



LIVING WELL FOR BETTER HEALTH

Tuesdays

1/13/26 - 2/17/26

9:00 AM - 10:00 AM

All classes in Conference Room 4 at
Redington-Fairview General Hospital

Register soon, limited spots available!

To register, please contact:

Brittney Dunphy
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What is Living Well for Better Health?

This is an interactive group class where you will learn strategies for symptom management to improve your overall health and wellness. You will learn tools in this class that will help you identify, develop and pursue personal goals in a safe, inclusive environment.

Who can benefit from Living Well for Better Health?

This class is ideal for any adult with a health condition. This class is especially valuable for individuals with multiple conditions, rising health risks, and those who want group support.

What can Living Well for Better Health do for you?

This class will empower you to increase your self-management, and improve what you know about pain management. Studies show that people who complete this class will have positive behavior changes and an easier time managing their chronic health problems.

