

HEALTHY YOU Presque Isle September 2017

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



Bone Builders Open House

Monday, September 11: 10:00 to 11:00AM

Mark & Emily Turner Library

RSVP Bone Builders is an evidence based exercise program that uses light weights to increase muscle strength and bone density. Join us for a demonstration and light refreshments as you learn more about the benefits of this program. You will also be able to register at this event for the new Presque Isle class that begins this month!

Carbon Monoxide Fire Safety Seminar

Tuesday, September 19: 5:30 to 6:30 PM

Mark & Emily Turner Library

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.



1-2-3 Magic Parenting Lunch & Learn

Saturday, September 23: 10:00AM to 2:00 PM

State Street Baptist Church Fellowship Room

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 2 to 12.

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

Essential Oils Make & Take

Thursday, September 28: 6:00 to 7:30PM

Wintergreen Arts Center

Many essential oils have demonstrated the ability to inhibit or kill various types of bacteria, mold spores, and even viruses. These disinfectant properties of essential oils make them a natural substitute for the harsh chemicals used in many commercial cleaners. Come join Healthy You Program Director, Bethany Zell, as you learn about and create your very own essential oil cleaning spray to take home with you!



PREREGISTRATION IS REQUIRED by calling 498-1361.

LIMITED TO 30 PARTICIPANTS.

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

