



# Program Guide

## Fall 2024

Take me —  
I'm FREE!

October 1, 2024 - December 31, 2024

Peter Alford  
Prevention &  
Healthy Living Center  
MaineGeneral Medical Center



# Fall 2024 Classes

## Living with Chronic Conditions.. 6

Diabetes Prevention Education .....	6
Building Better Caregivers .....	6
Living Well for Better Health.....	7
Living Well with Chronic Pain .....	7
Living Well with Diabetes.....	7
A Matter of Balance .....	8
Freedom From Smoking® .....	8
Bingocize® .....	8
National Diabetes Prevention Program ....	9

## Healthy Mind & Body ..... 10

Creative Writing .....	10
<b>NEW</b> Cultivating Calm .....	10
Energy Tune-Up .....	10
Guided Forest Bathing .....	10
<b>NEW</b> Light in the Darkness: A Solstice Retreat .....	11
<b>NEW</b> Nature Gelatin Printing .....	11
Navigating the Nervous System .....	11
Seated Reiki Meditation.....	11
Unwrapping Presence.....	12
<b>NEW</b> Writing for Better Health.....	12
<b>NEW</b> Writing through Caregiving.....	12
Art from the Heart.....	12
Labyrinth Walk.....	13
Matters of the Mind: Stress-Management Skills Series.....	13
<b>NEW</b> Meditative Drum Circle .....	13
Yoga Nidra .....	13

## Physical Movement ..... 14

<b>NEW</b> Body-Positive Hiking .....	14
Posture Workshop .....	14
Salsa & Salsa.....	15
Family Yoga .....	15
Chair Yoga .....	15
Functional Flow .....	16
Revival Barre.....	16
Yoga for All Levels .....	16
Ballroom Basics .....	16
Line Up!.....	17
Qigong .....	17
Qigong (Intermediate).....	17
Rugged Ready .....	17
<b>NEW</b> Stronger Today: Yoga for Men's Health .....	18
Gentle Yoga .....	18
Gentle Yoga Level 2 .....	18
Tai Chi for Health & Balance, Part 1 .....	18
Tai Chi for Health & Balance, Part 2.....	19
Tai Chi Qigong Shibashi.....	19

## Healthy Cooking & Eating ..... 20

Better Baking (new recipes) .....	20
Buddha Bowls .....	20
<b>NEW</b> Exploring Beans & Legumes.....	20
Hannaford Store Tours .....	21
Healthy Eating for Cancer Survivors.....	21
Meatless Mondays (new recipes).....	21
Seasonal Cooking .....	21
Soups & Stews .....	22
Cooking the Mediterranean Way .....	22
<b>NEW</b> Tasting Herbs & Spices.....	22
<b>NEW</b> Eating the Rainbow .....	22
<b>NEW</b> Vegan Desserts.....	23
<b>NEW</b> Cooking 101 .....	23
Cooking Matters for Families.....	23
Cooking Matters for Parents.....	23

## Class Sites..... 24





From Left: Alicia Rice, Anna Froman, Emily Michaud, Anne Connors, Julie Kaupin, Brenna Nelson, Melissa Emmons and Ariel Carron. Not pictured: Jami Sirois.

## Welcome

Soon our forested Maine horizons will change color. We'll pick apples, carve pumpkins and look forward to the lifecycle starting again in the spring. It's a calming reminder that change can be good for a rejuvenation.

At MaineGeneral's Peter Alfond Prevention & Healthy Living Center, we want to provide you with resources to feel healthier and refreshed.

Whether you're looking for a healthier mind and body, improved cooking and eating, increased physical activity or living healthier with a chronic condition, there's something for everyone. Join a single program or several! This fall, we're offering all our classic classes with a few new ones!

In health & gratitude,

### The Peter Alfond Prevention & Healthy Living Team

**Anne Connors**  
Director, Community Health

**Alicia Rice**  
Community Programs Manager

**Julie Kaupin**  
Community Programs  
Coordinator

**Melissa Emmons**  
Community Programs  
Coordinator

**Anna Froman**  
Culinary Coordinator,  
Community Programs

**Emily Michaud**  
Health Educator

**Brenna Nelson**  
Community Registered Dietitian

**Jami Sirois**  
Office Coordinator

**Ariel Carron**  
Communications Coordinator

So, if Exploring Beans & Legumes, Cultivating Calm or Stronger Today: Yoga for Men's Health sounds appealing, **registration opens Tuesday, Sept. 3!**

Don't forget, you can also meet with a health coach for free to start or continue your health journey.

Tell a friend and invite your family to join you. Together, we can make this fall beautiful in a whole new healthy way.

If you want help choosing a class to meet your needs and interests, call **207-872-4102** to speak with one of our helpful health educators. You can also reach out to us at [PHL@mainegeneral.org](mailto:PHL@mainegeneral.org).

## Notice:

For the first time since 2018, due to increased costs to provide classes, some class fees have increased. Rest assured, discounts and financial assistance are available. Please see page 5 for details.

## Registration Information

To register for a class:

1. Go to [www.mainegeneral.org/classes-events](http://www.mainegeneral.org/classes-events).
2. Choose the class you want.
3. Complete all registration information.
4. We accept credit and debit cards. Payment is required upon registration.
5. We will confirm your registration by email.

If you need help registering, are seeking financial assistance or want to request a special accommodation, please call [207-872-4102](tel:207-872-4102).

The Peter Alford Prevention & Healthy Living Center (PAPHLC) will make reasonable accommodations to ensure people with disabilities have equal opportunity to participate in all classes and events.

If you are a person with a disability who requires an accommodation to participate fully in a class or event, please let us know at least 48 hours before it starts.



# Peter Alfond Prevention & Healthy Living Center Policies

## Senior, Veteran, MaineGeneral and Second Household Member Discounts

We offer a 20 percent discount per class to:

- Seniors (age 65 and older)
- Veterans (those who served in the armed forces of the United States)
- Current MaineGeneral employees
- Second member of a household who registers for the same class

## Payment Assistance

Additional help paying for classes is available on an as-needed basis:

- 50 percent off the cost of class (limited to **two** classes per quarter)
- 100 percent off the cost of class (limited to **one** class per quarter)

## Delays and Cancellations

We reserve the right to cancel a class due to low enrollment or unexpected events such as weather. If this happens, we will notify you by email and/or phone and refund your class fees.

## Weather Cancellations

If we need to cancel a class session because of weather, we will put a message on our voicemail at **207-861-5257** at least two hours before the class start time. We also list weather cancellations on our Facebook page: [www.facebook.com/mainegeneralphl](http://www.facebook.com/mainegeneralphl).

## Refunds

If a class is cancelled, we will refund your registration fee. If you drop a class at least 24 hours before it starts, you will also receive a refund. We cannot offer refunds within 24 hours of a class start time or after a class has started.

---

## Colby College Walking Program

Are you age 55 or older? Join the Colby College Walking Program at the Harold Alfond Athletics and Recreation Center on the Colby College campus. Community members may walk during the winter months for easier and safer exercise. Please see the designated days and hours below. Pre-registration is not needed. On your first visit, please see a volunteer monitor to complete the necessary paperwork. Minors and pets are not allowed. Soft-soled shoes are required; no outside shoes, please!

**Cost:** FREE

**Location:** Harold Alfond Athletics and Recreation Center, Colby College, Waterville

**Date:** Monday to Thursday, 9 – 11 a.m.  
Nov. 4, 2024 – April 17, 2025

Walking program is closed during Colby breaks:

- Oct. 14 – 15
- Nov. 25 – 28
- Dec. 17 – Jan. 2
- March 24 – 27



# Living with Chronic Conditions

## Diabetes Prevention Education

When you're at risk for type 2 diabetes or your blood sugar is elevated, it can be scary. We can help you make small changes that have a huge impact on your health. You will learn ways to eat healthier and how to read nutrition labels, increase physical activity and track your progress. Discuss ways to get started and resources for support and accountability.

**Cost:** \$20/person

**Instructor:** Melissa Emmons  
*MaineGeneral*

**Location:** Alford Youth & Community Center, Waterville Health Education Room

**Date:** Thursday, Nov. 14  
5 – 6:30 p.m.

## Building Better Caregivers

Being a caregiver is often a thankless job with limited support. That's where our six-session interactive workshop comes in. Learn to balance your life as a caregiver while maintaining your own autonomy and health. Gain confidence dealing with difficult emotions, care-partner behaviors, future planning, family and friends, and doctors and health care systems.

**Cost:** FREE

**Instructors:** Jen Paquet & Monica Hawk

**Location:** Gardiner Family Medicine, Gardiner

**Date:** Mondays, Oct. 21 – Dec. 2  
(no session Nov. 11)  
1 – 3:30 p.m.  
(6 sessions)

# Living with Chronic Conditions

## Living Well for Better Health

Being healthy doesn't mean living condition-free. Are you managing a chronic condition or looking to live healthier? If so, our six-week program will teach you to manage your chronic condition and overall health while getting physically active, eating healthy and communicating your needs. The group participates by phone and class materials are sent to your home.

**Cost:** FREE

**Instructor:** Emily Michaud  
*MaineGeneral*

**Location:** Telephonic

**Date:** Mondays, Oct. 28 – Dec. 2  
10 – 11 a.m.  
(6 sessions)

## Living Well with Chronic Pain

When you're in pain, it can be hard to focus on anything else. Stop letting pain pause your life! This class explores how healthy eating, gentle-movement exercises and balancing activity and rest can help improve your quality of life. This class is open to adults who have chronic pain and their caregivers. The group participates by phone and class materials are sent to your home.

**Cost:** FREE

**Instructor:** Emily Michaud  
*MaineGeneral*

**Location:** Telephonic

**Date:** Fridays, Nov. 8 – Dec. 13  
10 – 11 a.m.  
(6 sessions)

## Living Well with Diabetes

Does having diabetes feel confining? You no longer have to feel alone. Our six-week program will help you feel better, gain control and connect with others having the same health challenges. Reach small goals together by sharing ideas and experiences, exploring healthier eating, moving more and monitoring blood sugar. Whether you want a diabetes-management refresher or have a new diagnosis, this program can help!

**Cost:** FREE

**Instructors:** Melissa Emmons & Dana Winslow  
*MaineGeneral*

**Location:** Granite Hill Estates,  
Hallowell

**Date:** Fridays, Oct. 11 – Nov. 15  
Noon – 2:30 p.m.  
(6 sessions)

**Cost:** FREE

**Instructor:** Gina Holleran

**Location:** Telephonic

**Date:** Mondays, Oct. 21 – Nov. 25  
6:30 – 7:30 p.m.  
(6 sessions)

**Cost:** FREE

**Instructor:** Vicki Foster  
*MaineGeneral*

**Location:** Telephonic

**Date:** Tuesdays, Oct. 22 –  
Nov. 26  
3 – 4 p.m.  
(6 sessions)

# Living with Chronic Conditions

## A Matter of Balance

A fear of falling can keep you from living your life to the fullest. The good news is that falls can be predictable and preventable. Our eight-session group class will teach you strategies to reduce falling risks, increase activity and live your life again. You'll also learn home modifications to make falls less likely and practice exercises to increase strength and balance.

**Cost:** FREE

**Instructors:** **Melissa Emmons & Gina Holleran**  
*MaineGeneral*

**Location:** Arch Beta Resident Center,  
Augusta

**Date:** Wednesdays, Oct. 23 –  
Dec. 18  
(no session Nov. 27)  
1 – 3 p.m.  
(8 sessions)

## Bingocize®

It's BINGO time! Join this class for an hour of fun, education and activity. During Bingocize®, you'll play a bingo-like game while learning to prevent falls and also do light exercise to help increase strength and improve balance.

**Cost:** FREE

**Instructor:** **Emily Michaud**  
*MaineGeneral*

**Location:** Arch Beta Resident Center,  
Augusta

**Date:** Tuesdays & Thursdays,  
Nov. 12, 2024 –  
Jan. 28, 2025  
(no sessions Nov. 28,  
Dec. 24 & 26)  
3:15 – 4:15 p.m.  
(20 sessions)



## Freedom From Smoking®

Quitting isn't easy – but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you tools to overcome tobacco addiction and quit for good! It features a step-by-step plan for quitting, with each session designed to help you gain control.

**Cost:** FREE

**Instructor:** **Vicki Foster**  
*MaineGeneral*

**Location:** Lithgow Public Library,  
Augusta, Board Room

**Date:** Wednesdays, Oct. 2 –  
Nov. 20  
2 – 4 p.m.  
(8 sessions)

To register, please call [207-872-4102](tel:207-872-4102).





# Living with Chronic Conditions

## National Diabetes Prevention Program

Being at risk for type 2 diabetes can be scary, but you can make small changes to reduce your risk and fear. Join the National Diabetes Prevention Program to learn how to eat healthier, increase activity, lower your blood sugar and improve your overall health. You gain a year of support within a group setting along with a dedicated lifestyle coach. Don't miss your chance for encouragement and to meet others trying to live healthier, just like you. This class meets weekly for 16 weeks, then twice a month for the rest of the year.

**Cost:** FREE

**Instructor:** **Melissa Emmons**  
*MaineGeneral*

**Location:** Alford Center for Health, Augusta, Classroom 1

**Date:** Mondays, Oct. 21, 2024 – Oct. 13, 2025  
Noon – 1 p.m.  
(34 sessions)

**Cost:** FREE

**Instructor:** **Jasmine Waite**

**Location:** Alford Center for Health, Augusta, Classroom 2

**Date:** Mondays, Nov. 4, 2024 – Oct. 27, 2025  
5:30 – 6:30 p.m.  
(34 sessions)





# Healthy Mind & Body

## Creative Writing

Using guided writing prompts from Natalie Goldberg's book, *Writing Down the Bones: Freeing the Writer Within*, explore the creative use of words to express your experience and affirm your innate creativity. No experience is needed.

**Instructor:** Christine Little

**Location:** Zardus Holistic Wellness Center, Augusta Health Education Room

**Cost:** \$15/person

**Date:** Friday, Oct. 18  
10 a.m. – noon

**Cost:** \$15/person

**Date:** Friday, Nov. 15  
10 a.m. – noon

**Cost:** \$15/person

**Date:** Friday, Dec. 20  
10 a.m. – noon

## NEW Cultivating Calm

Need a quick aid to help with mental health or stress? Come learn a variety of five-minute breathing exercises and meditations to find one that works for you!

**Cost:** \$15/person

**Instructor:** Anna Froman, ND  
*MaineGeneral*

**Location:** Alford Youth & Community Center, Waterville Health Education Room

**Date:** Wednesday, Nov. 6  
5 – 6 p.m.

## Energy Tune-Up

Your car gets regular tune-ups, but how about you? Join Reiki practitioner Gina Holleran for this group session to increase awareness of your chakras and explore self-care practices. Walk away feeling balanced and re-energized.

**Cost:** \$15/person

**Instructor:** Gina Holleran

**Location:** Zardus Holistic Wellness Center, Augusta Health Education Room

**Date:** Wednesday, Oct. 30  
4 – 5:30 p.m.

## Guided Forest Bathing

In a forest-bathing experience, there is no “bathing” involved. Certified Nature and Forest Therapy Guide Constance Woodworth invites you on a gentle walk in the woods to practice mindfulness through sight, smell, sound and touch. Experience benefits of lowered blood pressure, reduced stress and anxiety, enhanced immune-system function and improved mood. Leave the soap at home and let the forest be your cleanse!

**Instructor:** Constance Woodworth

**Cost:** \$20/person

**Location:** Viles Arboretum, Augusta

**Date:** Friday, Oct. 18  
4 – 6 p.m.

**Cost:** \$20/person

**Location:** Quarry Road Trails, Waterville

**Date:** Saturday, Nov. 16,  
10 a.m. – noon

## NEW Light in the Darkness: A Solstice Retreat

Winter solstice represents the turning point in which long, dark nights begin to make way for more light each coming day. Celebrate this seasonal transition by joining us for an evening retreat dedicated to your wellness. By exploring nourishing practices like breathwork, restorative yoga and self-reflection, you invite positive energy shifts while honoring your unique needs for rest. Shine light on what brings you hope in times of darkness – supported by the community beside you!

**Cost:** \$20/person

**Instructors:** Julie Kaupin & Nicole Hudson  
*MaineGeneral*

**Location:** The Loudon Hill Center, Hallowell Grand Hall

**Date:** Friday, Dec. 20  
4 – 6 p.m.

## NEW Nature Gelatin Printing

In partnership with Waterville Creates, join us to explore the playful, spontaneous world of gelatin printing. This printmaking technique results in one-of-a-kind prints using flowers, leaves and other natural materials. Enjoy a process that allows for a therapeutic escape from the stresses of daily life. All skill levels welcome and materials are provided.

**Cost:** FREE

**Instructor:** Serena Sanborn

**Location:** The Paul J. Schupf Art Center, Waterville Ticonic Classroom

**Date:** Wednesday, Dec. 4  
10 a.m. – noon

## Navigating the Nervous System

You've likely heard the terms "fight or flight" and "rest and digest," but do you know how they function in your life? This workshop explores the role of your body's communication pathways to help you reduce stress and increase calm using the power of the nervous system.

**Cost:** \$15/person

**Instructor:** Nicole Hudson

**Location:** Alford Center for Health, Augusta Classroom 2

**Date:** Tuesday, Nov. 26  
2 – 4 p.m.

## Seated Reiki Meditation

Enjoy physical and emotional rest using the therapeutic elements of meditation and Reiki. This class begins with a guided group meditation and transitions to individual Reiki treatment, where the instructor offers optional hands-on touch to your head, upper back and neck to promote the flow of healing energy.

**Instructor:** Melissa Caron

**Cost:** \$15/person

**Location:** Alford Youth & Community Center, Waterville Multipurpose Room

**Date:** Thursday, Oct. 3  
3 – 4:15 p.m.

**Cost:** \$15/person

**Location:** Gardiner Family Medicine, Gardiner Large Conference Room

**Date:** Thursday, Oct. 17  
4 – 5:15 p.m.

# Healthy Mind & Body

## Unwrapping Presence

The most important gift you can share with your loved ones this holiday season is a happier, healthier you. In this guided meditation, spend time unwrapping true presence so you can experience your seasonal celebrations with a newfound sense of awareness and appreciation.

- Cost:** \$15/person  
**Instructor:** Julie Kaupin  
*MaineGeneral*  
**Location:** Zoom  
**Date:** Monday, Dec. 16  
7 – 8 p.m.

## NEW Writing for Better Health

Learn how writing and journaling can help improve your overall health. Hear readings, try writing prompts and explore writing for self-care and processing difficult times. You are welcome to bring your own journal, or start a new one provided in class. No prior writing experience is needed.

- Instructor:** Sarah Gaffney  
**Cost:** \$15/person  
**Location:** Alford Youth & Community Center, Waterville Health Education Room  
**Date:** Thursday, Oct. 17  
4:30 – 6 p.m.
- Cost:** \$15/person  
**Location:** Alford Center for Health, Augusta Classroom 2  
**Date:** Friday, Dec. 13  
10 – 11:30 a.m.

## NEW Writing through Caregiving

Join other caregivers to learn how writing and journaling can help you through your journey. We'll explore writing as a tool for navigating the challenges and joys of caregiving, managing stress and as a form of self-care. No writing experience is needed. The workshop is appropriate for any stage or degree of caregiving.

- Cost:** \$15/person  
**Instructor:** Sarah Gaffney  
**Location:** Zoom  
**Date:** Wednesday, Nov. 13  
6:30 – 8 p.m.

## Art from the Heart

Enjoy this fun and relaxing opportunity to practice self-exploration and expression through art. Explore a variety of expressive art forms, including creative writing, singing, movement and visual art in this group for all ages. No art or musical experience is needed, only the willingness to create!

- Cost:** \$45/person  
**Instructor:** Christine Little  
**Location:** Alford Center for Health, Augusta, Classroom 3  
**Date:** Friday, Oct. 25 – Nov. 22  
(biweekly)  
10 – 11:30 a.m.  
(3 sessions)



## Labyrinth Walk

Join Dr. Barbara Moss for a weekly labyrinth walk to help calm and clarify your thoughts! A labyrinth is not a maze; it is a path to a central point, an ancient meditation tool found in traditions worldwide. Usually walked in silence, alone or with others, labyrinth walks offer an active journey of intention, centering and integration. No pre-registration required; simply drop in to any session. We walk only in good weather.

**Cost:** FREE

**Instructor:** Barbara Moss, DO  
*MaineGeneral*

**Location:** Alford Center for Health,  
Augusta, Fred Craigie  
Meditation Labyrinth

**Date:** Thursdays, Oct. 3 – 24  
5:30 – 6 p.m. (4 sessions)

**Date:** Tuesdays, Oct. 1 – Nov. 19  
12:30 – 1 p.m. (8 sessions)

## Matters of the Mind: Stress-Management Skills Series

Do you feel like stress is getting the best of you? When matters of the mind feel unbearable, calming and balancing your nervous system can renew a sense of wholeness and joy. In this six-week series, you learn and experience stress-management techniques to cultivate emotional well-being. Topics include journaling, forest bathing, expressive art, mindfulness, meditation, yoga and guided deep breathing.

**Cost:** \$85/person

**Instructors:** Melissa Caron, Julie  
Kaupin, Mike Keighley,  
Christine Little &  
Constance Woodworth  
*MaineGeneral*

**Location:** Alford Center for Health,  
Augusta, Classroom 3

**Date:** Tuesdays, Oct. 15 – Nov. 19  
5 – 6:30 p.m. (6 sessions)

## NEW Meditative Drum Circle

Across time and cultures, drums have been part of meditation practice. In this series, use frame drums and therapeutic sound equipment, such as singing bowls and tuning forks, to create rhythms that calm your mind and body. During each session, you are invited to sit or lay down in the circle to bathe in the sounds and vibrations. If you have a frame drum or singing bowl, please bring it, but it is not required. Equipment is provided and no experience is needed.

**Cost:** \$85/person

**Instructor:** Carol Richards

**Location:** The Loudon Hill Center,  
Hallowell  
Grand Hall

**Date:** Tuesdays, Nov. 12 - Dec. 17  
5:30 - 7 p.m. (6 sessions)

## Yoga Nidra

Yoga Nidra is a form of guided meditation emphasizing extended stillness, silence and resting the body to exercise the mind. You can relax in your own space with this virtual class. You're welcome to use pillows, neck cradles, eye covers and blankets to support your comfort. You will not move during this class.

**Cost:** \$100/person

**Instructor:** Beth Jones

**Location:** Zoom

**Date:** Thursdays, Oct. 10 – Dec. 19  
(no session Nov. 28)  
7 – 8 p.m.  
(10 sessions)



# Physical Movement

## NEW Body-Positive Hiking

Do you want to hike Maine’s beautiful outdoors but are not sure how to start or fear being judged? Join Paige Emerson, founder of renowned social media account Chubby Hiker Reviews, for a presentation on how you can safely and confidently explore, no matter your body type. Paige shares her personal experience becoming a hiker as someone who is plus-sized. Through her expertise as both a Registered Maine Guide and Clinical Social Worker, she also teaches you how to identify your ideal hiking trails and ways to support your mental health through self-compassion and advocacy. Afterwards, enjoy a guided nature walk through Viles Arboretum.

- Cost:** \$15/person
- Instructor:** Paige Emerson
- Location:** Viles Arboretum, Augusta Viles Room
- Date:** Saturday, Nov. 2  
10 – 11:30 a.m.

## Posture Workshop

Learn how improving your posture and alignment can recover balance and energy levels, reduce and prevent pain and enhance breath capacity. This 75-minute workshop includes tips on maintaining posture throughout the day, Q&A and a yoga-based movement practice.

- Cost:** \$15/person
- Instructor:** Julia Redman
- Location:** Alford Center for Health, Augusta  
Conference Room 1
- Date:** Wednesday, Nov. 13  
5 – 6:15 p.m.

## Salsa & Salsa

Let's add some fun and flavor to your life! In this Latin dance lesson, you are introduced to salsa, bachata and merengue-style ballroom dance while snacking on homemade salsa and chips! No previous dance experience is needed. Partners are encouraged, but not required. Please register separately.

**Cost:** \$20/person

**Instructors:** Gina Holleran & Mike Keighley  
*MaineGeneral*

**Location:** The Loudon Hill Center,  
Hallowell  
Grand Hall

**Date:** Friday, Nov. 15  
5 – 6:30 p.m.

## Family Yoga

Spend quality time with your children, encouraging fun, energy management and creativity through movement. Your family will learn basic yoga poses. You must register and attend with your child. Children age 5 to 10 are welcome.

**Cost:** \$40/family

**Instructor:** Julia Redman

**Location:** Kennebec Valley YMCA,  
Augusta  
Dance Studio

**Date:** Saturdays, Nov. 2 – 23  
10:30 – 11:15 a.m.  
(4 sessions)

## Chair Yoga

Chair Yoga offers the benefits of traditional yoga practice without getting on the floor. Benefits include improved posture and balance, increased strength and flexibility, reduced stress and a sense of well-being. Done seated or using a chair for support, it adapts to your needs and ability; no experience is needed.

**Cost:** \$40/person

**Instructor:** Julia Redman

**Location:** Alford Center for Health,  
Augusta  
Conference Room 2

**Date:** Wednesdays, Oct. 23 –  
Nov. 13  
10:30 – 11:30 a.m.  
(4 sessions)

**Cost:** \$60/person

**Instructor:** Julie Kaupin  
*MaineGeneral*

**Location:** Alford Youth & Community  
Center, Waterville  
Multipurpose Room

**Date:** Fridays, Nov. 8 – Dec. 20  
(no session Nov. 29)  
11 a.m. – noon (6 sessions)

**Cost:** \$60/person

**Instructor:** Ann Parker

**Location:** Maranacook Community High  
School, Readfield

**Date:** Wednesdays, Oct. 2 – Nov. 6  
4:30 – 5:30 p.m. (6 sessions)

**Cost:** \$80/person

**Instructor:** Ann Parker

**Location:** Arch Beta Resident Center,  
Augusta

**Date:** Wednesdays, Oct. 2 – Nov. 20  
10 – 11 a.m. (8 sessions)

# Physical Movement

## Functional Flow

Functional movements are those done to complete everyday tasks such as bending down to pick up a package or reaching overhead into your cupboards. This class helps you complete them with greater ease, safety and confidence by using a flow-style yoga practice to increase balance, mobility and strength. All levels are welcome.

- Cost:** \$40/person  
**Instructor:** Julia Redman  
**Location:** Alfond Center for Health, Augusta  
Conference Room 3  
**Date:** Wednesdays, Nov. 20 – Dec. 11  
10:30 – 11:30 a.m.  
(4 sessions)

## Revival Barre

Revival Barre is an empowering, upbeat style of movement blending ballet conditioning, Pilates and yoga. This low-impact, full-body workout targets all major muscle groups by using a mix of body weight, light hand weights and various props. You leave feeling stronger, confident and ready for more!

- Cost:** \$40/person  
**Instructor:** Larkin Silverman  
**Location:** Soul Revival, Waterville  
**Date:** Tuesdays, Oct. 8 – 29  
5:30 – 6:20 a.m.  
(4 sessions)

## Yoga for All Levels

Whether you're trying yoga for the first time or are a seasoned yogi, come with an open mind and heart and explore what feels good to you that day.

- Cost:** \$40/person  
**Instructor:** Nicole Hudson  
**Location:** Zoom  
**Date:** Thursdays, Oct. 3 – 24  
7 – 8 p.m.  
(4 sessions)
- Cost:** \$100/person  
**Instructor:** Beth Jones  
**Location:** Alfond Youth & Community Center, Waterville  
Multipurpose Room  
**Date:** Tuesdays, Oct. 15 – Dec. 17  
5:15 – 6:15 p.m.  
(10 sessions)

## Ballroom Basics

Let's dance! Explore the basic steps for rumba, salsa, bachata, foxtrot, waltz and the hustle. Enjoy the benefits of improved mood, energy, balance and coordination. Dance partners are strongly encouraged, but not necessary. Please register separately. No experience is required!

- Cost:** \$50/person  
**Instructor:** Gina Holleran  
**Location:** Kennebec Valley YMCA, Augusta  
Dance Studio  
**Date:** Fridays, Oct. 4 – Nov. 1  
5 – 6 p.m.  
(5 sessions)



## Line Up!

Come learn simple line dances that require no partner, no western boots and no dance experience. You just need a willingness to move and smile! Line dancing is great exercise for the mind and body and can improve joint stability, range of motion and brain health for anyone who joins!

- Cost:** \$60/person  
**Instructor:** Christine Little  
**Location:** Kennebec Valley YMCA,  
Augusta  
Dance Studio  
**Date:** Fridays, Oct. 18 – Nov. 22  
2 – 3 p.m. (6 sessions)

## Qigong

Qigong is an ancient Chinese practice that combines controlled breathing, gentle movement and meditation to promote good mental, physical and spiritual health.

- Cost:** \$60/person  
**Instructor:** Audrey McGee  
**Location:** Alfond Youth & Community  
Center, Waterville  
Multipurpose Room  
**Date:** Wednesdays, Nov. 6 –  
Dec. 11 (All levels)  
5 – 6 p.m. (6 sessions)
- Cost:** \$100/person  
**Instructor:** Shalimar Chasse  
**Location:** Alfond Center for Health,  
Augusta  
Conference Room 3  
**Date:** Wednesdays, Oct. 9 –  
Dec. 18 (Beginner)  
(no session Nov. 27)  
5:15 – 6:15 p.m.  
(10 sessions)

## Qigong (Intermediate)

Qigong is an ancient Chinese practice that combines controlled breathing, gentle movement and meditation to promote good mental, physical and spiritual health. This series progresses beyond foundational elements to provide an advanced practice appropriate for intermediate learners.

- Cost:** \$100/person  
**Instructor:** Shalimar Chasse  
**Location:** Alfond Center for Health,  
Augusta  
Conference Room 3  
**Date:** Wednesdays, Oct. 9 –  
Dec. 18  
(no session Nov. 27)  
6:15 – 7:15 p.m.  
(10 sessions)

## Rugged Ready

Whether you want to hike, hunt or explore Maine's rugged outdoors, this program prepares you for your next great adventure! Learn and practice functional exercises to improve strength, mobility and endurance, helping you make the most of your seasonal recreation.

- Cost:** \$60/person  
**Instructor:** Tony Solis  
**Location:** Alfond Youth & Community  
Center, Waterville  
Multipurpose Room  
**Date:** Thursdays, Nov. 7 – Dec. 19  
(no session Nov. 28)  
5:30 – 6:15 p.m.  
(6 sessions)

# Physical Movement

## NEW Stronger Today: Yoga for Men's Health

In this men's-only yoga series, experience dynamic sequences aimed at cultivating physical resilience and mental clarity. Learn from U.S. Army veteran Mike Keighley whose approach is to drop stereotypes of what yoga "should" look like and help you find what is right for you. Embrace the challenge, unlock your potential and experience the profound benefits of yoga designed for the modern man. All levels welcome.

**Cost:** \$60/person

**Instructor:** Mike Keighley  
*MaineGeneral*

**Location:** Alford Center for Health,  
Augusta  
Conference Room 3

**Date:** Mondays, Oct. 21 – Nov. 25  
5 – 6 p.m. (6 sessions)

## Gentle Yoga

Stretch and strengthen your muscles, gain flexibility, improve balance, reduce stress and relax with this class appropriate for beginners or those with experience.

**Cost:** \$80/person

**Instructor:** Julia Redman

**Location:** Alford Center for Health,  
Augusta  
Conference Room 3

**Date:** Mondays, Oct. 21 – Dec. 9  
10 – 11 a.m. (8 sessions)

**Cost:** \$100/person

**Instructor:** Beth Jones

**Location:** Zoom

**Date:** Thursdays, Oct. 10 – Dec. 19  
(no session Nov. 28)  
9 – 10 a.m. (10 sessions)

## Gentle Yoga Level 2

If you've been enjoying Gentle Yoga but are looking to move to the next level, or you have prior yoga experience, this class is for you.

**Cost:** \$80/person

**Instructor:** Julia Redman

**Location:** Alford Center for Health,  
Augusta  
Conference Room 3

**Date:** Mondays, Oct. 21 – Dec. 9  
11:15 a.m. – 12:15 p.m.  
(8 sessions)

**Cost:** \$100/person

**Instructor:** Beth Jones

**Location:** Alford Center for Health,  
Augusta  
Conference Room 3

**Date:** Thursdays, Oct. 10 – Dec. 19  
(no session Nov. 28)  
5:15 – 6:15 p.m.  
(10 sessions)

## Tai Chi for Health & Balance, Part 1

Tai Chi is an enjoyable, low-impact exercise that can help you improve balance, relieve pain, increase strength and prevent falls. It is an effective exercise that is easy on the joints and good for those with arthritis and balance issues. Take this 16-session class to improve the health of your mind and body.

**Cost:** \$65/person

**Instructor:** Linda Poirier

**Location:** Alford Youth & Community  
Center, Waterville  
Multipurpose Room

**Date:** Tuesdays & Thursdays,  
Oct. 1 – Nov. 21  
11 a.m. – noon  
(16 sessions)

## Tai Chi for Health & Balance, Part 2

Have you completed Tai Chi for Health & Balance, Part 1 and are ready for more? Join this class to build on what you learned in part 1 and continue deepening your Tai Chi practice. (Note: This program is a continuation of Tai Chi for Health & Balance (TCHB); completion of TCHB is required before participating in this program.)

**Cost:** \$65/person

**Instructor:** Ann Parker

**Location:** Cohen Community Center,  
Hallowell

**Date:** Tuesdays & Thursdays,  
Oct. 1 – Nov. 21  
10 – 11 a.m.  
(16 sessions)

## Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a combination of Tai Chi and Qigong that helps build posture and balance, muscle tone and a healthy range of movement without putting stress on the joints. Regular practice of the 18 forms supports health and vitality, calms the mind and improves breathing. The calming and meditative movements also are a wonderful way to connect with nature as the forms invite you to do things like separate clouds, push waves, dance with rainbows, touch the sea and look at the sky.

**Cost:** \$85/person

**Instructor:** Audrey McGee

**Location:** Alford Youth & Community  
Center, Waterville  
Multipurpose Room

**Date:** Mondays & Wednesdays,  
Oct. 7 – Nov. 27  
2:30 – 3:30 p.m.  
(16 sessions)





# Healthy Cooking & Eating

## Better Baking (new recipes)

Muffins, quick breads, cakes, cookies – some of our favorite baked treats usually come with a side of preservatives. Cook through new recipes and learn savvy – and healthier – techniques to lighten up some baked favorites.

**Cost:** \$25/person

**Instructor:** Brenna Nelson, RD  
*MaineGeneral*

**Location:** Maranacook Community High School, Readfield

**Date:** Wednesday, Oct. 23  
5:30 – 7:30 p.m.

**Cost:** \$25/person

**Instructors:** Brenna Nelson, RD & Anna Potts, RD, LD  
*MaineGeneral*

**Location:** Alford Center for Health, Augusta, Teaching Kitchen

**Date:** Tuesday, Nov. 19  
11 a.m. – 1 p.m.

## Buddha Bowls

Chances are you've made a Buddha bowl out of leftovers before. Even if you haven't, these bowls – consisting of grains, vegetables, protein and dressing – can become your go-to weeknight staple. They're healthy, easy to make and hard to mess up. Learn to throw together this satisfying, delicious meal in no time.

**Cost:** \$25/person

**Instructors:** Anna Froman, ND & Brenna Nelson, RD  
*MaineGeneral*

**Location:** Gardiner Family Medicine, Gardiner

**Date:** Friday, Nov. 8  
11 a.m. – 1 p.m.

## NEW Exploring Beans & Legumes

Break free of traditional ideas as you take beans and legumes to the next level and prepare recipes using these undervalued fiber-filled plant proteins in explorative new ways.

**Cost:** \$25/person

**Instructor:** Colin McCullough

**Location:** Alford Health Center, Augusta Teaching Kitchen

**Date:** Monday, Oct. 7  
5:30 – 7:30 p.m.

**Cost:** \$25/person

**Instructors:** Brenna Nelson, RD & Tiffany Jacobs-Millett, RD, LD  
*MaineGeneral*

**Location:** Alford Center for Health, Augusta Teaching Kitchen

**Date:** Friday, Dec. 6  
11 a.m. – 1 p.m.

## Hannaford Store Tours

Learn how to shop smart! A Hannaford dietitian will lead tours through their Augusta and Waterville stores. You will learn how to stretch your dollar the healthy way.

**Instructor:** Alexandra James, RD, LD

**Cost:** FREE

**Location:** Hannaford Whitten Road, Augusta

**Date:** Friday, Nov. 15,  
Noon – 1 p.m.

**Instructor:** Valerie Curtis, RD

**Cost:** FREE

**Location:** KMD Plaza Hannaford, Waterville

**Date:** Monday, Oct. 21,  
10 – 11 a.m.

**Cost:** FREE

**Location:** Elm Plaza Hannaford, Waterville

**Date:** Monday, Oct. 28,  
10 – 11 a.m.

## Healthy Eating for Cancer Survivors

Learn how healthy eating and lifestyle choices can reduce your risk of cancer recurrence and promote overall wellness. This free class is open to all cancer survivors and/or caregivers.

**Cost:** FREE

**Instructor:** Jenna Quint, MS, RD, LD  
*MaineGeneral*

**Location:** Harold Alfond Center for Cancer Care, Augusta Prescott Room

**Date:** Wednesday, Nov. 13  
5:30 – 7 p.m.

## Meatless Mondays (new recipes)

Did you know that swapping out a meat-based meal per week has a huge impact on your health? It also has a great impact on the environment. In this class, you learn incredibly hearty, satisfying meals while venturing into the world of vegetarian cuisine.

**Instructor:** Colin McCullough

**Cost:** \$25/person

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Monday, Nov. 4  
5:30 – 7:30 p.m.

**Cost:** \$25/person

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Monday, Dec. 9  
5:30 – 7:30 p.m.

## Seasonal Cooking

Maine's four seasons provide a diverse and delicious array of ingredients to inspire your cooking year round. You will learn how to save money at the grocery store by shopping seasonally, incorporating seasonal produce into your cooking and staying connected to local agriculture.

**Cost:** \$25/person

**Instructors:** Patty Morini & Jane Moore, RD  
*MaineGeneral*

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Monday, Oct. 21  
5:30 – 7:30 p.m.

**Cost:** \$25/person

**Instructor:** Anna Froman, ND  
*MaineGeneral*

**Location:** Kennebec Valley Community College, Fairfield

**Date:** Friday, Dec. 20  
11 a.m. – 1 p.m.

# Healthy Cooking & Eating

## Soups & Stews

There is nothing like a bowl of soup to warm you up and soothe your soul. This hands-on cooking class teaches techniques and recipes for soups and stews that are big on flavor and nutrition and easy on the wallet.

**Cost:** \$25/person

**Instructors:** **Patty Morini & Jane Moore, RD**  
*MaineGeneral*

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Tuesday, Oct. 15  
5:30 – 7:30 p.m.

**Cost:** \$25/person

**Instructor:** **Anna Froman, ND**  
*MaineGeneral*

**Location:** Alfond Youth & Community Center, Waterville Teaching Kitchen

**Date:** Tuesday, Nov. 19  
5:30 – 7:30 p.m.

## Cooking the Mediterranean Way

You don't have to travel abroad to experience Mediterranean diet benefits. Simply head to our local class to learn low-fat, heart-healthy recipes and discover delicious disease-preventing flavors and fresh foods that promote health.

**Cost:** \$60/person

**Instructor:** **Anna Froman, ND**  
*MaineGeneral*

**Location:** Alfond Youth & Community Center, Waterville Teaching Kitchen

**Date:** Wednesdays, Dec. 4 – 18  
5:30 – 7:30 p.m.  
(3 sessions)

## NEW Tasting Herbs & Spices

Learn more about the nutritional benefits of adding herbs and spices to your daily cooking routine! This is a demonstration class only; no hands-on participation is required.

**Instructors:** **Anna Froman, ND & Brenna Nelson, RD**  
*MaineGeneral*

**Cost:** \$15/person

**Location:** Arch Beta Resident Center, Augusta

**Date:** Thursday, Oct. 3, 1 – 2:30 p.m.

**Instructors:** **Anna Froman, ND & Natasha Varney, RD, LD**  
*MaineGeneral*

**Cost:** \$15/person

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Wednesday, Oct. 30  
2 – 3:30 p.m.

**Instructors:** **Anna Froman, ND & Rachael Hall, RD, LD**  
*MaineGeneral*

**Cost:** \$15/person

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Thursday, Dec. 19, 4 – 5:30 p.m.

## NEW Eating the Rainbow

In this four-week series, learn to cook and eat foods from every color of the rainbow. While preparing these new colorful foods, you also learn the health and nutrition benefits of having a colorful plate as part of your dining routine.

**Cost:** \$75/person

**Instructors:** **Anna Froman, ND & Denise Beland, RD, LD**  
*MaineGeneral*

**Location:** Alfond Center for Health, Augusta, Teaching Kitchen

**Date:** Thursdays, Oct. 3 – 24  
5:30 – 7:30 p.m. (4 sessions)

## NEW Vegan Desserts

Expand your dessert horizons with this hands-on vegan experience. This class explores recipes that feature plant-based sweet options for everyone.

- Instructor:** Colin McCullough  
**Cost:** \$25/person  
**Location:** Alfond Center for Health, Augusta, Teaching Kitchen  
**Date:** Monday, Nov. 18  
5:30 – 7:30 p.m.  
**Cost:** \$25/person  
**Location:** Alfond Center for Health, Augusta, Teaching Kitchen  
**Date:** Tuesday, Dec. 17  
5:30 – 7:30 p.m.

## NEW Cooking 101

Are you 19-24 years old? Heading to a first apartment or dorm? Cooking 101 will teach you to prepare simple, healthy and delicious food. Each session contains several basic cooking techniques and other topics related to eating and preparing meals at home. Cooking 101 also provides tips for stretching your food dollar while still eating healthy.

- Cost:** FREE  
**Instructor:** Debbie Barnett  
**Location:** Alfond Center for Health, Augusta, Teaching Kitchen  
**Date:** Tuesdays, Oct. 29 – Nov. 19  
5:30 – 7:30 p.m.  
(4 sessions)

## Cooking Matters for Families

Cooking Matters for Families is a free, six-session, hands-on cooking class for school-aged children and their families. Learn simple, healthy and delicious meals to make on a budget. Class members leave each week with a bag of groceries to make the recipes they learned in class at home.

- Cost:** FREE  
**Instructors:** Samantha Grenier & Alison Miller  
*MaineGeneral*  
**Location:** Alfond Youth & Community Center, Waterville Teaching Kitchen  
**Date:** Wednesdays, Oct. 2 – Nov. 6  
5:30 – 7:30 p.m. (6 sessions)

## Cooking Matters for Parents

Feeding your family healthy, affordable meals is a challenge, but we have tips and resources to help! Cooking Matters for Parents is a free six-session, hands-on cooking class where you leave each week with recipes and a bag of groceries to make the recipes you learned in class at home.

- Cost:** FREE  
**Instructor:** Debbie Barnett  
**Location:** Alfond Center for Health, Augusta, Teaching Kitchen  
**Date:** Wednesdays, Oct. 16 – Nov. 20  
5:30 – 7:30 p.m. (6 sessions)



This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Office for Family Independence (OFI) at the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates families experiencing low income on low-cost healthy eating and active lifestyles. Contact [mainesnap-ed@une.edu](mailto:mainesnap-ed@une.edu) or 207-221-4560 for more information.

# Class Sites

## Alfond Youth & Community Center



The Alfond Youth & Community Center is a place for youth and their families to grow and thrive. Our 72,000-square-foot facility provides opportunities for childcare, youth and adult recreation, fitness classes and community events. Join us today and see what's new!

126 North Street  
Waterville, ME 04901

**207-873-0684**

## Arch Beta Apartments



Subsidized housing for the elderly and disabled located in a private setting on the scenic outskirts of Augusta. Comfortable, attractive 1-2 bedroom units. Rent includes heat, hot water, electricity and trash removal. Classes meet in Arch Beta's spacious, light-filled community room.

21 Gray Birch Drive  
Augusta, ME 04330

For more information or an application, please call **207-622-4908**.

## Cohen Center



To promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice.

22 Town Farm Road  
Hallowell, ME 04347

**800-639-1553**

[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

## Colby College



Founded in 1813, Colby College is the 12th oldest liberal arts college in the United States. Distinctive in its offerings, Colby provides an intimate, undergraduate-focused learning environment with a breadth of programs presenting students and faculty with unparalleled opportunities. A vibrant and fully integrated academic, residential and cocurricular experience is sustained by a diverse and supportive community. Located in Waterville, ME, Colby is a global institution with students representing nearly every U.S. state and approximately 70 countries.

4000 Mayflower Hill, Waterville, ME 04901  
**207-859-4000**

## Hannaford Supermarkets



Discover a shopping experience where everything we do is geared toward making it easy and convenient for you to shop for a variety of high-quality, local fresh foods and groceries at everyday low prices.

- 29 Whitten Road, Augusta, ME 04330
- 140 Elm Plaza, Waterville, ME 04901
- 190 Kennedy Memorial Drive, Waterville, ME 04901



## Kennebec Valley Community College



KVCC is a public, non-profit, post-secondary institution supported in part by State legislative appropriations and federal funds. It is accredited by the New England Commission on Higher Education (formerly the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc.).

207-453-5000  
[www.kvcc.me.edu](http://www.kvcc.me.edu)

## Kennebec Valley YMCA



The Kennebec Valley YMCA's mission is to provide the community with an inspirational environment for the enrichment of all people through social, recreational and learning activities. Caring, honesty, respect and responsibility are the basis for all they do.

31 Union Street  
Augusta, ME 04330  
207-622-9622

## Lithgow Public Library



Lithgow Public Library serves the Capital Area with a wide variety of services and programs. The library holds a collection of around 65,000 books, periodicals, and audiovisual items, along with access to millions of others through Maine InfoNet. A cultural, educational, and recreational focal point for the community, the library offers programming, access to electronic resources, and reference services for all.

45 Winthrop Street  
Augusta, ME 04330

207-626-2415  
[lithgow.lib.me.us](http://lithgow.lib.me.us)

## Maranacook Adult Ed



Maranacook Adult and Community Education, part of the RSU 38 school system, located in Readfield, is excited to host several exciting programs, in association with MaineGeneral Health and the Peter Alford Prevention and Healthy Living Center. RSU 38 is committed to providing fitness and wellness classes and activities to our local community members, as well as all others who want to walk a pathway to better health. Join us in taking the first steps leading to a better you!

2250 Millard Harrison Drive  
Readfield, ME 04355

207-685-4923 x. 1065  
[adulthood@maranacook.org](mailto:adulthood@maranacook.org)  
[maranacook.maineadulted.org](http://maranacook.maineadulted.org)

# Class Sites

## Paul J. Schupf Art Center



Located in the heart of downtown Waterville on Main Street, the Paul J. Schupf Art Center is a lively, distinctive hub for visual and performing arts, film, and arts education. Developed in partnership with Colby College and Waterville Creates, Schupf Arts is a part of a rich and integrated group of arts and cultural institutions throughout Waterville.

93 Main Street  
Waterville, ME 04901

207-873-7000  
[arts.colby.edu/the-paul-j-schupf-art-center](https://arts.colby.edu/the-paul-j-schupf-art-center)

## Quarry Road Trails



Quarry Road Trails is owned and operated by the City of Waterville's Department of Parks & Recreation. Their mission is to sustain a tradition of four-season outdoor recreation in central Maine, enabling people from all walks of life to affordably enjoy the benefits of physical activity on first-class trails in an easily-accessible area of natural beauty.

300 Quarry Road  
Waterville, ME 04901

207-314-0258  
[trails@quarryroad.com](mailto:trails@quarryroad.com)  
[www.quarryroad.org](http://www.quarryroad.org)

## Soul Revival



Movement to awaken the mind, body and soul.

147 Main Street  
Waterville, ME 04901

603-247-0987  
[hello@soulrevivalmaine.com](mailto:hello@soulrevivalmaine.com)

## The Loudon Hill Center



The Loudon Hill Center was established in 2023 and serves as a venue for meetings, parties, classes and other functions including conferences, small weddings and musical performances. Before undergoing renovations, it functioned as a schoolhouse from 1830 – 1970 in the area historically known as Loudon Hill.

330 Water Street  
Hallowell, ME 04330

207-462-3812

## University of Maine Cooperative Extension



University of Maine Cooperative Extension can provide nutrition and healthy lifestyle education, such as:

- Healthy food selection and meal preparation/cooking
- Kitchen skills
- Menu planning
- Budgeting
- Supermarket teaching tours
- Altering recipes for health and savings
- Recipes and practical tips
- Cooking for crowds
- Food preservation

Don't see your topic of interest here? Call:

622-7576 or 800-287-1481  
(Kennebec County)

474-9622 or 800-287-1495  
(Somerset County)

## Vaughan Woods & Historic Homestead



Vaughan Woods & Historic Homestead is a nonprofit nature preserve, house museum and education center. The Homestead offers art, nature and history programs throughout the year.

2 Litchfield Road  
Hallowell, ME 04347

[www.tkl.org/vaughan](http://www.tkl.org/vaughan)

## Viles Arboretum



Viles Arboretum is a free, easily accessible botanical garden open from dawn to dusk, seven days each week. It includes six miles of trails, several botanical collections and local art on 224 acres. Viles Arboretum's preserved land and trail system, interpretive materials, exhibits, programs and events are designed for people of all ages to provide opportunities for education, recreation and inspiration.

153 Hospital Street  
Augusta, ME 04330

207-626-7989

[info@vilesarboretum.org](mailto:info@vilesarboretum.org)

## Zardus Holistic Wellness Center



The Holistic Wellness Center encompasses the fine art of mind and body relaxation through contemporary and integrative solutions, which include a variety of modalities, based on your wellness needs. The holistic wellness center not only provides services as a therapeutic and relaxation center, but also drives community involvement through wellness, nutrition, health and holistic healing education.

11 Parkwood Drive  
Augusta, ME 04330

207-446-7470

[www.zardusartofmassage.com](http://www.zardusartofmassage.com)





35 Medical Center Parkway  
Augusta, ME 04330

