

# Living Well!



Mid Coast  
Senior Health Center

## *Ounce of Prevention Series*

Monday, Aug. 8, 11 a.m.–NOON

**LEARN** to adopt a healthy lifestyle  
that will help you age well

from

**Vicki Foster**

Healthy Aging Coordinator  
Spectrum Generations

**Monday, August 8, 11 a.m.–NOON**

Community Room  
Mid Coast Senior Health Center  
58 Baribeau Drive, Brunswick

**FOR MORE INFORMATION, call Vicki  
at (207) 623-0764, Ext. 126.**



**MID COAST  
SENIOR HEALTH CENTER**

An Affiliate of MID COAST HEALTH SERVICES



[midcoastseniorhealthcenter.com/ounce-of-prevention](http://midcoastseniorhealthcenter.com/ounce-of-prevention)

*A Continuing Educational Series Dedicated To Your Good Health.*