

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

Bullying Prevention Program

June 7: Limestone Community School

Aroostook Substance Abuse Prevention Outreach Specialist, Kim Parent, will be visiting LCS to share a bullying prevention program featuring a story, craft and snack. Your students will learn what bullying is and isn't and how they can combat bullying in their community. Follow up with your students after school to find out what they learned!



Cary Medical Center Community Blood Drive

Monday, June 12: 12 noon to 6:00PM

Caribou Inn & Convention Center



**American
Red Cross**



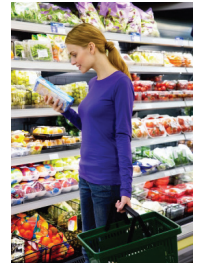
Be part of a lifesaving journey by donating blood! This blood drive is being held in memory of Arlene Doody, long-time Cary volunteer who assisted at our blood drive canteens for over 20 years. To schedule an appointment, please contact Kristi Herron at 207.498.6516 or register online at redcrossblood.org using sponsor code: Cary MC

Pop-Up Grocery Store Tour

Thursday, June 29: 2:00PM

Limestone Town Office

The choices seem endless, so how can we know what's healthy and what's not? Come join Jenna Stephenson, Snap-Ed Community Education Specialist with ACAP, to learn more about making healthier choices when you shop for food in your grocery store. 30 pre-registered attendees will receive a \$10 gift certificate to Hannaford after completing the tour, so call 498.1361 to register. SPACE IS LIMITED TO 30.



Movie Under the Stars: STORKS

Friday, June 30: 8:00PM

Albert Michaud Park, LIMESTONE

Join us for a FREE family-friendly movie under the stars to kick off the weekend leading into Limestone's annual 4th of July celebration! We will supply healthy snacks and beverages, but please bring your own fold up chairs or blankets. In the event of rain, the event will be held in the gym at Limestone Community School.



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.