

# HEALTHY YOU

# Caribou May 2017

Unless otherwise noted, programs are **FREE** and open to the public!

Bill Sheehan, president of Aroostook Birding, will guide us on **Bird Watching Series** on six unique bird watching experiences. Learn about a variety of species, habitats, and characteristics while walking beautiful trails.

**May 2, 7:00 - 9:00 PM** - local fields for evening owl prowls

**May 10, 7:00 - 8:00 AM** - Collins Pond, Caribou

**May 13, 7:00 - 11:00 AM** - Perham Bog/Salmon Brook Lake

**May 17, 7:00 - 8:00 AM** - Caribou Bog

**May 20, 9:00 AM - 3:00 PM** - Aroostook River Birdaking Trip

**May 23, 6:30 - 8:15 AM** - Caribou Utilities District

Please call the Caribou Rec at 493.4224 for more information and to register!



## HEALTHY YOU Provider Insider



### Family Eye Care with Dr. Craig Small

**Monday, May 8: 6:00 to 7:00PM**

**Cary Medical Center, Chan Center**

Join Dr. Craig Small, Optometrist at Family Eye Care, as he talks about eye health and eye issues pertinent to families here in Aroostook County. Door prizes and light refreshments will also be provided.

### Shop & Drop Saturday, May 13: 10AM to 2PM

**Save-a-Lot & Sleeper's Market, CARIBOU**

Please help us feed the County! Stop by Save-a-Lot or Sleeper's in Caribou and make a non-perishable food donation during our Shop & Drop event! Additionally, you can bring food donations to one of our Hospitals Against Hunger drop boxes at Cary Medical Center or at any Pines Health Services location from Sunday, May 7 until Thursday, May 18!



### Family Fitness Fun

**Monday, May 15: 6:00 to 7:30PM**

**Teague Park Field**

Bring the entire family and join us for a night of family-friendly fitness activities with Power of Prevention Director, Mark Shea! Healthy snacks and door prizes will be provided.



### New Year, New You!

**Saturday, May 27: 11:00AM to 1:00PM**

**Cary Medical Center, Chan Center**

Join Healthy You Program Director, Bethany Zell, as she shares how she lost over 115 pounds and has kept it off for over a year! Learn tips and get resources for making your own healthy lifestyle change for 2017 at this informative workshop.



**CLIP & CONNECT:** Contact us today to receive a **FREE** magnetic frame for keeping your monthly Healthy You event listings on your refrigerator. Want to get our event listings in your email inbox every month? Join our email list by contacting Bethany Zell at 207-498-1361 or emailing [bzell@carymed.org](mailto:bzell@carymed.org).

Healthy You delivers a unique combination of programs that address overall wellbeing including physical, emotional, mental, social, and family health. Programs are offered in the six communities of Washburn, Limestone, Van Buren, Caribou, Fort Fairfield, and Presque Isle on a rotating monthly schedule.

HEALTHY YOU is a program of

