

Bone Health & You



Mid Coast
Senior Health Center

*Ounce of
Prevention
Series*

Monday, Oct. 18, 11 a.m.–NOON

LEARN *the latest about*
Osteoporosis

from

Laura Smith-Tucker, MSN, RN, FNP
Surgical Services – MID COAST HOSPITAL

Monday, Oct. 18, 11 a.m.–NOON
Community Room
Mid Coast Senior Health Center
58 Baribeau Drive, Brunswick

FOR MORE INFORMATION,
call **373-3646**.

MID COAST SENIOR HEALTH CENTER *is a*
Fall Medication Collection Site
10 a.m.–2 p.m. Friday, Nov. 12



MID COAST
SENIOR HEALTH CENTER

An Affiliate of MID COAST HEALTH SERVICES



midcoastseniorhealthcenter.com/ounce-of-prevention

A Continuing Educational Series Dedicated To Your Good Health.