

HEALTHY YOU Washburn & Van Buren

August 2017

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



Chair Yoga

Thursday, August 10: 10:00AM
Washburn Recreation Center

Come enjoy 30 minutes of chair yoga with Cara Miller! This gentle style of exercise for all physical activity levels can help you to become a healthier, stronger person. If you have ever wanted to try yoga, but never dared, come for this FREE class which features simple stretching and overall goodness for your body.

1-2-3 Magic Parenting Lunch & Learn

Saturday, August 19: 10:00AM to 2:00 PM

Van Buren Community Center

1-2-3 Magic
Effective Discipline for Children 2 -12

Parenting is tough work and we want to give you tools to do the best job possible! Learn how to take control and set limits with this FREE evidence-based lunch & learn program led by Bonnie Folsom, Community Educator with Aroostook Council for Healthy Families. This is a video-based program with discussion designed for parents of children ages 5 to 12.

PREREGISTRATION IS REQUIRED by calling Healthy You at 498-1361.



Movie Under the Stars: Tangled

Saturday, August 26: 8:30PM

Van Buren High School

(Rain location: Inside the school)



Join us for the classic Disney movie Tangled! Popcorn, healthy snacks and beverages will be provided, but please bring your own fold up chair or blanket for sitting.

Sponsored by Cary Medical Center & Pines Health Services

Carbon Monoxide Fire Safety Seminar

Tuesday, August 29: 6:00 PM to 7:00 PM

Washburn Community Room

Join us for a fire safety seminar focused on carbon monoxide with Fire Prevention Outreach Coordinator, Elizabeth Singer. Qualifying homeowners* may sign up to receive a FREE Carbon Monoxide detector for your home. For more information or to register for the program, please call Cary Medical Center Public Relations at 498-1112.

* One FREE detector per home. Rental properties not eligible.



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.

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

