continuing Educational Series Dedicated to Your Good Health • 2010



Programs will be held in the Community Room at 11:00 a.m.

MID COAST SENIOR HEALTH CENTER (MCSHC)
58 Baribeau Drive, Brunswick

For more information, please call (207) 373-3646.

January 15*

Dental Implants & Dentures:

New solutions for old problems

Paul Triggiani, DMD,

Two Rivers Family Dentistry, Lisbon

**This program will be held on a Friday*

February 8

Arthritis & You:

Diagnosis and current treatment options

Laura Smith-Tucker, MSN, RN, FNP,

Surgical Services, Mid Coast Hospital,

Joint Replacement Center

March 8

Ask the Geriatrician

James Donahue, DO, CMD, Medical Director,

Mid Coast Senior Health Center

April 12

Diabetes Update

Carol Freshley, RN,

Certified Diabetes Educator, Mid Coast Hospital

May 10

Stroke Information

Janet Moore, RN, ICU,

Mid Coast Hospital, CHANS

June 14

Urology 101: A question and answer session

Jonathan I. Telsey, MD,

Urology, Mid Coast Medical Group



MID COAST
SENIOR HEALTH CENTER

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